



# Occupational Therapy Booklet





व्यावसायिक चिकित्सा विभाग (पुरुष)  
DEPARTMENT OF OCCUPATIONAL THERAPY

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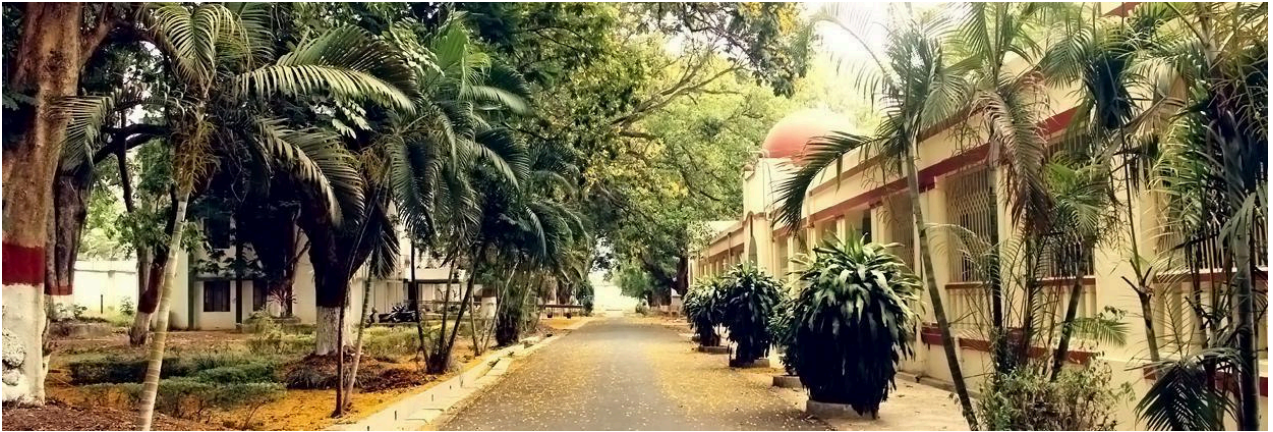
Officers and Staff



# Legacy of Central Institute of Psychiatry



Established in 1918, the Central Institute of Psychiatry (CIP), Ranchi, is one of India's premier mental health institutions with a rich legacy of over 100 years in patient care, research, and mental health training. Spread across 211 acres of greenery, the institute combines historic colonial architecture with modern facilities and follows an open hospital system that promotes dignity, freedom, and holistic care for patients. CIP has played a pioneering role in Indian psychiatry by introducing several firsts in the country, including occupational therapy, electroconvulsive therapy (ECT), clinical psychology, EEG services, psychosurgery, and the early use of lithium and chlorpromazine. The institute provides comprehensive mental health services through specialized wards and advanced departments in psychology, neuroimaging, neurosciences, rehabilitation, and psychosocial care. Today, CIP serves more than 85,000 patients annually and continues to be recognized nationally and internationally for excellence in mental healthcare, research, and education.



The institute is also known for its peaceful and eco-friendly campus, with vast open spaces, old trees, gardens, and patient-friendly surroundings that support healing and wellbeing. Patients have access to facilities such as yoga, sports, music, library services, occupational therapy, counselling, and rehabilitation programmes, along with modern diagnostic and treatment services. Over the decades, CIP has contributed significantly to the development of mental health services in India and has trained generations of mental health professionals. With its blend of compassionate care, academic excellence, and innovative research, CIP continues to uphold its tradition as a centre of excellence in psychiatry and neurosciences.

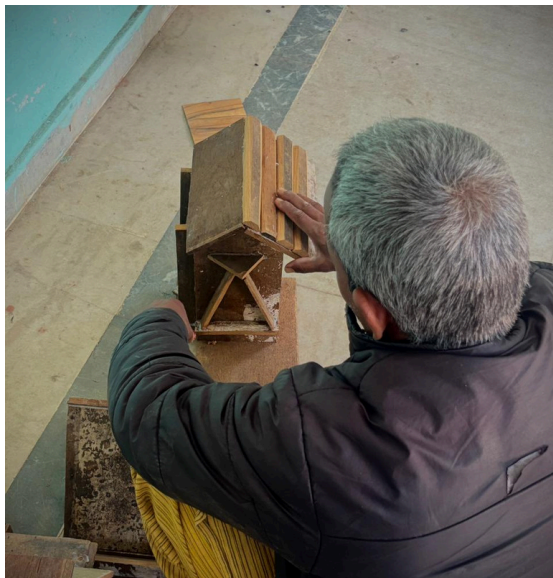


# India's First, History of Occupational Therapy Unit in CIP

The Occupational Therapy Department of the Central Institute of Psychiatry has a proud legacy of more than 100 years in psychiatric rehabilitation. Established in 1922, it was among the first organized occupational therapy services in India and played a pioneering role in introducing rehabilitative care in psychiatry. Even earlier, in 1920, the institute introduced the "Habit Formation Chart," an early form of the Token Economy system. Over the decades, the department has evolved into a comprehensive rehabilitation centre that promotes recovery through skill development, vocational training, psychosocial support, and meaningful therapeutic engagement for persons with mental health conditions.



The department follows a holistic rehabilitation approach that encourages independence, confidence, and social reintegration. Patients participate in structured activities such as vocational work, physical exercise, yoga, indoor and outdoor games, music, and recreational programmes. Facilities like the Pahal Club, Patient Libraries, Manokamna Canteen, sheltered workshops, movie screenings, cooking classes, and Punarvasan Stall provide opportunities for learning, recreation, and social interaction. A structured remuneration system rewards patients according to their work participation and skill level, helping improve motivation and self-esteem. The department continues to uphold a patient-friendly environment that values dignity, creativity, and active participation in recovery.



The Male Occupational Therapy Unit offers structured vocational training tailored to the interests and abilities of patients. Different sections provide hands-on experience in carpentry, blacksmith work, painting, caning, weaving, rug craft, and tailoring. Patients learn practical and creative skills under the guidance of trained instructors while also contributing to useful hospital-related work. Carpentry and tailoring units produce and repair furniture, curtains, clothing, and other materials used within the institute. Painting classes encourage artistic expression, while weaving, caning, and rug craft help improve concentration, coordination, patience, and work habits. These therapeutic activities support functional recovery and vocational rehabilitation.



The Female Occupational Therapy Unit provides specialized training in knitting, embroidery, stitching, crochet work, cooking, and other creative activities that enhance daily living and vocational skills. Patients are regularly assessed through a structured Work Behaviour Assessment process covering multiple areas of performance and participation. Based on attendance, work efficiency, and skill level, patients may receive incentives categorized as unskilled, semi-skilled, or skilled work. The department also includes the Sanitary Napkin Unit, supported under the WASH initiative with UNICEF collaboration, which contributes to patient welfare and hygiene services within the institute while offering therapeutic vocational engagement for female patients.

Several supportive rehabilitation services further strengthen the department's therapeutic environment. The D.N. Nandi Sheltered Workshop provides vocational opportunities in bookbinding, printing, reprography, and preparation of institutional documents, while following a token-based reinforcement system. The Manokamna Canteen engages selected patients in supervised work activities that improve responsibility and social functioning. Patient Libraries offer newspapers, magazines, books, indoor games, sports activities, and regular music classes to encourage recreation and learning. Child and adolescent patients also participate in structured occupational therapy, games, and behavioural programmes along with family-inclusive care. Together, these services reflect the department's enduring commitment to holistic psychiatric rehabilitation and recovery

# OT, Male Unit

Carpentry

Painting

Rug Craft

weaving

Balcksmith



# Carpentry



The Carpentry Section plays an important role in psychiatric rehabilitation by helping patients develop practical skills, confidence, concentration, and work discipline. Historically, the section produced wooden furniture for the hospital and hostels, reflecting its long-standing contribution to the institute. Today, patients participate in repairing furniture and special woodworking projects under supervision. The structured training environment encourages creativity, responsibility, teamwork, and functional independence, supporting patients in their recovery and social reintegration.

# Rug Craft



In the Rug Craft Section, rehabilitation is woven through patience, creativity, and purposeful work. Patients are gradually trained in rug-making techniques, learning to transform simple materials into meaningful handcrafted products. The activity strengthens attention, coordination, perseverance, and work habits while providing a calming therapeutic experience. Instructors offer step-by-step guidance according to each patient's abilities, allowing even semi-skilled individuals to participate confidently.

# Painting



The Painting Section provides a creative and therapeutic space where patients can express emotions, improve concentration, and build self-confidence through art. Structured drawing and painting sessions are conducted for children, adolescents, and adult patients under guided supervision. The activity promotes emotional wellbeing, patience, creativity, and social interaction as part of psychiatric rehabilitation. Selected artworks created by patients are also displayed encouraging motivation, achievement, and a sense of personal value.

# Weaving



The Weaving Section combines traditional craftsmanship with therapeutic rehabilitation. The rhythmic and structured nature of weaving helps improve concentration, coordination, and patience. Patients progress at their own pace under supportive supervision, gaining confidence and work skills through meaningful activity.

# Blacksmith



The Blacksmith Section offers patients the opportunity to engage in basic metalwork and repair activities as part of vocational rehabilitation. Through supervised hands-on training, patients learn practical skills that encourage focus, coordination, discipline, and responsibility. The section primarily performs repairs on metal materials used within the institute, allowing patients to participate in meaningful and productive tasks.



# OT, Female Unit

Knitting, Sweater  
making

Candle Making,  
Beads bracelet

Embroidery

Crochet Work

Cooking Class and  
Cooking Activity





# Knitting and Sweater Making



The Knitting and Sweater Making Section of the Female Occupational Therapy Unit provides a warm and supportive space where patients learn creative handicraft skills as part of psychiatric rehabilitation. Under the guidance of trained instructors, patients engage in knitting, sweater making, and related activities that improve concentration, patience, hand coordination, and emotional well-being. The process encourages creativity, routine, and social interaction while helping patients build confidence and a sense of accomplishment. These meaningful activities promote independence, therapeutic engagement, and overall psychosocial recovery.

# Candle Making, Bead Bracelet



The Candle Making and Bead Bracelet activities provide patients with opportunities for creative expression and skill development through simple yet meaningful handcrafted work. Patients learn to design decorative candles and colourful bead bracelets under guided supervision, helping improve concentration, fine motor coordination, patience, and creativity. These engaging activities create a calming therapeutic environment while encouraging confidence, social interaction, and productive use of time. By transforming creativity into tangible products, the programme supports emotional wellbeing, self-esteem, and psychosocial rehabilitation.

# Embroidery



The Embroidery Section encourages patients to develop creativity, patience, and fine motor skills through detailed needlework and decorative stitching. Guided by trained instructors, patients learn various embroidery techniques while working in a calm and supportive environment. The activity promotes concentration, emotional expression, and confidence, helping patients engage in purposeful and productive routines. Beyond skill development, embroidery serves as a therapeutic medium that enhances self-esteem and social interaction as part of holistic mental healthcare.

# Crochet Work



The Crochet Work activities in the Female Occupational Therapy Unit at the Central Institute of Psychiatry provide patients with opportunities to learn creative and eco-friendly craft skills through structured therapeutic engagement. Patients are guided in making decorative and utility items using crochet techniques, helping improve concentration, hand coordination, patience, and problem-solving abilities. These activities encourage creativity, teamwork, and productive use of time while creating a sense of achievement and self-worth.

# Cooking Class and Cooking Activity



Cooking Training and Activity sessions provide patients with a meaningful opportunity to learn everyday functional skills in a therapeutic setting. Through supervised cooking activities, patients engage in food preparation, teamwork, and task management, helping them build confidence, routine, and self-reliance. The programme encourages active participation, improves attention and coordination, and promotes healthy social interaction among patients. By combining rehabilitation with practical learning, the activity supports emotional wellbeing and prepares individuals for greater independence in community living.

# D N Nandi Sheltered Workshop



The D.N. Nandi Sheltered Workshop of the Central Institute of Psychiatry provides vocational rehabilitation opportunities for patients every day. Under the guidance of skilled staff, patients participate in activities such as bookbinding, reprography, preparing case record files, and printing institutional forms and library journal covers. These structured work activities help develop routine, responsibility, and work skills among patients. To encourage participation and motivation, the workshop follows the Token Economy principle, where patients receive rewards such as tea, biscuits, and snacks based on their work performance.

# Pahal Club



Children and adolescents from the Centre for Child and Adolescent Psychiatry at the Central Institute of Psychiatry actively participate in the "Pahal Club," a rehabilitation programme that combines learning, recreation, and social skill development. Through storytelling, handicrafts, greeting card making, paper activities, and indoor games such as carom and badminton, children improve attention, motor coordination, creativity, and interpersonal skills. Leadership qualities are encouraged by involving adolescents in conducting group activities. The programme provides a supportive and joyful environment where children can freely interact, build confidence, and overcome the stigma associated with mental health conditions.

# Officers in charge, OT Services



Dr V K Chaudhary

Director, CIP Ranchi



Dr A K Sudhanshu

CMO (HAG), CIP, Ranchi  
And  
Officer in charge, OT Dept.



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And  
Officer Co- in charge, OT Dept.



Dr Sanjay Kumar

Occupational Therapist, In charge,  
Male OT



Mr Kunal Kumar

Occupational Therapist, In charge,  
Female OT

# Meet our OT Team, Male Unit



Mr Md Alam  
Painter



Mr Samiullah Ansari  
Cane Worker



Mrs Karishma Kumari  
Weaver



Ms Km Anushka  
Tailor



Mr Girraj Prasad Meena  
Cane Worker

# Meet our OT Team, Male Unit



Mr Suman Mondal  
Carpenter



Mr Ajay Thakur  
Carpenter



Mr Dinesh Thakur  
Blacksmith



Mr Nawal Kishor Jangid  
Carpenter



Mr Dukha Prasad  
Rug Craft Instructor

# Meet our OT Team, Male Unit



Mr Tarannumal

Tailor



Mr Ishtiyaque md. Khan

Painter



Mr Md Asi Ullah

Blacksmith

# Meet our OT Team, Female Unit



Mrs Sabiha Bano  
Needle Woman



Mrs Mumtaz Bano  
OT Instrutress



Mrs Ranjana Kumari  
Needle Woman



Ms Dipeeka Kumari  
Needle woman



Mrs Bandana misra  
Needle woman



Mrs Sunita Kumari  
Needle woman

# Repurpose work from OT Dept.

Date	Deaprtment	Item	Quantity
8/5/2024	CPWD Electric	Three seater steel chair	2
30/9/2024	ISI Office/ ASO Office	Office table Wooden	1
		Office Chair	2
		Normal Table	1
		Iron Chair	3
		Steel Almirah	1
16/12/2024	Kitchen Dept	Four Seater Iron Pipe Chair	2
	Director Chamber	Iron Pipe Chair	2
		Wooden Table	1
8/1/2025	Kraepelin Ward	Four seated Iron Chair	2
		5 Type Iron Pipe Chair	2
		Wooden Chair Arm	1
		Wooden Side Locker	1
		Iron Frame Table	1
	Cullen Ward	Iron Pipe Table	1

# Repurpose work from OT Dept.

Date	Deaprtment	Item	Quantity
15/1/2025	Conolly Ward	Iron Frame Table	2
20/1/2025	Maudsley Ward	Iron Frame Table	6
7/4/2025	Kitchen Dept	8 Lockers Steel Almirah	1
28/4/2025	CCAP	Big size Wooden Almirah	1
		Three Seater Steel Chair	2
		Office Table	1
29/4/2025	Director's Office	Big size Almirah with front Glass	1
31/5/2025	Kitchen Dept	8 Lockers Steel Almirah	2
		Wooden Table Stand, Small	1
		Three seater Iron Chair	1
16/7/2025	Juan Ward	3 Seater Chair	6
		Dining Table	1
21/7/2025	B.Hill Ward (ICU)	Three Seater Steel Chair	4
		Big size Wooden Almirah with front Glass	2
		Steel Almirah Big size	1
		Wooden Table	1
21/7/2025	Blueler Ward	Iron Bed low	2

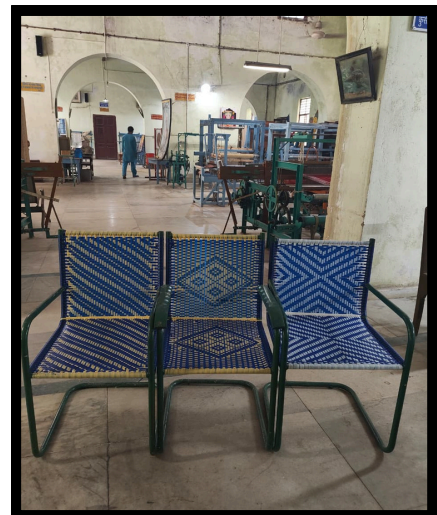
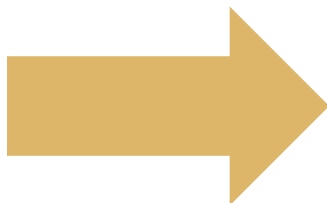
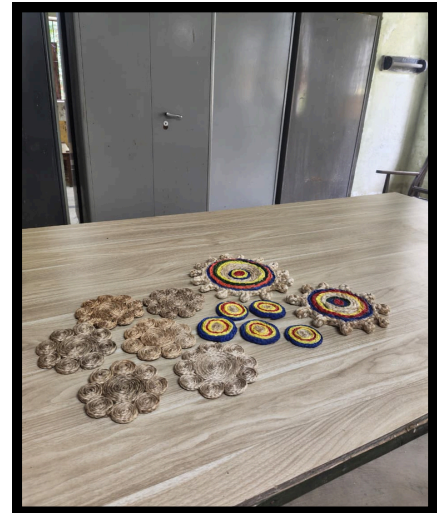
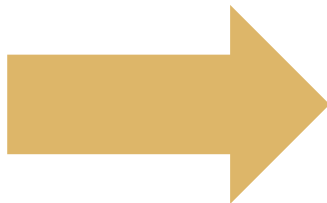
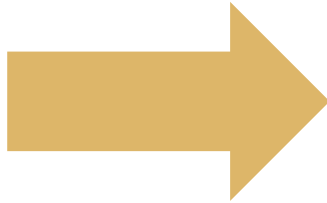
# Repurpose work from OT Dept.

Date	Deaprtment	Item	Quantity
23/7/2025	Maudsley Ward	Three Seater Steel Chair	4
1/8/2025	CPWD Civil (Sulabh Toilets)	Plywood Table	1
13/11/2025	Nandu Tirki (Mali)	Grass Cutting Machine	4
27/11/2025	OPD	Iron Pipe Wooden Table	6
	Pathology Dept	Wood	1
3/12/2025	OPD	Side Table	1
2/1/2026	CPU	Iron Bed	24
16/1/2026	OPD	Three Seater Steel Chair	5
		Three Seater Iron Chair	4
30/1/2026	Type 4 Qtrs (Home Guard)	Iron Bed	30
30/1/2026	Manopragya Canteen	Three Seater Steel Chair	6
		Iron Folding Table	2
		Wooden Table	1
		Iron Table	1
		S type C Arm Chair	4
		Wooden Shelf Almirah	4
		Steel Stool	1

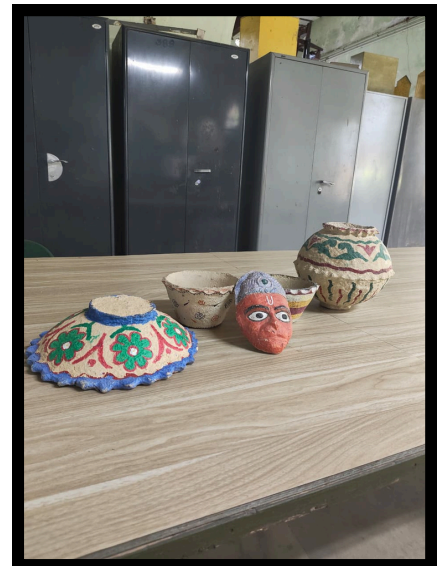
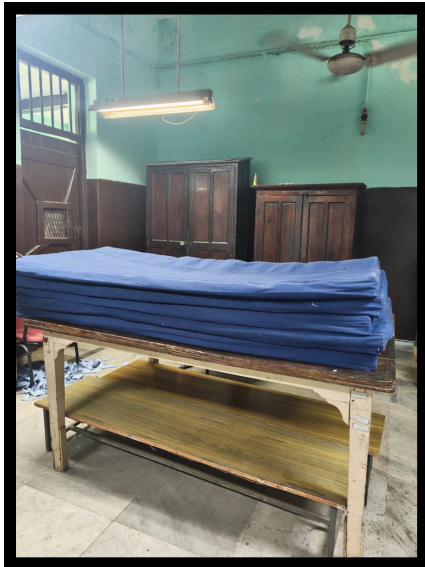
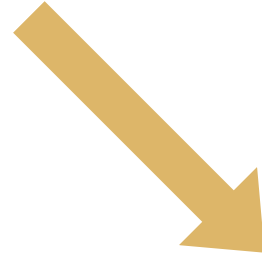
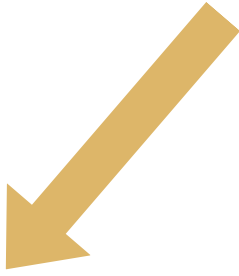
# Repurpose work from OT Dept.

Date	Deaprtment	Item	Quantity
16/2/2026	Pathology Dept	Wooden Chair C Arm	1
23/2/2026	Home Guard	Iron Bed	9
16/3/2026	Blueler Ward	Three Seater Steel Chair	1
		Three Seater Iron Chair	1
		Wooden Chair C Arm	1
9/4/2026	JHG (Gruh Raksha Vahini)	Wooden Chair C Arm	7
		Wooden Chiar Cout Arm	13
		Iron Chair Cout Arm	1
27/4/2026	Kitchen Dept	S Type Chair	3
		Wooden Chair Arm	2
		Medium Size Wooden Table	1
		Big Size Wooden Almirah	1

# Transformations



# Transformations



# Gallery



# Behind the Booklet

Concept

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