

Annual Report 2019
(January 2019–December 2019)

CENTRAL INSTITUTE OF PSYCHIATRY
RANCHI

About the Institute

Central Institute of Psychiatry is a premier institution for mental health in India. The British established this hospital on 17th May, 1918 with the name of Ranchi European Lunatic Asylum. CIP, Ranchi has come a long way covering a journey of more than 100 years witnessing many transitions and at the same time taking the credit of development of a comprehensive mental health service delivery center with many innovations in the field of mental health and neurosciences including clinical services, state of art research and manpower training in the country. Spread across 211 acres in the picturesque city of Ranchi, today, CIP offers the latest medical advances in an environment that promotes mental health and enhances a sense of wellbeing. 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, with the management being taken up by the Ministry of Health and Family Welfare, 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.

Departments like occupational therapy department, medical library, patients' library, Centre for cognitive neurosciences, neuroimaging and radiology department, clinical psychology laboratory, psychosocial unit, pathology and biochemistry laboratory and teaching block for postgraduate students and residents are all housed in a mixture of colonial and modern era buildings, giving a unique flavour to the Institute. Currently, the Institute functions under the administrative control of Directorate General of Health Services and the Ministry of Health

and Family Welfare, New Delhi. The main objectives of CIP have been patient care, manpower development and research.

There are many firsts to its credit, for e.g. the country's first Occupational Therapy Department in 1922, ECT in 1943, psychosurgery and neurosurgery in 1947, clinical psychology and Electroencephalography (EEG) departments in 1948, a full-fledged neuropathology section in 1952, the first use of Lithium in 1952 and chlorpromazine in 1953. A very modern radiology department with facility for sophisticated cerebral angiography, pneumoencephalography, air ventriculography, myelography etc. was established in 1954. Few other landmarks include starting a child guidance clinic in 1950, rural mental health clinic at Mander in 1967, rehabilitation centre and sheltered workshop in 1967, and industrial psychiatry unit at HEC, Ranchi in 1973. It may also be noted that the Indian Psychiatric Society was established in 1948 because of the efforts of this Institute and it was registered in Patna. The first draft of the Bill that subsequently became the Mental Health Act of India (1987) was written at C.I.P, Ranchi in 1949 by Dr R.B. Davis, the then Medical Superintendent, Dr S.A. Hasib, from Indian Mental Hospital, Ranchi and Dr J. Roy, from Mental Hospital, Gwalior.

It has a current capacity of 643 beds. There are 15 wards (9 male wards and 6 female wards), 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 part of the treatment along with various psychotherapies, behavioral therapy, group therapy and family therapy. A milieu therapy approach is practiced – patients are actively involved in the functioning and various activities carried out in the ward. Along with mental health, physical fitness is emphasized too – patients take part in regular physical exercises, yoga, outdoor as well as indoor games to keep them physically fit. Patient care, research and manpower development remain the major objectives of the Institute.

Currently, CIP has been accredited as one of the very few eco-friendly “Green” infrastructures in Ranchi. The entire campus spanning is full of vegetation with less than 10% of the total area being used for capital development. There are numerous trees of various breeds, some of which are more than 90 years old. Some of the trees have been brought from various parts of the world. Lawns have been recently developed and a number of benches are provided at every nook and corner for the patients. CIP uses solar energy for lighting, water pumps and geysers. CIP has a dedicated power supply feeder for regular electricity and apart

from that DG sets are available round the clock for power backups. The entire important mechanical and computerized infrastructure is linked to dedicated UPS supply.

Service Utilization Update (January-December 2019)

The Institute provides services to acutely ill psychiatric patients, including those requiring care for concurrent medical disorders. In the year 2019, 4892 patients (3927 males and 965 females) were admitted. ***The average bed occupancy during the specified period was 83.2%.*** ***Centre for Child and Adolescent Psychiatry*** has 24 functional beds for inpatient management. This unit imparts training to resident doctors and postgraduate students in the field of child and adolescent mental health. It caters to the needs of children with psychosis, developmental disorders and intellectual disability. Patients are required to stay with their guardians for the duration of the treatment. During the period under report, 10044 patients (6814 male and 3230 female) attended the outpatient department (OPD) for treatment. There were a total of 233 admissions during the specified period.

The Institute has a modern ***Centre for Addiction Psychiatry*** with a capacity of 60 patient beds for the treatment of persons suffering from alcohol and 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. The numbers of patients seen in the De-addiction Clinic OPD were 1505; 883 patients were admitted at S S Raju Centre for Addiction Psychiatry.

In the year 2019, the number of cases seen on outpatient basis were 98,789 (29,618 new cases and 69,171 follow-up cases) [including all psychiatry cases (Adult and Child), Staff OPD, Extension Clinics, Skin & Sex Clinic and Psycho-social OPD]. ***The total number of new psychiatry cases seen during the specified period were 18932 (12746 males and 6186 females) while 66233 psychiatry follow-up cases were seen during this period (45683 males and 20550 females).***

The Institute runs ***Extension Clinics*** which include the General Psychiatry Clinic at West Bokaro, Hazaribagh, Chandankiyari, Bokaro School Mental Health Programme at Holy Cross School, West Bokaro & St. Xavier School Hazaribagh; Deepshikha and Aastha Cell Deepatoli Cantt., Ranchi and MH, Deepatoli Cantt. Regular camps, awareness programmes, workshops with teachers and parents are also conducted at these extension clinics. The case-load in the extension clinics for the period under report was 26114.

A number of ***special clinics*** are being run in the Institute namely Chronic Schizophrenia Clinic, Epilepsy Clinic, Geriatric Clinic, Headache Clinic, Mood Clinic, Neurology Clinic,

Obsessive-Compulsive Disorder (OCD) Clinic, Skin and Sex Clinic, Sleep Clinic, and Staff OPD. In the year under report, the total attendance of patients in special clinics was 21341.

The ***Clinical Psychology department*** at the Institute is the oldest independent department in India. In 1962 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 16 seats in M. Phil (Clinical Psychology) and 4 seats in Ph.D. (Clinical Psychology). The departmental faculty includes 1 associate professor, 6 assistant professors, 1 clinical psychologist, 2 assistant psychologists, 6 clinical psychology tutors and 1 laboratory assistant.

There is a separate outpatient unit of the department which is called the ***Psycho-Social Unit (PSU)***. The PSU either gets referrals from 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. During the specified period, 1142 patients were assessed and 2016 therapies were carried out by the department. The clinical psychology laboratory is equipped with various psychological tests, rating scales, instruments and apparatus which aid in the diagnosis and assessment of patients.

The ***Department of Psychiatric Social Work*** came into existence in 1950s although family psychiatry can be dated back to 1922 at the Institute. The course of *Diploma in Psychiatric Social Work (DPSW)* started in the year 1970. In 1985 this course was upgraded to *M.Phil. Psychiatric Social Work*. Currently, 12 seats are available for M. Phil. trainees. The department is actively engaged in academic and research activities in the field of psychiatric social work and allied fields. The departmental faculty includes 1 associate professor, 3 assistant professors, 1 senior psychiatric social worker, 6 psychiatric social work tutors and 1 junior psychiatric social worker. During the specified period, 3154 therapies and 4590 other activities were carried out by the department.

The ***Department of Nursing Education*** provides quality nursing care to inpatients as well as outpatients. 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. The number of visiting nurses who received training is as follows:

- M.Sc. in Psychiatric Nursing – 56
- General Nursing and Midwifery (GNM)/ANM – 470
- B.Sc. Nursing – 730

The Institute currently offers **Occupational Therapy (OT) services** to adults as well as child and adolescent inpatients with either acute psychiatric illness or severe and enduring mental health problems. Inpatients use OT services 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 male patients and 35 female patients use OT services daily. The department also has a well-equipped and modern physiotherapy unit. 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.

The **Centre for Cognitive Neurosciences** was originally established in 1948, when it was known as the Electroencephalography (EEG) and Clinical Neurophysiology Department. It is now called Centre for Cognitive Neurosciences. At present, the Centre has two sections – a clinical section and a research section. The *clinical section* possesses two 32 channel quantitative electro-encephalogram systems and a 40 channel video electro-encephalogram 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, 192 and 256 channels), Evoked Response Potential (ERP) acquisition units (40 channels), a 40 channel polysomnography (PSG) unit, functional Near Infra-Red Spectroscopy (fNIRS) and a full-fledged Neuromodulation Department which has facility for Transcranial Magnetic Stimulation (rTMS), Transcranial Direct Current Stimulation (tDCS), HD-tDCS, Quadripulse Stimulation, BiStim System, Transcranial Alternating Current Stimulation (tACS) unit which has the most advanced technology in the country with neuro-navigation and robotized coil positioning system. The Centre has advanced signal processing software such as Advanced Source Analysis (ASA), Brain Electrical Source Analysis (BESA) MUSIC, LORETA, E-Prime etc. During the specified period, the total numbers of tests done were 7543.

The **Department of Pathology and Biochemistry** 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. During the specified period, the total number of investigation done were 2,85,328.

The **Department of fMRI, Neuroimaging and Radiology** has 16 slice CT scanner, 300 MA Digital X-ray, Cranial Doppler and Ultrasound Machine. The department got a state-of-the-art 3 Tesla functional MRI unit (fMRI) which has started functioning. It is the first establishment in the country to have an fMRI integrated with Transcranial Magnetic

Stimulation, High Resolution EEG and eye tracking system. CIP is the first and only exclusive Mental Health Institution in the country to have an fMRI facility with hybrid facilities. During the period under report, the total number of investigations done was 5506.

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 2800 patients availed emergency services in 2019.

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, 264 general helpline calls, and 237 e-mails were received and attended.

Case conferences, Seminars, Journal Clubs are held regularly. Thirty six seminars, 35 case conferences and 26 journal clubs were held during the period under report.

Achievements during the period

1. A Workshop was organized by nursing education department on “Evidence Based Nursing Practice towards Future Challenges on Mental Health” from 22nd - 23rd January 2019.
2. Annual Sport 2019 was held on 06th – 07th February 2019.
3. A Hindi workshop was organized by Official Language Implementation Committee at B. Hill Auditorium of the Institute on the subject “Stress Management” for visiting Nurses coming for training from various Nursing Colleges on 29th March 2019.
4. A fortnight of Swachhata was observed in this institute from 1st -15th April 2019.
5. Three days state level conference on: Understanding Specific Learning Disability: Assessment, Diagnosis & Intervention”, CRE accredited program (RCI) was organized by the Department of Clinical Psychology, Central Institute of Psychiatry (CIP), from 25th - 27th April, 2019.
6. Sixty two admissions took place in various courses run at this Institute during the academic year 2019-2020.
7. A Workshop was organized by nursing education department on “Disability Certification in Mental Health” on 9th May 2019.
8. 102nd Foundation Day & Alumni Meet was held on 17th May, 2019.
9. CME on “Disability Certification in Mental Health” was organized on 17th May, 2019.
10. World Schizophrenia Awareness Day was observed in this institute on 24th May 2019.
11. World No Tobacco Day was observed in this institute on 31st May 2019.
12. International Yoga Day was celebrated in the Institute on 21st June 2019.

13. 1st Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Psychiatric Emergency” from 10th -16th June 2019.
14. A three day film festival “Anubhav...Through the lens of Mind” was organized at CIP, Ranchi in collaboration with Akhra, Ranchi, CIP Alumni & Ekjut, Ranchi from 28th -30th July 2019.
15. 2nd Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Mental Health Nursing: Basic Assessment & Nursing Care” from 29th July- 4th August 2019.
16. 3rd Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Legal & Ethical Issues in Mental Health Nursing” from 26th August - 1st September 2019.
17. “Hindi Pakhwara” has been celebrated by the Rajbhasha Karyanvayan Samiti of the Institute from 1st-13th September 2019.
18. 4th Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Child & Adolescent Psychiatric Disorder” from 23rd - 29th September 2019.
19. World Mental Health Day was celebrated during 10th -12th October 2019.
20. 5th Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Nursing Management of Addiction & Substance Related Disorders” from 18th - 24th November 2019.
21. Epilepsy awareness camp was held at Deepshikha, Namkum Ranchi on the 23rd November 2019.
22. 68 national and international research papers were presented and published.
23. Two awards were won at Annual Conference of Indian Psychiatry Society (ANCIPS 2019).
24. Two awards were won at Annual Conference of Indian Psychiatry Society-Jharkhand State Branch (JASCON 2019).
25. One award was won at Annual Conference of Indian Psychiatric Society-Eastern Zonal Branch (CEZIPS 2019) at Port Blair.

26. The Institute also acquired the following machines/equipment and installations in 2019:

- a. Purchase of Chemical & Cleaners for distributing in wards & department.
- b. Purchase of consumables items for Road sweeper machine (Make: Inventa Pvt. Ltd, Model: Otto D top S) installed at this institute.
- c. Purchase & installation for Cassette ACs for RB Davis hall of Teaching Block of this institute.
- d. Purchase of hardware items required for development of 02 Nos. of studio for Running Courses at CIP Digital Academy near the server room at technical block of this institute.
- e. UTM Firewall Hardware & Software with 3 years Subscription with all its hardware and Software (Make:- SONICWALL, Model : NSA 3600 SECURE UPGRADE PLUS) installed at Computer Department.
- f. 86" backlit LED -IPS Panel (Make: Vivitek, Model: Novo Touch LK8630i) installed at Computer Department.
- g. Purchase of Post Printing Paper Finishing System for Sheltered Workshop of this institute.
- h. Purchase of Effluent Treatment Plant (ETP) (Reusing the water for cleaning) for Mechanized Laundry of this institute.
- i. Purchase of SMF Batteries.
- j. Underground cabling with 20 pairs Jelly filled Armored Cable with digging, laying & refilling.
- k. Purchase of Stationery items.
- l. Helmet Based Coil for Deep Brain Structure Transcranial Magnetic Stimulation (DTMS) (Make: Mag & More, GmbH) for CCN Dept.
- m. Dry Electrode Cap with Software for Usage with Existing 128 Channel HEEG System. (EEGO Mylab, Make: ANT) for CCN Dept.
- n. Signal Processing Software for RTMS & Bistim. (Make: Magstim). For CCN Dept.
- o. Ultra-Brief Pulse ECT Machine (Make: Mecta Corporation). For Conolly Ward.
- p. Upgradation of Existing TDCS System (HDC KIT, Make: Magstim). For CCN Dept.
- q. 100 HZ Repetitive Transcranial Magnetic Stimulator (RTMS) Compatible with H Coil (Make: Magstim). For CCN Dept.

BUDGETARY PROVISION FOR THE APRIL 2019–DECEMBER 2019*(Rupees in thousand)*

Financial Year		Budget Estimates	Revised Estimates	Expenditure
2018-19	Revenue	848600	810300	779150
	Capital	224000	224000	206216
	Total	1072600	1034300	985366
2019-20 up to December 2019	Revenue	851000	910310	509400
	Capital	224000	404000	153400
	Total	1075000	1314310	662800



Yoga Day 2019



SPECIAL FORTNIGHT OF SWACHHTA DRIVE 2019



Annual Sports 2019



Foundation Day 2019



CRE Programme 2019



SPECIAL FORTNIGHT OF SWACHHTA DRIVE 2019

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