

Annual Report 2020
(January 2020–December 2020)
CENTRAL INSTITUTE OF PSYCHIATRY, RANCHI

About the Institute

Central Institute of Psychiatry (CIP) 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*. A century-old institution with a rich history, the Institute continues to provide quality clinical services as well as being at the forefront of cutting edge research in mental health along with training professionals in the field of mental health.

Spread across 211 acres in the picturesque city of Ranchi, 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 (92 males, 82 females). In 1922, the management was entrusted to a Board of Trustees which comprised various participating state governments and the hospital was renamed 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 again changed to *Inter-Provincial Mental Hospital* (in 1948) after India achieved independence, only to be changed yet 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, electro-convulsive therapy (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 Mandar in 1967, rehabilitation centre and sheltered workshop in 1967, and industrial psychiatry unit at Heavy Engineering Corporation (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 CIP, 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.

The Institute has a current capacity of 643 beds. There are 15 wards (nine male wards and six 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, behavioural 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 themselves physically fit.

Currently, CIP has been accredited as one of the very few eco-friendly “Green” infrastructures in Ranchi. The entire campus spanning 211 acres is full of vegetation with less than 10% of the total area being used for capital development. Numerous trees dot the campus, some of them being more than 100 years old. Lawns have been recently developed and a number of garden benches are provided at regular distance for the convenience of staff and patients. The Institute uses solar energy for lighting, water pumps and geysers. There is a dedicated power supply feeder for regular electricity and apart from that DG sets are available round-the-clock for power backup. The entire mechanical and computerized infrastructure is linked to a dedicated UPS supply.

Service Utilisation Update (January-December 2020)

The Institute provides services to acutely ill psychiatric patients, including those requiring care for concurrent medical disorders. In the year 2020, 2203 patients (1811 males and 392 females) were admitted. ***The average bed occupancy during the specified period was 50.9%.*** This is the moderate occupancy rate despite lock down since March 2020 and COVID-19 pandemic.

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, 5249 patients (3559 males and 1690 females) attended the outpatient department (OPD) for treatment. There were a total of 180 admissions during the specified period.

The Institute has a modern ***Centre for Addiction Psychiatry*** with a capacity of 60 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 number of patients seen in the De-addiction Clinic OPD during the period under report were 812; 416 patients were admitted at S S Raju Centre for Addiction Psychiatry.

In the year 2020, till 31st December the number of cases seen on outpatient basis were 58,601 (20,777 new cases and 37,824 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 11533*** (7608 males and 3925 females) while ***36265 psychiatry follow-up cases were seen during this period*** (24394 males and 11871 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's School Hazaribagh; Deepshikha and Aastha Cell Deepatoli Cantonment, Ranchi and Military Hospital, Deepatoli Cantonment. 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 939.

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 14929.

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 commenced in 1972. At present, there are 16 seats in M. Phil. (Clinical Psychology) and four seats in Ph.D. (Clinical Psychology). The departmental faculty includes one associate professor, six assistant professors, one clinical psychologist, two assistant psychologists, five clinical psychology tutors and one 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 directly 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, psychotherapy, behaviour therapy, biofeedback, relaxation therapy, etc. During the specified period, 740 patients were assessed and 2073 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.

Teams from CIP visited St. Joseph's School to provide psycho-social support to migrant labourers during COVID-19. A total of 74 migrant labourers attended sessions on psycho-social support.

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 one associate professor, three assistant professors, one senior psychiatric social worker, six psychiatric social work tutors and one junior psychiatric social worker. During the specified period, 3507 therapies and 4049 other clinical activities were carried out by the department.

The Department of Psychiatric Social Work, CIP had started Psychosocial Help Desk: COVID-19 from 26th June 2020 onwards at the Psychosocial Unit of the Institute. Department of Psychiatric Social Work, CIP developed pamphlets in Hindi and English, which were distributed to 750 caregivers in OPD. A total of 210 caregivers received psychosocial counselling support services during the period under report.

The Department of Psychiatric Social Work had organised Information, Education & Communication Programmes for school going adolescents on various facets of psychoactive substance addiction. For this purpose, five schools were selected. This programme was organised with the collaboration of NISD, Ministry of Social Justice and Empowerment, New Delhi. Total number of students who participated were 390.

The ***Department of Nursing Education*** provides quality nursing care to inpatients as well as outpatients. This department 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 during the period under report is as follows:

- M.Sc. in Psychiatric Nursing – 53
- General Nursing and Midwifery (GNM)/ANM – 98
- B.Sc. Nursing – 179

The Institute currently offers ***Occupational Therapy (OT) services*** to adults as well as child and adolescent inpatients with either acute psychiatric illnesses 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 30 male patients and 28 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, and 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 number of tests done were 4528.

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 investigations done were 1,77,831.

The **Department of fMRI, Neuroimaging and Radiology** has 16 slice CT scanner, 300 MA Digital X-ray, Cranial Doppler and Ultrasound Machine. The department possesses 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 by this department were 2990.

A **24 hours emergency service** is available in the OPD of the Institute. The bed strength of the Emergency Ward is 16 (8 males and 8 females). A total of 2280 patients availed emergency services in 2020.

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, 4233 general helpline calls, and 282 e-mails were received and attended.

Mental Health Helpline facility was started for the citizens during COVID 19 through 24x7 Mobile nos. 9334915046, 9334915047, 9334915048, 9334915049, 9334915050, 9334915051, 9334915052, 9334915053, 9334915054, 9334915056, 9334915057, 9334915058, 9334915060, 9334915062, 9334915063. Total 2604 calls were received. Case Conferences, Seminars, Journal Clubs are held regularly. Twenty two seminars, 17 case conferences and 17 journal clubs were held during the period under report.

CIP Digital Academy: Service Utilisation in CIP Digital Academy: 44 CIP Digital Academy Live Sessions, 20 Online Exams Viva/Interviews, 186 Video Consultancy/Telecommunication, 78 Webinars/Sessions with UNICEF, 87 Online Lectures, 26 Online Therapy Sessions, 40 Academic Sessions/Seminars/Case Conference.

Centre for Tele-mental Health: Tele-consultations have been provided to patients since March, 2020. To coordinate tele-mental health services effectively, the Centre for Tele-mental Health was set up in June, 2020 and has been operational since then. Telemental health services have been provided to a total of 593 patients during the period under report.

Achievements during the period

1. 7th Continuing Nursing Education Programme (CNE) was organised by nursing education department on “Geriatric Psychiatric Nursing” from 20th–26th January 2020.
2. Annual Sports 2020 was held on 04th–05th February 2020.
3. One award was won at 7th Annual National Conference of All India Association of Medical Social Work Professionals on 06th–07th February 2020 at RIMS, Imphal.
4. Annual National Conference of Indian Society of Professional Social Work was organized from 28th February–1st March 2020, CIP, Ranchi.
5. RCI recognised, Two Day Workshop on Exner’s Comprehensive System of Rorschach was organized from 16th–17th March, 2020.
6. The Department of Psychiatric Social Work, CIP organised Information, Education & Communication Programmes for school going adolescents on various facets of psychoactive substance addiction. For this purpose, five schools were selected. This programme was organised with the collaboration of NISD, Ministry of Social Justice and Empowerment, New Delhi. Total number of students who participated were 390.
7. The Department of Psychiatric Social Work, CIP had started Psychosocial Help Desk: COVID-19 from 26th June 2020 onwards at Psychosocial Unit of the Institute. Department of Psychiatric Social Work, CIP developed pamphlet in Hindi and English, which were distributed to 750 caregivers in OPD. Total 210 caregivers received psychosocial counselling support services during the period under report.
8. 8th Continuing Nursing Education Programme (CNE) was organized by nursing education department on “Nursing Management of Mental Disorders” from 2nd–8th March 2020.
9. Mental Health Helpline facility was started for the citizens during COVID-19 through 24x7 mobile nos.: 9334915046, 9334915047, 9334915048, 9334915049, 9334915050, 9334915051, 9334915052, 9334915053, 9334915054, 9334915056, 9334915057, 9334915058, 9334915060, 9334915062, 9334915063. Total 2604 calls were received.

10. Teams from CIP visited St. Joseph's School to provide psycho-social support to migrant labourers during COVID-19. Total 74 migrant labourers attended sessions on psycho-social support.
11. *Sadbhavna Diwas* was celebrated on 20th August 2020.
12. Sixty six admissions took place in various courses run at this Institute during the academic year 2020–2021.
13. "*Hindi Pakhwara*" has been celebrated by the *Rajbhasha Karyanvayan Samiti* of the Institute from 1st–14th September 2020.
14. 150th Birth Anniversary of Mahatma Gandhi was celebrated on 2nd October 2020.
15. World Mental Health Day was celebrated on 10th October 2020.
16. National Unity Day (*Rashtriya Ekta Diwas*) was celebrated on 31st October 2020.
17. Sixty seven national and international research papers were presented and published till 31st December 2020.
18. Tele-consultations have been provided to patients since March, 2020. To coordinate tele-mental health services effectively, the Centre for Tele-mental Health was set up in June, 2020 and has been operational since then. Tele-mental health services have been provided to a total of 593 patients during the period under report.
19. Service Utilisation in CIP Digital Academy:
 - a) 44 CIP Digital Academy Live Sessions,
 - b) 20 Online Exams Viva/Interviews,
 - c) 186 Video Consultancy/Telecommunication,
 - d) 78 Webinar/Sessions with UNICEF,
 - e) 87 Online Lectures,
 - f) 26 Online Therapy Sessions,
 - g) 40 Academic Sessions/Seminars/Case Conference.
20. The following machines/equipment were acquired and installed in the Institute in 2020:
 - a) Neuroplasticity Study Lab at Centre for Cognitive Neurosciences
 - b) Integrated 32-Channel Neuro Biofeedback System for Neuroplasticity Lab at CCN
 - c) 64 Channel EEG for Ambulatory Studies at Neuroplasticity Lab at CCN
 - d) fNIRS Compatible HD tDCS for Neuroplasticity Lab at CCN
 - e) Furnishing, supply, installation, testing & commissioning of video conferencing system at Room no. 18, Conference Hall, CCN
 - f) Upgradation & Augmentation of MATLAB Software License
 - g) Ultra-Brief Pulse ECT Machine

- h) Electronic OPD Management and Queuing System & Integration with HIMS
- i) Workstation
- j) Furniture items required to develop 10 bedded emergency unit at Centre for Addiction Psychiatry (S S Raju Ward)
- k) Effluent Treatment Plant 10 KLD FRP (Make: Mitra Aqua) Packaged for waste water of this Institute
- l) Various machinery and equipment required to develop 10 bedded emergency unit at Centre for Addiction Psychiatry (S. S. Raju Ward) of this Institute
- m) Various items required for development of one Conference Room for Centre for Addiction Psychiatry at S.S. Raju Ward of this Institute
- n) Various items required for development of Neuro-Stimulation Laboratory at Centre for Addiction Psychiatry at S.S. Raju Ward of this Institute
- o) 500 KVA DG set
- p) Side Loading Washing Machine (Cap: 50 Kg & 35Kg) & Hydro extractor (Cap: 35 Kg) installed at Mechanized laundry of this Institute.

BUDGETARY PROVISION FOR APRIL 2020–DECEMBER 2020

(Rupees in thousands)

Financial Year		Budget Estimates	Revised Estimates	Expenditure
2019-20	Revenue	851000	889600	882210
	Capital	224000	294000	293973
	Total	1075000	1183600	1176183
2020-21 up to December 2020	Revenue	919600	899113	697499
	Capital	92900	282400	92171
	Total	1012500	1181513	789670



Annual Sports 2020



CNE 2020



Sadbhava Diwas 2020



National Unity Day (Rashtriya Ekta Diwas) 2020



150th Birth Anniversary of Mahatma Gandhi 2020



Hindi Pakhwada 2020

(Dr. B. Das)
Director
Central Institute of Psychiatry,
Kanke, Ranchi, India