

Annual Report 2013 (January–December 2013)

Central Institute of Psychiatry, Kanke, Ranchi

I. INTRODUCTION

Central Institute of Psychiatry (CIP), Ranchi functions under the aegis of the Directorate General of Health Services & the Ministry of Health & Family Welfare, Government of India. Established nearly a century ago by the British during the Raj in 1918, the hospital originally went by the name of Ranchi European Lunatic Asylum. Care was restricted to European patients and the hospital was run by the Government of Bihar. Initially, the total bed capacity was 174 patients (92 male beds, 82 female). In 1922 management was entrusted to a Board of Trustees which comprised various participating state governments and the hospital was rechristened as European Mental Hospital. In the same year, the hospital was affiliated to the University of London for the Diploma in Psychological Medicine examination, earning it the distinction of being the first institute to impart post-graduate training in psychiatry in India. The name of the hospital was changed to Inter-Provincial Mental Hospital (in 1948) after India achieved independence, only to be changed again to Hospital for Mental Diseases in 1952. The Board of Trustees was disbanded in 1954, management now being taken up by the Ministry of Health of the Government of India. In 1977 the hospital was given the status of an institute and was consequently given its present name i.e. Central Institute of Psychiatry.

The campus of the Institute is spread over 210 acres. It has a current capacity of 643 beds. Certain beds are reserved for patients who have been sponsored by the Central Government, some State Governments, Coal India and the Railways. There are a total of 17 wards (9 male wards & 6 female), an emergency ward and a family unit. Each ward is at a suitable distance to other wards and surrounded by manicured lawns and well-laid roads. Patients are not kept confined and can walk about within the hospital. Drug therapies form only a part of treatment along with various psychotherapies, behavioral therapy, group therapy and family therapy. A milieu therapy approach is practiced – patients participate in running the ward and help in looking after other patients. Along with mental health, physical fitness is emphasized too – patients take part in regular physical exercises, yoga, outdoor as well as indoor games. The patients' library subscribes a number of vernacular and English dailies and magazines and is adequately stocked with books in various languages.

Patient care, research and manpower development remain the major objectives of the Institute.

Data for the various facilities provided by the Institute for the period January 2013 – December 2013 are as follows:

II. ADULT INPATIENT SERVICES

The Institute provides services for acutely ill psychiatric patients, including those requiring care for concurrent medical disorders. 4,190 patients (3,487 male and 703 female) were admitted between January and December 2013. 4,174 patients were discharged (3455 male and 719 female) and there were 08 deaths during this period. The average bed occupancy during the specified period was 78.3%.

III. ERNA HOCH CENTRE FOR CHILD & ADOLESCENT PSYCHIATRY

A child guidance clinic was started at the Institute in 1950 and an independent 50-bedded child psychiatry unit in 1975. This unit imparts training to resident doctors and postgraduate students in the field of child and adolescent mental health. It caters the needs of psychotic children, children with developmental disorders and mental retardation. Parents are required to stay with their children for the duration of the treatment.

During the period January-December 2013, 7310 patients (1937 new cases and 5373 follow-up cases) attended the outpatient department (OPD) for treatment. There were a total of 179 admissions and 174 discharges during the period under report.

IV. S. S. RAJU CENTRE FOR ADDICTION PSYCHIATRY

The Institute has a modern De-addiction Centre with a capacity of 60 patient beds for the treatment of persons suffering from alcohol & drug related problems. It is also the nodal centre in eastern India for manpower training and research in the field of alcohol and drug abuse. During the period January-December 2013, 1084 patients were seen in the OPD in the De-addiction Clinic; 745 patients received admission in the De-addiction Centre while 753 were discharged.

V. CHARAK OUT-PATIENT DEPARTMENT

The total number of cases seen on an outpatient basis during the period January-December 2013 was 74,062 (26,264 new cases & 47,798 follow-up cases) [*including all psychiatry cases (Adult & Child), Staff OPD, Extension Clinics, Skin Clinic, School Mental Health Programme & Psycho-social OPD*]. The total number of new psychiatry cases seen were 14,244 (9694 male & 4550 female) while 45,056 psychiatry follow-up cases were seen during this period (35057 male & 9999 female).

VI. OUT REACH PROGRAMMES

The Institute run & Extension Clinics which include the General Psychiatry Clinic at West Bokaro, at Hazaribag has well as the Epilepsy Clinic at Deepshikha, Ranchi. Regular camps, awareness programmes, workshops with teachers and parents are also

conducted at these extension clinics. School mental health programmes are being run in two schools through the outreach programme. Details of the case-load in the extension clinics for the period January-December 2013 is as under:

OUTREACH CLINICS	No. of Patients
Harazibagh Clinic, Jharkhand	803
Deepshikha Institute of Child Development & Mental Health, Ranchi	678
West Bokaro Clinic, Jharkhand	315
Deepshika Epilepsy Clinic, Ranchi	168
Epilepsy Camp, Baripada, Odisha	84
TOTAL	2048

VII. SPECIAL CLINICS

The Institute runs a number of special clinics: the Chronic Schizophrenia Clinic, Skin & Sex Clinic, Neurology Clinic, Sleep Clinic, Epilepsy Clinic, Staff OPD, Headache Clinic, De-addiction Clinic, Child Guidance Clinic, Mood Clinic & Obsessive-Compulsive Disorder (OCD) Clinic. Total attendance of patients in special clinics during the period January-December 2013 was 20,139. The break-up of the attendance in the various special clinics during the period under report is given below:

SPECIAL CLINICS	No. of Patients
Staff OPD	7733
Sushruta Emergency Service	3161
Epilepsy Clinic	2976
Skin Clinic	2653
De-addiction Clinic	1084
Mood Clinic	1032
Chronic Schizophrenia Clinic	583
Headache Clinic	427
OCD Clinic	361
Suicide Prevention Clinic	60
Sleep Clinic	51
Neurology	18
TOTAL	20139

VIII. DEPARTMENT OF CLINICAL PSYCHOLOGY



*PSYCHO-SOCIAL UNIT (PSU) – THE
OUTPATIENT WING OF THE DEPARTMENT OF
CLINICAL PSYCHOLOGY*

The Clinical Psychology department at the Central Institute of Psychiatry was established in 1948 and is the oldest independent department of Clinical Psychology in India. Over a period of years the department has gained excellence in the field of teaching, training, research and clinical services.

TEACHING AND TRAINING

Initially, the department was involved only with patient care; however, in the year 1962 a teaching course in Clinical Psychology – Diploma in Medical and Social Psychology was begun (this course is now known as M.Phil. in Clinical Psychology). The course of Ph.D. in Clinical Psychology was started in 1972. At present, there are 12 seats in M. Phil (Clinical Psychology) and 4 seats Ph.D. (Clinical Psychology). The departmental faculty includes 3 assistant professor, 1 clinical psychologist, 2 assistant psychologists and 1 laboratory assistant.

CLINICAL SERVICES

The department provides non-pharmacological management to patients with wide ranging psychological problems with the help of psychotherapy, counseling, group meetings, psycho-education, psycho-diagnostic testing, intelligence testing and so forth. Apart from catering to patients coming directly to the Institute, the department is also involved in providing services at various extension clinics as also in schools. There is a separate outpatient unit of the department which is called the Psycho-Social Unit (PSU). The PSU either gets referrals from

ASSESSMENTS	NO. OF CASES
Psycho-diagnostics	477
Intelligence Assessments	572
Neuro-psychology	79
Other tests (Disability/Psychopathology)	91
TOTAL	1219
THERAPIES	
MET/RPT*	473
Cognitive Therapy	482
Group Therapy	545
Behaviour Therapy	285
Supportive Therapy	146
Sex Therapy	32
Marital/Family Therapy	77
TOTAL	2040

the general OPD of the Institute or else individuals can come straight to the PSU and seek help for their psychological problems. The PSU caters to the needs of those patients who suffer from minor psychological problems and who can be managed exclusively by psychological methods such as counseling, behaviour therapy, biofeedback, relaxation therapy etc. The table on page no. 4 shows the number of assessments and therapies carried out by the department in the period January-December, 2013.

* MET/RPT – Motivation Enhancement Therapy/Relapse Prevention Therapy

PSYCHOLOGY LABORATORY

The clinical psychology laboratory was established in 1949 (a first in the country). The laboratory is equipped with various psychological tests, rating scales, instruments and apparatus which aid in the diagnosis and assessment of patients. There are in all 13 pieces of equipment and apparatus, 43 tests for the assessment of cognitive functions, 19 tests for the assessment of personality (including projective and objective tests) and 44 scales. The laboratory has also acquired 66 new tests which assess various domains of personality and cognition.

DEPARTMENTAL ACTIVITIES

Weekly academic exercises are held in the department. These academic programmes include departmental seminars, psychotherapy meetings and regular classes for M.Phil.and Ph.D. students as well as for students of other disciplines such as Psychiatry, Psychiatric Social Work and Psychiatric Nursing.

RESEARCH ACTIVITIES

Research is an integral part of the department. Faculty members and the students of the department are involved in research activities on a regular basis. The major focus of current research is psychological assessment, cognitive neurosciences and psychotherapy. Research papers have been published in various international and national journals.

IX. DEPARTMENT OF PSYCHIATRIC SOCIAL WORK

The department of psychiatric social work came into existence in the decade of the 1950s although family psychiatry can be dated back to 1922 when patients were admitted in specially made cottages with their family members for multidimensional treatment.

The Institute began the course of *Diploma in*



THE BHASKARAN REHABILITATION CENTRE

Psychiatric Social Work (DPSW) in the year 1970.

In 1985 this course was upgraded to *M.Phil. in Psychiatric Social Work*. At present, 12 seats are available for M. Phil trainees. Functions and activities performed by the Department of Psychiatric Social Work include:

- Providing rehabilitation services to patients who have already developed some irreversible damage in their mental health due to severe mental disorders. Rehabilitations services like ‘vocational and occupational skills training’ are provided in different areas;
- Providing daily therapeutic interventions like ‘group therapy’ and ‘group activities’ to patients in order to alleviate their problems as well as raising their group interaction skills, social skills, group behaviour skills etc.
- Providing family interventions and therapies of different types to alleviate family pathology which are responsible for building up patient’s illnesses and/or helping family members to maintain their normal functioning and develop problem solving skills;
- Self-help group development of patients and their key caregivers to make them self-reliant and mutually supportive;
- Providing psycho education and counseling services to key caregivers;
- The Department also plays an important role in running ‘Pahal Club’ activities.

THERAPIES	No. of Cases
Social Group Work/Group Therapy	260
Individual Therapy/Social case work	186
Family Intervention	124
Parental Counseling	117
Psychotherapy for Children & Adolescents	14
Supportive Psychotherapy	127
Rehabilitation & Occupation Therapy Supervision	308
Activity Scheduling	354
Total	1490
OTHER ACTIVITIES	
Group Meetings	1354
Counseling/Guidance	135
Psychoeducation	633
Pre-discharge counseling	597
Psychosocial & Family Assessments	172
Total	2891

The Department of Psychiatric Social Work is actively engaged in academic and research activities in the field of mental health.

The case-load of the department for its various activities in the period January-December 2013 is shown in the table below.

X.DEPARTMENT OF PSYCHIATRIC NURSING

NURSING SERVICE

The Department of Nursing Service provides quality nursing care to inpatients as well as outpatients.

The various cadres of nurses in the Institute are – Nursing Superintendent, Deputy Nursing Superintendent, Assistant Nursing Superintendent, Ward Sisters/Masters and Staff Nurses. Nursing staffs involve Group D staffs to provide comprehensive nursing care to patients.

Nurses are entrusted with the following responsibilities in the Institute:

- (1) Bed side nursing care and health teaching to patients and family members.
- (2) Ward management: this includes managing ward routine, maintaining supplies and equipment, involvement in various treatments, attending to emergencies, maintaining personal and environmental hygiene, maintaining records and reports, involvement in various events organized for the patients and supervision of nurses and group D staffs.

Four nurses retired this year after putting in several years of service to the Institute.

The break-up of various qualifications among the current nursing cadre of the Institute is as under:

M. Sc. in Psychiatric Nursing – 4; B.Sc. Nursing – 13; Diploma in Psychiatric Nursing – 93; Diploma in Nursing Administration – 12; Diploma in Nursing Administration & Education – 3.

NURSING EDUCATION

The Nursing Education section of the Institute is responsible for training nurses to obtain the Diploma in Psychiatric Nursing (DPN) and giving clinical nursing experience to visiting nurses. One nursing student enrolled in the DPN course in 2013.

Number of visiting nurses who received training during the period January-December 2013 is as follows:

M.Sc. in Psychiatric Nursing – 68; B.Sc. Nursing – 111; General Nursing and Midwifery (GNM) and Auxiliary Nursing and Midwifery (ANM) –482.

This year visiting nurses came from various states of the country – Jharkhand, Bihar, Odisha, Chhattisgarh, Madhya Pradesh, Uttar Pradesh, West Bengal and Punjab. They helped in various ward activities, completed their clinical assignments, attended lectures and participated in extra-curricular activities.

The nursing staff from the Education Section actively participated in various programmes of CIP such as: Hindi Pakhwara & Hindi Diwas celebration, World Mental Health Day celebration, workshops and training programmes organized in the teaching block as well as in all the extracurricular activities of the Institute.

XI. DEPARTMENT OF OCCUPATIONAL THERAPY



THE R. B. DAVIS OCCUPATIONAL
THERAPY DEPARTMENT

The Department of Occupational Therapy of the Institute, established in 1923, has the distinction of being the first such department in the country. The department initially started with male and female sections, and a sheltered workshop and rehabilitation centre were added subsequently.

Occupational therapy, often abbreviated as OT, is the “use of productive or creative activity in the treatment or rehabilitation of physically or emotionally disabled people. Occupational therapy optimizes the ability of people to perform the activities that they need and want to do each day and thereby participate fully in society.

The Institute currently offers occupational therapy to adults as well as child and adolescent **in patients** with either acute psychiatric illness or severe and enduring mental health problems. Inpatients attend OT daily in both the pre- and post-lunch sessions. They are allocated work in the various sections according to their abilities and aptitude. About 50-60 male patients and 35 female patients attend OT daily. The task assigned or opted for is monitored continuously and their activities and task accomplishments are appreciated by giving them rewards on a weekly or monthly basis thereby reinforcing their behaviour.

THERAPEUTIC ACTIVITIES

The department offers 35 different activities at present. Some of these activities are – woodwork carpentry, blacksmithery, painting and polishing, banner writing, weaving and spinning, tailoring, gardening, book binding, knitting, jute work, crochet lace work, case record file preparation and others.

Physiotherapy Unit – the department has a well-equipped and modern physiotherapy unit. Patients and staff with orthopedic and neurological problems receive physiotherapy here.

TRAINING

The OT department is also involved in training medical as well as non-medical professionals such as psychiatry residents, clinical psychologists, psychiatric social workers and psychiatric nurses in various aspects of occupational therapy and rehabilitation.



A PATIENT BEING ASSISTED IN OPERATING A
PHOTOCOPY MACHINE AT THE SHELTERED
WORKSHOP

XII.K.S. MANI CENTRE FOR COGNITIVE NEUROSCIENCES



THE K. S. MANI CENTRE FOR COGNITIVE NEUROSCIENCES

The Centre for Cognitive Neurosciences was originally established in 1948, when it was known as the Electroencephalography (EEG) Department. The EEG Department initially had a 6 channel and then an 8 channel electroencephalograph machine. The department was renamed as the Psychophysiology and Neurophysiology Laboratory in 1995 and more recently, in 2004, its name was changed to the Centre for Cognitive Neurosciences.

At present, the Centre has two sections – a clinical section and a research section. The *clinical section* possesses a 21 channel paper electroencephalogram, a 32 channel quantitative electroencephalogram and a 40 channel video electroencephalogram as well as equipment for recording an electromyogram (EMG), nerve conduction velocity (NCV), brainstem auditory evoked response (BAER) and the galvanic skin response (GSR). The *research section* possesses Dense Array EEG acquisition systems (64, 128 and 192 channels), Evoked Response Potential (ERP) acquisition units (40 channels), a 40 channel polysomnography (PSG) unit and a repetitive Transcranial Magnetic Stimulation (rTMS) unit. The Centre has acquired advanced signal processing software such as Advanced Source Analysis (ASA), Brain Electrical Source Analysis (BESA), Neuroscan, Curry, Matlab and Mathematica. The Centre is quite research intensive with several theses and dissertations being done each year on topics related to electroencephalography, evoked potentials and rTMS.

The Centre has been a pioneer in the field of neuroscience research in the country. Impairments of cognitive processes in psychiatric disorders especially schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD) and substance dependence using event-related potentials, power spectrum and coherence analysis of dense array EEGs have been studied. Pharmacology-EEG studies involving the effect of various drugs like aripiprazole, clozapine and olanzapine on high density EEG signals have also been studied. Studies on lithium and clozapine are ongoing. After the acquisition of the

polysomnography unit, the impairment in sleep architecture of patients with psychiatric disorders like schizophrenia, mood disorders and substance dependence has opened up a new vista for further studies at the centre. Therapeutic studies involving the effect of medications like zolpidem, milnacipran and olanzapine on the sleep architecture have been completed. The therapeutic potential of rTMS in a myriad of psychiatric disorders including schizophrenia, OCD, bipolar disorder, alcohol and opioid dependence and epilepsy is being evaluated in on-going studies.

Apart from all these endeavours, the Centre also runs a weekly Epilepsy Clinic in the Outpatient Department of the Institute (Thursdays) and at Deepshikha, ICD&MH, Ranchi (Wednesdays). The Centre also carries out regular group therapies, public awareness programmes and rural camps at Ramkrishna Mission, Baripada and Pakur (Odisha) for case-identification and management. For more than a decade now, a self-help group for epilepsy patients has been running under the guidance of the Centre. Pamphlets and hand-outs on various aspects of epilepsy have been prepared in Hindi to reach out the various sections of community. These are available free of cost on the website of the Institute.



rTMS SESSION IN PROGRESS AT THE CENTRE FOR COGNITIVE NEUROSCIENCES

INVESTIGATIONS/RESEARCH PROCEDURES PERFORMED AT THE KS MANI CENTRE FOR COGNITIVE NEUROSCIENCES IN 2013	No.
Quantitative electroencephalography (qEEG) 32 channel	1255
Quantitative electroencephalography (qEEG) 192 channel	118
Repetitive Transcranial Magnetic Stimulation (rTMS)	846
Electrocardiography (ECG)	879
Paper electroencephalography (pEEG)	78
MCV	45
40 channel evoked response potential (ERP-P50)	08
40 channel evoked response potential (ERP-P300)	97
40 channel Contingent Negative Variation (CNV) Test	70
40 channel N400	32
ABR	30
TOTAL	3469

Data of the various investigations and research procedures carried out at the Centre during the period January-December 2013 is shown in the table below.

XIII. SHRIDHAR SHARMA CENTRE FOR INVESTIGATION MEDICINE



The Department of Pathology and Biochemistry was officially renamed as the S. D. Sharma Centre for Investigation Medicine on the 31st of December 2011. The Centre is equipped to perform tests of clinical pathology, microbiology, bacteriology, biochemistry, serology and immunology. The Centre performs these tests for both clinical as well as research purposes.

THE OLYMPUS AU400 AUTOMATED BIOCHEMISTRY

TESTS PERFORMED	No.
Biochemistry	112354
Haematology	40680
Clinical Pathology	2540
Serology & Immunology	429
Microbiology/Bacteriology	154
TOTAL	156157

XIV. GIRINDRASHEKHAR BOSE CENTRE FOR NEUROIMAGING & RADIOLOGICAL SCIENCES

One of the oldest X-ray machines in the city was installed in the Institute. A very modern radiology department with facility for sophisticated cerebral angiography, pneumoencephalography, air ventriculography, myelography etc. was established in 1954, long before it was started in the Neurosurgery Department in Rajendra Institute of Medical Sciences formerly Rajendra Medical College, Ranchi.

Serious efforts to modernize the department have been undertaken in the recent past:

- MES 100 Ma X-ray machine was acquired in 1997;
- Allengers 300Ma X-ray machine was installed in 2002;
- Trans-cranial Doppler Machine (DWL System) was installed in 2003. This system is being now used for both clinical as well as research work. So far 5 research theses have been conducted using this system;



THE RADIOLOGY SENIOR RESIDENT AT WORK



A PATIENT UNDERGOING A CT SCAN IN THE 16-SLICE WHOLE BODY CT SCANNER

- Ultrasound & Colour Doppler Machine (Phillips) were installed in 2006. These are regularly used for clinical work;
- Computed Tomography (C.T.) Scan Machine – Siemens Emotion 16 (16 Slice Spiral CT Scanner Machine) was installed in 2008 and since then it is being utilized for both clinical and research work; CT angiography, CT guided intervention and phasic studies with contrast agents can be performed using this machine.

Procurement of a 3.0 Tesla Magnetic Resonance Imaging (MRI) scanner with functional Magnetic Resonance Imaging (fMRI) capability is underway. On commissioning, the MRI facility will facilitate research in the fields of fMRI and magnetic resonance spectroscopy (MRS) in neurological and psychiatric disorders. The department is an asset to the Institute.

At present, the faculty in the department consists of a specialist medical officer and a senior resident. Post-graduate residents in psychiatry regularly visit the department for academic and research purposes.

XV. SUSHRUTAEMERGENCY SERVICES

A 24 hours emergency service is available in the OPD of the Institute. The bed strength of the Emergency Ward is 16 patients (8 male beds and 8 female beds). A total of 3,161 patients availed emergency services during the period January-December 2013.

XVI. 24-HOUR SERVICES OF TELEPHONIC HELPLINE & E-COUNSELING

The Institute has been running a toll-free telephone counseling service – the CIP Helpline – since 2001. The Institute also provides an e-counseling service. During the period under report, 1338 general helpline calls, 03 suicide prevention helpline calls and 122 e-mails were received and attended.

XVII. ACADEMICPROGRAMMES

Case conferences, Seminars, Journal Clubs were held regularly during the year 2013. 33 seminars, 30 case conference, 16 journal clubs were held in the period January-December 2013.

XVIII. IBN SINA CENTRAL LIBRARY

A major recent development in the Institute has been the construction of the modern three storeyed Ibn Sina Central Library. The total floor area of this newly constructed library is 2525 square meters. Previously, the Central Library was situated on the first floor of the Technical Block.

The library of the Institute was formerly known as the Medical Library. Its name was changed to the 2012.



THE IBN SINA CENTRAL LIBRARY

The Central Library is the primary academic information and resource centre for the Institute. It promotes learning, supports teaching, and enhances scholarly, research and creative activities by building collections and providing expert services and innovative access to information. The general service goal of the library is to meet the information/research needs of library users (faculty, students, staff and other patrons) accurately, efficiently and pleasantly.

The Central Library provides a wide range of current and accurate information from a vast selection of print and electronic resources using state-of-the-art technology. The print and electronic collection at the library comprises mainly of literature in the fields of psychiatry, neurosciences, psychology, psychiatric social work and psychiatric nursing. The library collection includes books, journals, theses, dissertations, reports, World Health Organization (WHO) publications, video compact discs, video home system (VHS) video cassettes, newspapers, weekly magazines, microfilms and electronic databases.

Some of the reference material available in the library is rare, a century old, dating back to 1910. The library contains nearly 56,000 books, bound volumes of journals and WHO publications, subscribes 308 print journals, and provides access to 650 e-journals through various platforms such as Science Direct, OvidSP, Blackwell-Synergy, Informaworld, Springerlink and others. The Institute library is a member of the Electronic Resources in Medicine (ERMED)-India consortium, run by the National Central Library, New Delhi. The consortium provides full text access to almost 1800 journals. The annual library budget for the year 2012 was Rs. 3.45 crores. During the period under

report, 5873 new books were added; out of these 452 are books in Hindi. The expenditure incurred on purchasing these new books was Rs. 2,28,75,972.00. Five hundred twenty e-books were also added to the already existing collection of 266 e-books. It would not be an exaggeration to say that the Institute library is the largest and finest in the field of mental health and neurosciences in the country.

The Institute library now uses the modern Koha Integrated Library System (ILS) – software that helps with library house-keeping functions. All the library material has now been indexed, and library users can search the database using the Koha Online Public Access Catalog (OPAC) from any computer in the local area network (LAN) of the Institute or indeed from anywhere in the world by using a Web OPAC facility. Radio-frequency identification (RFID) tags have been attached to all the library holdings, helping library patrons self-issue any material they wish to borrow using the biometric self-issue kiosk installed in the library. RFID tags are also useful in searching for books using a handheld reader and increase the security of library material.

The SAN System – which is a back-up storage computer server – was installed in the library during this report year.

Services provided to patrons include not only lending library material but also photocopying facilities, document delivery, user guiding services, reference services, display of new arrivals and current awareness services.

The library has a computer room for its users and has two 10 megabits per second (Mbps) leased line internet connections from Bharat Sanchar Nigam Limited (BSNL) and Railtel Corporation of India (RailTel) apart from a 2 Mbps broadband connection. Also, library patrons can access the internet on their own laptops through a Wi-Fi connection provided in the library.

The working hours of the Central Library are 10 a.m. to 6 p.m. (open during lunch break), remaining closed on second Saturdays, Sundays and national holidays. The library is staffed by 5 persons at present – a librarian, 2 nurses, a peon and a sweeper.

Sixteen closed-circuit television (CCTV) cameras were installed in the library during the period under report. There are plans to increase the library personnel so that the library can remain open for a longer time each day. There is also a proposal to declare the Ibn Sina Central Library as a national centre for information in mental health and neurosciences.

The library has an e-mail reference service. Users can make enquiries at ciplibrary@hotmail.com. The Librarian monitors the e-mail “box” on a daily basis and responds to e-mail reference enquiries within 24 hours of receipt.

XXI. MAJOR ACHIEVEMENTS IN RECENT YEARS

ACHIEVEMENTS IN THE YEAR 2013

- ❖ 210 bated men hostel & 15 married resident flats have been added.
- ❖ 67 candidates were admitted for the various courses conducted by CIP, Ranchi in the session starting from 1st May, 2013.
- ❖ Installation of underground electric cables and development of lawns in the Institute has progressed apace.
- ❖ 308 Print Journals, 650 e-Journals have been subscribed and 6295 books have been purchased for the Central Library (1258 books in Hindi language) in the period under report.
- ❖ Sixteen more CCTV cameras have been installed in the Ibn Sina Central Library in the period under report.
- ❖ SAN System back-up storage server has been installed in the Central Library.
- ❖ Alitomatch Hematology analyser & Chamilusent analyser have been installed in the Deptt. of Pathology & Biochemistry.
- ❖ Master plan for CIP Campus has been submitted to DGHS, New Delhi for approval.
- ❖ Neuro-Navigational system for rTMS has been installed for patients care services.
- ❖ Architectural drawing for construction of OPD, Neurology Block, Casualty and Service Block, O.T. Block, Diagnostic Centre, Pharmacy Block, CSSD Block, and Corridors is put up for approval from DGHS, New Delhi.
- ❖ SFC for the construction of family ward (54 Nos.) has been approved and its construction will likely to start soon.
- ❖ Several latest software have been procured for the K. S. Mani Centre for Cognitive Neurosciences.



THE RADIO-FREQUENCY IDENTIFICATION DETECTION-CAPABLE SECURITY GATE AT THE ENTRANCE TO THE LIBRARY RECEPTION COUNTER



THE MAIN STACK AREA OF THE CENTRAL LIBRARY





THE SAN SYSTEM BACK-UP STORAGE SERVER INSTALLED IN THE CENTRAL



CCTV CAMERA INSTALLED IN THE LIBRARY THIS YEAR



MANICURED LAWNS WITH ORNAMENTAL HERBS & SHRUBS WITHIN THE INSTITUTE PREMISES

XXII. Research Activities of the Institute

(A) List of Publications in 2013

1. Kumar A, Khess CRJ (2012) Factor Analysis of positive and negative syndrome scale in schizophrenia: An Exploratory study. Indian Journal of Psychiatry, 54 (3), 233-238.

2. Jana AK, Praharaj SK, Sinha VK (2012) Comorbid Bipolar Affective Disorder and Obsessive Compulsive Disorder in Childhood: A Case Study and Brief Review. *Indian Journal of Psychological Medicine*, 34 (3), 279-282.
3. Nongpiur A, Praharaj SK, Sarkar S, Das B (2012) Delayed Onset of Clozapine-Induced Leucopenia. *American Journal of Therapeutics* 19, e118–e119.
4. Garg S, Dharmadikari A, Sinha VK (2012) Craving in substance use disorders. *Indian Journal of Social Psychiatry*, 28 (1-2), 43-52.
5. Garg S, Tikka SK, Goyal N, Sinha VK, Nizamie S Haque (2013) Amelioration of anergia and thought disorder with adjunctive high frequency cerebellar vermal repetitive transcranial magnetic stimulation in schizophrenia: A case report. *Schizophrenia Research* 143, 225–227.
6. Garg S, Goyal N, Tikka SK, Sinha VK (2013) Exacerbation of auditory verbal hallucinations with adjunctive high-frequency cerebellar vermal repetitive transcranial magnetic stimulation in schizophrenia: A case report. *Journal of ECT*, 29(1):65-6.
7. Manglam MK, Sinha VK, Praharaj SK, Bhattacharjee D, Das A (2013) Personality Correlates of Accident-Proneness in Auto-Rickshaw Drivers in India. *International Journal of Occupational Safety and Ergonomics (JOSE)*; 19(2), 159–165.
8. Praharaj SK, Sarkhel S, Prasad S, Sinha VK (2013) Can electroconvulsive therapy induce catatonia? *Journal of Neuropsychiatry and Clinical Neurosciences*, 25(1):E08-9.
9. Praharaj SK, Jana AK, Sarkhel S, Sinha VK (2013) Acute Dystonia, Akathisia, and Parkinsonism Induced by Ziprasidone. *American Journal of Therapeutics*. (In Press)
10. Munda SK, Khess CRJ, Bhattacharjee D, Singh NK (2013) Clinical manifestation of complicated alcohol withdrawal and uncomplicated withdrawal: A comparative study. *Mental Health and Substance Use*, DOI:10.1080/17523281.2013.806950.
11. SK Tikka, S Haque Nizamie, Das B, MZUH Katshu, N Goyal (2013) Increased spectral gamma power and synchrony in schizophrenia patients with higher minor physical anomalies. *Psychiatry Research*; 207(3):164-72.
12. Tikka SK, Goyal N, Sinha VK, Tikka DL, Mathew KJ, Rai S (2013) Folie a mixed dissociative disorder. *Asian Journal of Psychiatry*. 2013 Dec; 6(6):629-30.

13. Tikka SK, Garg, S, Das B (2013) Fluvoxamine induce oculogyric dystonia and manic switch in a case of obsessive compulsive disorder. Indian Journal of Pharmacology, 45 (5), 532-533.
14. Nizamie SH, Tikka SK (2013) Psychiatry and Music. Indian Journal of Psychiatry. (In Press)
15. Tikka SK, Goyal N, Umesh S, Nizamie SH (2013) Juvenile myoclonic epilepsy: Clinical characteristics, standard and quantitative electroencephalography analyses. Journal of pediatric neurosciences, 2013, 8 (2), 97-103.
16. DL Tikka, D Ram, I Dubey, SK Tikka (2013) Socio-emotional factors in alcohol dependence. Indian Journal of Psychological Medicine (In Press).
17. Nizamie SH, Tikka SK (2013) Central Institute of Psychiatry- Recent research trends. Souvenir - CEZIPS 2013, 1-4.
18. Biswas R, Sharma-Nawani J, Das, B (2013) Suicidal Behavior in Children and Adolescents. Souvenir - CEZIPS 2013, 16-21
19. Sreeraj V. S., Tomar A. S., Khess C. R. J. (2013) Deliberate Self-Harm: An Overview. Souvenir - CEZIPS 2013, 22-28
20. Abhishek P., Bose S., Sayeed N. (2013) SUICIDE: A Review. Souvenir - CEZIPS 2013, 29-33
21. Pattojoshi A., Husain M., Sinha V. K., Khanande R.V. (2013) Neurobiology of Aggression: Implication for Management. Souvenir - CEZIPS 2013, 34-42.
22. Mitra S, Khanra S, Mondal SK, Kavoor AR, Das B. Successful treatment of visual hallucinations with carbamazepine in a case of chronic hallucinatory psychosis. Med J DY Patil Univ. (Ahead of Print)
23. Kavoor AR, Ram D, Mitra S. Lipid correlates of Attentional Impulsivity in First episode Mania: Results from an Indian Population. Indian J Psychol Med. (Ahead of Print).

List of Conference Presentations 2013:

1. Reddy S*, Reddy P, Reddy D, Rana M, Mehta N, Bhattacharjee D, Singh NK, Swain M. Psychological wellbeing and perceived expressed emotions among alcohol dependent patients. . Paper presented at 31st Annual National Conference of Indian Society of Professional Social Work (ISPSW) at Manipal, 3-5 January

2013. Won Dr. Chandrasekhar Rao Memorial Best Paper Award, presented to M.Phil/Ph.D. Scholars. In the field of Social Work Research.

2. Singh VK*, Singh NK, Bhattacharjee D. Perceived critical comment and over-involvement in patient with remitted schizophrenia and mood disorder: A comparative study. Paper presented at 31st Annual National Conference of Indian Society of Professional Social Work (ISPSW) at Manipal, 3-5 January 2013.
3. Gangte RM*, Lobo L. The role and status of men in Matrilineal system of Khasi Tribe: In Meghalaya. Paper presented at 31st Annual National Conference of Indian Society of Professional Social Work (ISPSW) at Manipal, 3-5 January 2013.
4. Swain M*, Sahid, Sinha VK, Bhattacharjee D. Knowledge, Stress and Family Burden Among Parents of Mentally Retarded Children. Paper presented at 31st Annual National Conference of Indian Society of Professional Social Work (ISPSW) at Manipal, 3-5 January 2013.
5. Samal A*, Munda SK, Khess CRJ. A study of Mindfulness in individuals with Alcohol and Opioid Dependence. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
6. Dharmadikari A*, Sinha VK, Goyal N. Psychopathology in children with epilepsy: A retrospective prevalence study. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
7. Sethi N*, Khess CRJ. Comparison of Cognitive Functions in Patients of Schizophrenia with and without co-morbid Substance Dependence. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
8. Khannade R*. Nizamie S Haque, Das B. P300: An Electrophysiological Endophenotype in OCD. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
Won the Bombay Psychiatric Society Silver Jubilee (BPSS) Award.
9. Motichand S*, Ram D, Prahraj SK, Mehta VS. Prodromal symptoms and temperamental characteristics in first episode psychotic mania. Paper presented

- at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
10. Sanjay Raj G*, Sinha VK. To study Insight in Child and Adolescent patients with Obsessive Compulsive Disorder and its Association with Clinical Presentation. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 11. Mitra S*, Goyal N, Nizamie S Haque. EEG Mu waves in patients with schizophrenia: A 8 week prospective study into the mirror neuron system. Preliminary report. Poster presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 12. Mehta VS*, Ram D. Role of ranitidine in negative symptoms of schizophrenia. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 13. Shukla A*, Das B. Suicidality in Postpartum Onset Psychiatric Disorders: A Crosssectional Comparative Study. Poster presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 14. Akhtar S*. Certification in psychiatry: Issues faced by a government psychiatric facility. Poster presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 15. Sayeed N*, Akhtar S, Nizamie S Haque. Cognitive functioning in remitted first episode and multi- episode bipolar patients: Comparison with normal control. Paper presented at 65th Annual National Conference of Indian Psychiatric Society at NIMHANS, Bangalore, 10th – 13th January 2013.
 16. Gupta A, Tyagi V* Emotion Deregulation in Substance Use Disorder Inpatients: The Role of Attachment. Paper presented at 39th National Annual Conference of Clinical Psychologists at Jawaharlal Nehru Auditorium, AIIMS, New Delhi, from 17th – 20th February 2013.
 17. Gupta A* Empathy in Psychotherapy: From the perspective of Theory of Mind. Paper presented at 39th National Annual Conference of Clinical Psychologists at Jawaharlal Nehru Auditorium, AIIMS, New Delhi, from 17th – 20th February 2013.

18. Sharma T*, Soreng E. Experience of un-reconciled life: A Phenomenological enquiry of an aging man's life experiences. Paper presented at 39th National Annual Conference of Clinical Psychologists at Jawaharlal Nehru Auditorium, AIIMS, New Delhi, from 17th – 20th February 2013.
19. Khess CRJ, Bose S, Ram D. A study of suicide in patients in a tertiary psychiatric center. Paper presented at 2nd International Conference on Forensic Research & Technology, October 07-09, 2013, Hampton Inn Tropicana, Las Vegas, NV, USA.
20. Khichy A, Khess CRJ, Munda SK, Badekar A. Efficacy of adjunctive low frequency rTMS over supplementary motor area in patients with Obsessive Compulsive Disorder: A randomized double blind sham controlled study. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
21. Sethy RR, Sinha VK. Effect of lithium on thyroid function in child and adolescent population with mood disorder. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
22. Gaikwad V, Sinha VK, Ranawat DS. The efficacy of adjunctive rTMS over the right dorsolateral prefrontal cortex on executive, cognitive functions and psychopathology in early onset schizophrenia. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
23. Mitra S, Goyal N, Nizamie SH, Tikka SK. Mu wave activity in schizophrenia, and their relationship with psychopathology: A 4 week prospective study into the mirror neuron system and perception of biological motion using high resolution qEEG. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
24. Umesh S, Nizamie SH, Das B, Goyal N. Contingent Negative Variation Event Related Potentials: Age related normative data. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the

Hotel Holiday Home, at Ranchi, on 25th October 2013. **WON RB DAVIS MEMORIAL AWARD.**

25. Priyadarshi A, Nizamie SH, Dubey I. Source monitoring deficit in schizophrenia: An event related P300 study. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
26. Ahmad PCA, Bapi KS. Relationship between physical activity, short term memory and sustained attention in adolescents. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013.
27. Lekshmi S, Sinha VK. Neuropsychological profile of children and adolescents with volatile substance dependence. Paper presented at 12th Annual Conference of Indian Psychiatric Jharkhand State Branch (JASCON-2013) at the Hotel Holiday Home, at Ranchi, on 25th October 2013. **WON TB SINGH MEMORIAL AWARD.**
28. Gaikwad V, Sinha VK, Ranawat DS. The efficacy of adjunctive rTMS over the right dorsolateral prefrontal cortex on executive, cognitive functions and psychopathology in early onset schizophrenia. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.
29. Tikka SK, Nizamie SH, Goyal N, Pradhan N. A novel composite endophenotype in schizophrenia: Spontaneous dense array gamma oscillatory activity and minor physical anomalies. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013. **WON BOMBAY PSYCHIATRIC SOCIETY SILVER JUBILEE (BPSS) AWARD.**
30. Gaikwad V, Sinha VK, Ranawat DS. The efficacy of adjunctive rTMS over the right dorsolateral prefrontal cortex on top down attentional processes and psychopathology in early onset schizophrenia: a randomized double blind sham controlled study. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.

31. Mitra S, Goyal N, Nizamie SH, Tikka SK. Mu wave activity in schizophrenia, and their relationship with psychopathology: A 4 week prospective study into the mirror neuron system and perception of biological motion using high resolution qEEG. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.
32. Umesh S, Nizamie SH, Das B, Goyal N. Contingent Negative Variation Event Related Potentials: Age related normative data. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013. **WON LEELAWATI BHOLANATH AWARD.**
33. Khichy A, Khess CRJ, Munda SK, Badekar A. Efficacy of adjunctive low frequency rTMS over supplementary motor area in patients with Obsessive Compulsive Disorder: A randomized double blind sham controlled study. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013. **WON SIDDHARTHA MEMORIAL AWARD.**
34. Sethy RR, Sinha VK. Effect of lithium on thyroid function in child and adolescent population with mood disorder. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.
35. Kavoor AR, Ram D, Mitra S. Lipid correlates of Attentional Impulsivity in First episode Mania: Results from an Indian Population. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.
36. Krishnan A, Khess CRJ. Effect of SDA's on metabolic profile of patients with first episode mania: A 12 week prospective study. Paper presented at 39th Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2013) at the RDCIS, Auditorium, at Ranchi, on 26th -27th October 2013.

**Presenting Author*

XXVI. BUDGETARY PROVISION FOR THE FINANCIAL YEARS 2013-14
(*in thousands*)

FINANCIAL YEAR		PLAN				NON-PLAN			
		BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE	BUDGET ESTIMATE	REVISED ESTIMATE	FINAL ESTIMATE	EXPENDITURE
2012-13	Revenue	119000	119000	114600	114333	300000	290000	306476	306154
	Capital	338400	319000	159000	112400	--	--	--	--
Total		457400	438000	273600	226733	300000	290000	306476	306154
2013-14 (Up to Sep. 13)	Revenue	160000	--	--	81858	310000	--	--	169926
	Capital	340000	--	--	79500	--	--	--	--
Total		500000	--	--	161358	310000	--	--	169926

Sd\
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