



INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES

**THE FIRST NEURO-PSYCHIATRIC HOSPITAL IN
INDIA WITH HALF WAY HOMES**



SUMMARY HIGHLIGHTS OF ANNUAL REPORT (2016-17)



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FROM THE DIRECTOR'S DESK

It gives me distinct pleasure to present the Annual Report of Institute of Human Behaviour and Allied Sciences (IHBAS) for the period from 1st April 2016 to 31st March 2017.

The Hospital for Mental Diseases, Shahdara was converted to 'Institute of Human Behaviour and Allied Sciences (IHBAS) by a Supreme Court order in response to a public interest litigation in 1993. Since then IHBAS has come a long way in its journey of transforming custodial care setting to modern neuropsychiatric institute and today is one of the largest super specialties tertiary care centres in Delhi dedicated exclusively to neuropsychiatric and behavioural illnesses.

The institute is progressing steadily to achieve its objectives, which are:

- I. To provide high quality super specialty health care using state-of-art technology in mental health, neurosciences, behavioural and allied sciences
- II. To conduct research of high standard in the field of mental health, neurosciences and behavioural sciences
- III. To provide comprehensive training for MD, DM, M Phil and Ph D courses in field of mental health, neurosciences and behavioural sciences and research activities on current interest

Strengthening of different departments of the institute with a view to improve the quality of services has been our constant endeavour and this was further emphasized and strengthened with introduction of National Accreditation Board for Hospital and Healthcare providers (NABH) in IHBAS and it was a proud moment when NABH accreditation was accorded to IHBAS in 2012 and the institute has maintained the accreditation till date.

IHBAS as an apex neuropsychiatric institute has been continuously working to expand the patient care services beyond the hospital based care to community. This has been achieved through the community outreach services in various parts of Delhi, the awareness campaigns, active liaison with the NGOs, user and carer groups, RWAs and sensitization programme to facilitate involvement of the various stakeholders. In addition community oriented programmes, programmes for school children such as poster competition, workshops, symposia were organised to increase the awareness about positive mental health for prevention of neuropsychiatric illnesses and the facilities available at the institute.

IHBAS as an institute was fortunate enough to be provided a thorough appraisal by National and International organizations and agencies in the year 2016-17.

It was a year of awards for IHBAS, as the institute received the prestigious **International "Rose of parasalsus" award** and the **Skoch award in this year**. IHBAS was awarded consolation prize in **KAYAKALP**, an initiative launched by Delhi State Health Mission.

Two **halfway homes/long stay homes** were opened on 17.02.07 and named Saksham A for women and Saksham B for men. This is the first government run home in a hospital campus to ensure that these patients are not neglected. Formal inauguration was done by Hon'ble Health minister (Govt. of NCT, Delhi) in the presence of secretary health (govt. of NCT, Delhi) and other dignitaries on 03.03.2017. These two Half Way Homes at IHBAS will be a model for other homes which would be evolving in different parts of Delhi.

Delhi state legal clinic was inaugurated in IHBAS in October 2016, a unique initiative for the benefit of the patients.

It is worth appreciating that the faculty of IHBAS besides contributing towards the patient care, teaching and administrative duties, is also actively involved in the research both in the basic and applied fields. The research programmes run at IHBAS have been funded by reputed National as well as International funding agencies. Various clinical trials are also going on in the Institute which would contribute towards effective management of the diseases.

Various academic activities were undertaken in the institute during the current year. The teaching and training for MD (Psychiatry), DM (Neurology), M.Phil. (Clinical Psychology) and the undergraduate and post graduate student teaching in Clinical Psychology, Psychiatric Social work and Psychiatric nursing continued.

This report gives a description of the achievements made by the institute in different fields during the year 2016-17.

Dr Nimesh G Desai
Director

OUR TEAM

Director

- Prof. Dr. Nimesh G. Desai
(Psychiatry)

Emeritus Professor

- Prof. S.D. Sharma (Psychiatry)
- Prof. M. Gourie Devi (Neurology)

Professors

- Dr. N.G. Desai (Psychiatry)
- Dr. Sujata Chaturvedi (Pathology)
- Dr. Sangeeta Sharma
(Neuropsychopharmacology)
- Dr. Rajiv Thakur (Microbiology)

Additional Professors

- Dr. Kiran Bala (Neurology)
- Dr. Uday Kumar Sinha (Clinical Psychology)

Associate Professors

- Dr. Neelam Chhillar (Neuro Chemistry)
- Dr. Anshu Gupta (Pathology)
- Dr. P.K. Upadhyay (Neurosurgery)
- Dr. Deepak Kumar (Psychiatry)
- Dr. Suman Seryam Kushwaha
(Neurology)
- Dr. Rachna Agarwal (Neuro Chemistry)
- Dr. Om Prakash (Psychiatry)
- Dr. Vibha Sharma (Clinical Psychology)
- Dr. Jahanara M Gajenderagad
(Psychiatric Social Work)

- Dr. Sarbjeet Khurana
(Epidemiology)
- Dr. Mukul Kumar Jain
(Neuroanesthesia)
- Dr. C.B. Tripathi (Biostatistics)
- Dr. Rajesh Kumar (Psychiatry)
- Dr. Reema Kumari (Neuro radiology)
- Dr. Vijender Singh (Psychiatry)
- Dr. Ravinder Singh (Medical Anthropology)

Assistant Professors

- Dr. Vinod Kumar Singh Gautam
(Neurosurgery)
- Dr. Deepak Kumar Jha
(Neurosurgery)
- Dr. Arvind Arya (Neuroanesthesia)
- Dr. Renu Goyal (Microbiology)
- Dr. Naveen Grover (Clinical Psychology)
- Dr. Ishita Pant (Pathology)
- Dr. Pankaj Kumar (Psychiatry)
- Dr. Manoj Kumar (Psychiatry)
- Dr. Aldrin Anthony Dung Dung
(Neurology) on contract basis
- Dr. Amit Khanna (Psychiatry)
- Dr. Paramjeet Singh (Psychiatry)
- Dr. Amit Garg (Psychiatry)
- Dr. Sumit Kumar Gupta (Psychiatry)
- Dr. Bhavna Kaul (Neurology)
- Dr. Shaily Singh (Neurology)
- Dr. Siddharth Maheshwari
(Neurology)

OUR COMMITMENT

Vision

The vision of Institute of Human Behaviour and Allied Sciences is to be one of the leaders in the country and in the world for promoting mental health, neurosciences, behavioural and allied sciences through multidisciplinary patient care in partnership with communities, developing future group of professionals and paraprofessional leaders through formal and semiformal training programmes and expanding scientific knowledge and its application through frontline research.

Mission

The mission of Institute of Human Behaviour and Allied Sciences is to advance the mental and neurological health of populations by practicing evidence based multidisciplinary scientific health care approaches that are novel, adaptive, and ethical, conduct research of high standard and develop human resource in these fields. The institute adheres to quality assurance, integrating into practice the prevailing norms for human rights and diverse value systems of persons and populations while accomplishing this mission.

Quality Policy Statement

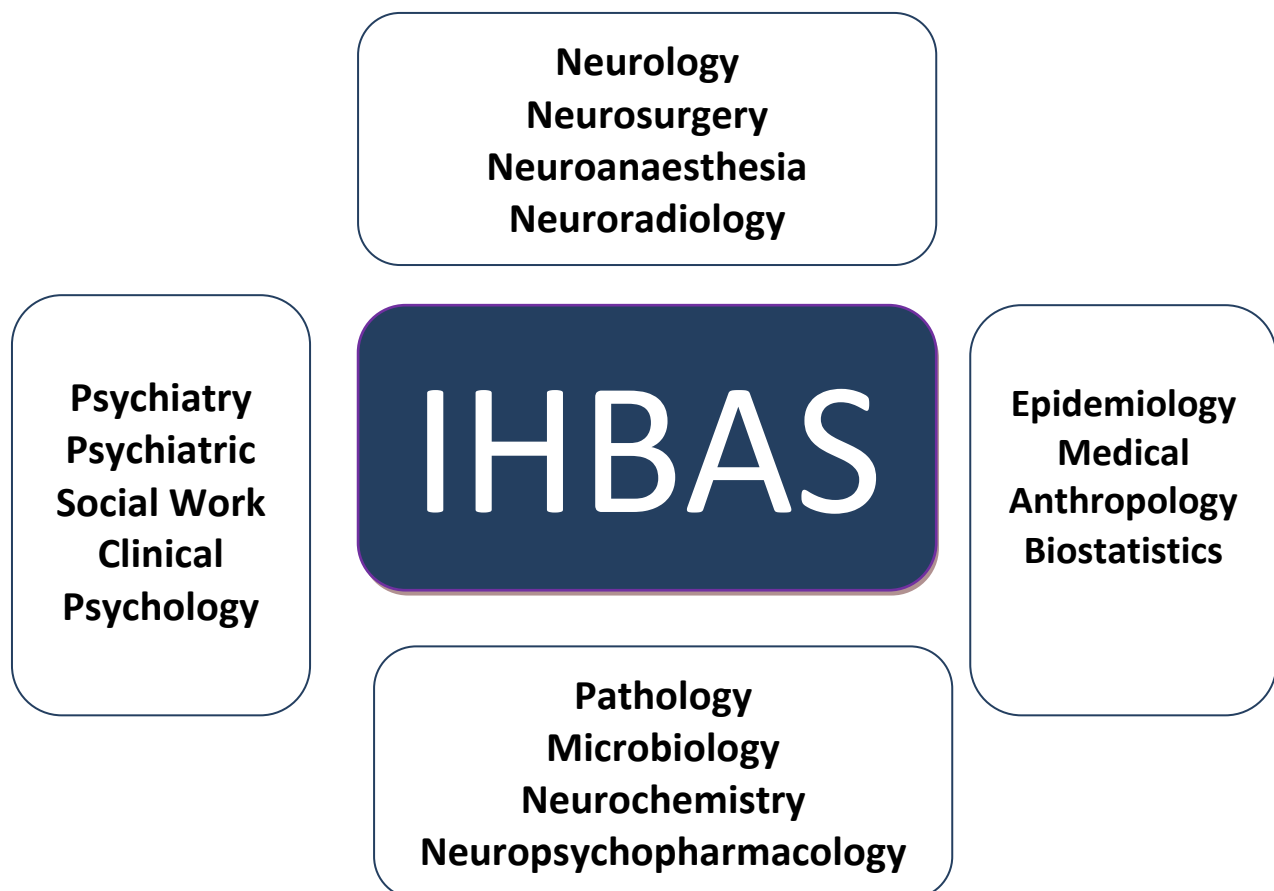
IHBAS is committed to provide Health Care par excellence. This would be achieved through:

- Complying with National and International Quality standard
- Working within the framework of Regulatory requirement
- Up gradation of Technology and Facilities on regular basis
- Training the manpower in the relevant discipline
- Continuous Quality improvement, and
- In the process, striving to enhance both staff and user satisfaction level

Aims and Objectives

- To provide high quality super specialty health care using state-of-art technology in mental health, Neurosciences, Behavioural and Allied sciences.
- To conduct research of high standard in the field of mental health, Neurosciences and Behavioural sciences.
- To provide comprehensive training for MD, DM, M. Phil. & Ph.D courses in field of mental health, Neurosciences and Behavioural sciences and research activities on current interest.

These activities are carried out through a multidisciplinary approach by the faculty and staff of the following departments



Departments of IHBAS

- Psychiatry
- Microbiology
- Neurology
- Neurochemistry
- Neurosurgery
- Neuroanaesthesia
- Neuroradiology
- Clinical Psychology
- Medical Anthropology
- Psychiatric Social Work
- Epidemiology
- Pathology
- Biostatistics
- Neuropsychopharmacology

Patient Care Services

- OPD
- In Patient
- Emergency
- ICUs
- Diagnostic
- Community outreach services

Special Clinics

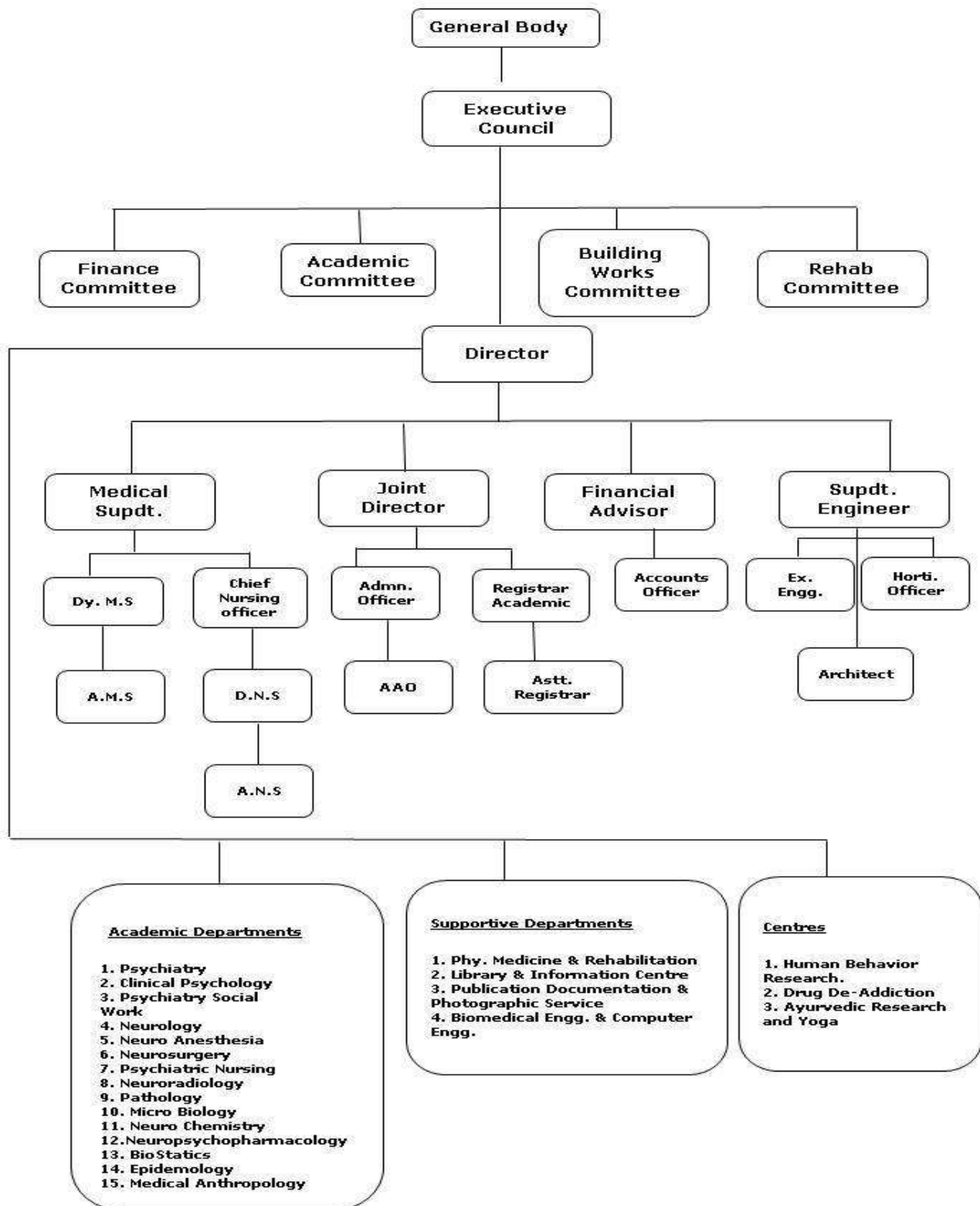
- Child and Adolescent Psychiatry clinic
- Mental retardation clinic
- Marital and psychosexual Clinic
- Epilepsy Clinic
- Movement Disorder
- DATRC and TCC
- Neuro-behaviour Clinic

Activities at IHBAS

- Brain awareness week
- Mental health Week
- World no tobacco Day Programme
- Epilepsy Week
- Stroke Awareness week
- Dementia Day

HOW WE WORK

IHBAS Organization



MILESTONES

Journey of transforming custodial care setting to modern Neuropsychiatric Institute

IHBAS was earlier known as Hospital for Mental Diseases (HMD) which was established in 1966. This was a custodial care setting established under Indian Lunacy Act (1912) with majority of patients being long stay. In view of the multiple reports the gross human rights violation in 1983, PIL was filed in the Hon'ble Supreme Court related to the prevalent conditions at HMD. Subsequently a three member committee of eminent psychiatrists was formed who gave their recommendations in 1989. In 1993, the erstwhile HMD was converted to the Institute of Human Behavior & Allied Sciences in compliance with the directives of the Hon'ble Supreme Court in response to public interest litigation in 1993. The Institute is an autonomous body registered under the Societies Act 1860, funded jointly by Ministry of



- Hospital for Mental Diseases (HMD), Shahdara set up in 1966-one of the last "Mental Hospital" to be set up....on custodial pattern
- Unfortunately, conditions deteriorated quickly and markedly enough, with serious human rights violations, to lead to a PIL by the Public Union of Civil Liberties (PUCL)
- PUCL approached Hon'ble Supreme Court in 1983, which heard the matter for 8 years and formed two committees
- Hon'ble Supreme Court passed orders in January and November 1991-for upgrading and converting HMD to Institute of Human Behaviour and Allied Sciences (IHBAS), to be developed on the " pattern of NIMHANS, Bangalore" with funding from Government of India and Delhi Administration (Government of NCT of Delhi)
- Memorandum of Association in July,1991
- First Meetings of General Body and Executive Council in 1993



Health and Family Welfare, Government of India and Government of NCT of Delhi. Minister for Health, Govt. of NCT of Delhi is the President and Chief Secretary, Govt. of NCT Delhi is the Chairman of the Executive Council of the institute.

The initial 7-8 years after the establishment in 1993, the Institute had to adjust with the major transformations from HMD to tertiary care neuropsychiatric institute with many of the systems reviewed and re-organized.



In 2000, as part of transformation of IHBAS to teaching and research institute, the post graduate courses were streamlined with faculties joining in major clinical and supportive departments. In next five years, institute's major focus was on strengthening the existing infrastructure and patient care services. Standard operating procedures were defined and implemented to ensure the uniformity of care. This was further emphasized and strengthened with introduction of NABH in 2008.

The NABH process for quality assurance and the guidelines further helped the IHBAS faculty and staff to improve their understanding to define the policies and procedures to match the quality standards for patient care. IHBAS playing a pivotal role in reducing the treatment gap in neuropsychiatric care by the quantum of services it provides while ensuring the quality which has been a daunting task.

In the relatively neglected area of neuropsychiatry, striving for quality assurance had been a difficult and challenging task but with advancement of quality in health care, the field of neuropsychiatry has been benefitted like all other medical fields. There may still be lacunae as the field is evolving. Quality being a dynamic process is an ongoing activity. This dynamic nature of quality assurance is much more applicable in the field of neuropsychiatry.

EVENTS HIGHLIGHTS 2016-17

Major *organizational* achievements this year

Prestigious International Award in Healthcare Sphere “Rose of Paracelsus” to IHBAS by the European Medical Association (EMA)



IHBAS has begged the prestigious International Award in Healthcare Sphere “Rose of Paracelsus” by the Socrates Nomination Committee of European Business Assembly, United Kingdom. The Award function was held on January 30-31, 2017 in Dubai, UAE. This Award is a symbol of the reality of a medical institutions and its admirable reputation in the opinion of the patient.



The main award criteria includes hospital overall performance, top level medical services, national & international accreditation, certification, participation international and local healthcare programmes, safety of treatment processes and feedback from patients. This Award and all our other achievements are clearly the result of sincere hard work with commitment to high quality care on part of different categories of staff. The active interest and patronage by the Health & Family Welfare Department of the Government of NCT of Delhi has also helped in the overall improvement

of IHBAS to this level, from the erstwhile custodial and infamous Hospital for Mental Diseases (HMD) in a span of two decades.

Prestigious SKOCH Award to IHBAS by the SKOCH group for Top 50 Health Projects in India

IHBAS received the silver Skoch Swasth Bharat Award 2017 for the best pre hospital care in mental health (Quality assurance in care beyond hospital).



These are the first government run halfway homes in a hospital campus to ensure that these patients are not neglected. The formal inauguration was done by Hon'ble Health minister (Govt. of NCT, Delhi) in presence of secretary health (govt. of NCT, Delhi) and other dignitaries on 03.03.2017. These two Half Way Homes at IHBAS will be a model for other homes which would be evolving in different parts of Delhi.



Inauguration of Delhi State Legal Services Clinic in IHBAS

DSLISA has already partnered with Institute of Human Behaviour and Allied Sciences (IHBAS) in order to facilitate involuntary treatment of Mentally ill Persons. Legal Aid Counsels posted in Magisterial Courts have been given orientation to keep a watch in respect of proceedings relating to Mentally ill Persons. DSLISA has also set up a Outreach Centre at Jama Masjid, Urdu Park, Delhi for involuntary treatment of mentally ill persons. It functions on every Monday from 6 PM to 8 PM during Winter Season and 7 PM to 9 PM during Summer Season. DSLISA has ensured availability of a Magistrate at the centre alongwith a team of Senior Doctors from IHBAS.

In addition to this, Delhi State Legal Services Clinic was inaugurated in IHBAS in 2016.

दैनिक जागरण नई दिल्ली, 10 अक्टूबर 2016

इहबास में खुला डीएलएसए ईस्ट का लीगल सर्विस क्लीनिक

जागरण संवाददाता, पूर्वी दिल्ली : दिलशाद गार्डन स्थित मानव व्यवहार एवं संबंध विज्ञान संस्थान (इहबास) अस्पताल में लीगल सर्विस क्लीनिक का शुभारंभ किया गया। यह अनोखा क्लीनिक पूर्वी जिला विधिक सेवा प्राधिकरण (डीएलएसए) एवं इहबास अस्पताल के संयुक्त प्रयासों से शुरू कराया गया है। इस मौके पर मुख्य अतिथि के रूप में दिल्ली हाई कोर्ट की जस्टिस संगीता धींगरा सहगल और विशिष्ट अतिथियों में पूर्वी जिला न्यायाधीश तलवंत सिंह, साकेत जिला एवं सत्र न्यायाधीश आशा मेनन, राष्ट्रीय विधिक सेवा प्राधिकरण (नाल्सा) के निदेशक गीतांजलि गोयल शामिल रहे।

भवानी शर्मा ने बताया कि यह क्लीनिक इहबास के ओपीडी ब्लॉक के कमरा नंबर 13 में भूतल पर ही शुरू किया गया है। इसमें डीएलएसए ईस्ट के पैनल पर पंजीकृत कानूनी सलाहकार अधिवक्ता सोमवार एवं शनिवार को

दोपहर 2 बजे से शाम 5 बजे तक बैठेंगे। इस क्लीनिक में इहबास के ओपीडी में आने वाले मरीजों सहित उनके परिजनों और तीमारदारों को निःशुल्क कानूनी सहायता का लाभ मिल सकेगा। इस क्लीनिक को पायलट परियोजना के तौर पर शुरुआत में तीन से छह महीने के लिए शुरू कराया गया है। डीएलएसए के अनुपालन अधिकारी प्रशांत रस्तोगी ने बताया कि सभी अतिथियों ने यहां राष्ट्रीय राज्य एवं जिला स्तर पर चलने वाली विधिक सेवाओं के बारे में विस्तृत रूप से बताया। अंत में इहबास निदेशक डॉ. निमेश जी देसाई ने सभी को कार्यक्रम के सफल आयोजन के लिए धन्यवाद दिया। इस अवसर पर नालसा सदस्य सचिव अलोक अग्रवाल, डीएसएलएसए के सदस्य सचिव धर्मेन्द्र शर्मा, उत्तर पूर्वी जिला पुलिस उपायुक्त डॉ. अजीत कुमार सिंगला, बाल कल्याण समिति के अध्यक्ष आरके पांडेय, मुख्य अभियोजकों सहित अन्य न्यायाधीश भी मौजूद थे।

Alzheimer's Day

Department of Neurology organized the World Alzheimer's Day Celebration on 30th September, 2016. In addition Department of Neurology organized the Continuing Medical Education Programme. The programme was designed to sensitize the general physicians and resident doctors.

Public Awareness Programme was also organized for awareness for general public. A special session was held for the sensitization of the staff of IHBAS.



National Epilepsy Day

Epilepsy Awareness Day was conducted by the Department of Neurology, Institute of Human Behaviour & Allied Sciences (IHBAS) as a part of our endeavour to increase the awareness of epilepsy among the general public. The children with epilepsy were encouraged to participate in different cultural programme held on Nov 28,2016.

In the Epilepsy Awareness Programme the children suffering from Epilepsy participated in the drawing competition and sports. A skit performed by the nursing staff of IHBAS conveyed the myths & realities of epilepsy for the care givers. The gifts were distributed to the children who participated in the programme and they were encouraged to participate in extra curricular activities.

Department of Neurology participated in the Public Awareness programmes during the Brain Awareness Week organized by Department of Psychiatry, IHBAS.



SOWING INTO THE COMMUNITY

Active communitization

IHBAS as apex neuropsychiatry institute has, since its inception in 1993, strived to expand the patient care services beyond the hospital based care to community. This has been achieved through the community outreach services in various parts of Delhi, the awareness campaigns, active liaison with the NGOs, user and carer groups, RWAs, training programme to involve the general health practitioners, paramedical workers as well as community contact and sensitization programme to facilitate involvement of the various stakeholders. With its consistent focus on community involvement and participation, IHBAS has by now well established health outreach network in six districts of Delhi as well as large network of stakeholders including Government agencies, NGOs, RWAs and the user and carer groups. The Institute is presently also one of the resource centres for National

Efforts at communitization

IHBAS as apex neuropsychiatry institute has, since its inception in 1993, strived to expand the patient care services beyond the hospital based care to community. Various kind of community based initiative being under taken by IHBAS:

- ❖ *Community Outreach Services under District Mental Health Programme:*
- ❖ *Community Outreach Initiatives for Homeless Population*
- ❖ *Community Awareness Activities*
- ❖ *Liaison with User and Carer Groups*
- ❖ *Efforts at Communitization for in-patient at IHBAS*

Mental Health Programme (NMHP) and the coordinating centre for District Mental Health Programme (DMHP) Delhi, Resource Centre for Tobacco control (RCTC) as well as coordinating the State Mental Health Authority (SMHA) work.

Community Outreach Services under District Mental Health Programme

Community outreach services are being carried out as a part of District Mental Health Programme (DMHP) in different districts across Delhi State. Currently community outreach services are extended to five districts across Delhi State i.e. Chattarpur

(South), Jahangirpuri (North-West), Dwarka (South-West), Timarpur (North), and Motinagar (West). The DMHP team also visits two residential homes for destitutes

once a month delivering meta-outreach services(reaching beyond outreach clinics). The other activities include information, education and communication (IEC) activities, Mental Health Awareness and diagnostic camps on monthly basis, series of intensive training programme for different categories of health personnel (including medical officers, para-medical and non-medical personnel) located across the state, establishing linkages with anganwadis, NGOs etc. From 2010 onwards DMHP has also integrated the activities of Tobacco Cessation Services at DMHP outreach clinics. Based on IHBAS experience with DMHP in Delhi and other inputs, "Urban Mental Health module" has been submitted to the Ministry of Health and Family Welfare (MOH and FW) for inclusion in the 11th Five Year Plan of National Mental Health Programme (NMHP).

Community Outreach Initiatives for Homeless Population

➤ Community Outreach Services for Homeless

IHBAS as an apex neuropsychiatric institute has been working to expand the patient care services beyond the hospital base care to community. This has been achieved through the community outreach services in various part of Delhi, the awareness campaigns active liaison with the NGOs, user and carer groups, RWAs, and sensitization programme to facilitate involvement of the various stakeholders.

By Now, IHBAS has a well established mental health outreach network in five districts of Delhi through District mental health programme (DHMP) under national Mental Health Programme (NMHP). The institute is presently also one of the resource centre for National Mental Health Programme and the coordinating centre for district mental health programme for the state of Delhi. It has an active community based programme for homeless. Mentally ill person at jama masjid and two functional mobile mental health units.

The Health outreach services for homeless was initiated by IHBAS and Ashray Adhikar Abhiyan (AAA) in 2000 and is continuing since last ten years under the District Mental Health Program (DMHP), Delhi as low cost community outreach service model for

providing health intervention for the homeless. In November, 2008 the new health initiative for treatment of homeless persons with severe mental illness was launched as a pilot experience with active support and participation by Delhi State Legal Services Authority (DSLISA) at Jama Masjid. Under this service the mobile court facility was made available at the clinic for legal facilitation of involuntary treatment of patient with severe mental illness in need of treatment.

➤ **Mobile Mental Health Unit (MMHU)**

In view of the growing concern and need for bridging the treatment gap for the marginalized populations, the Mobile Mental Health Unit (MMHU) project has been initiated on pilot basis by Delhi State Health Mission (DSHM) under National Rural Health Mission (NRHM), GOI. MMHU is functioning since December 2010 under the administrative and technical control of IHBAS. The major activities carried out are: Rescue / Engagement into Treatment (Assist the police personal) for destitute wandering homeless mentally ill person as well as Mentally ill person living in families / hostels, Police sensitization, Community sensitization and Active identification of homeless mentally ill persons in the community. Under this programme two multi disciplinary team along with a mobile van is providing above mentioned services in the community. There is also a round the clock mental health helpline number which is being run under this programme and apart from providing call based response in the community, is also providing telephonic guidance to the people.

Community Awareness Activities

➤ **Mental health week**

Mental health Week was organized by IHBAS in the month of October 2016. The week commenced with various awareness programmes conducted by the team of IHBAS. In the following days Awareness Campaigns were launched to make people aware about mental health issues and availability of mental health-care services in the community. Mental Health Awareness Camps, Street Plays, Painting Competitions and Mass Public Rally in several parts of Delhi constitute the awareness campaign.



➤ **Brain Awareness Week**

Brain Awareness Week (BAW) was also organized by team IHBAS from 12th -19th March 2014. It is geared towards promoting and enhancing awareness about brain-mind problems and their solutions among the general population. The activities included public awareness and sensitization through awareness health camps, street plays, poster exhibition, distribution of IEC material, public lectures, interactive sessions with Resident Welfare Associations (RWA's) and schools and colleges, interactive workshop with media persons and awareness rally etc

CONNECTING WITH PATIENTS

Creativity at its best

The Institute is involved in organising various recreational activities for patient and their family members. It has also garnered the community's support in implementing the programmes through participatory model. These programmes were mainly aimed towards the rehabilitation and reintegration of long stay patients of the institute. The following activities are exemplary as they have been first started at IHBAS. The long stay patients are actively involved in the recreational activities like painting, writing and various other activities with the support of medical and nursing staff.

Outdoor picnics

The Institute has been organising outdoor picnic for long stay patients, 3-4 times in a year. The outdoor picnics are organised with the aim to reintegrate the long stay patients with the community as well as to provide them adequate stimuli to improve their social skills. The participation of community has been encouraging in the past. These picnics have been one of the most favourite events for patients of IHBAS. In this year the outdoor picnics were organised at Lodi Garden, Japanese Garden and Old fort.

Eating out programme

The Institute has also started "Eating Out" programme, which is meant for having lunch/ dinner outside the wards but within the Institute premises. The purpose of organising this programme is to avoid the monotonous routine/pattern of eating and to feel change in daily living activity.

Celebration of festivals and cultural programmes

The Institute has been traditionally celebrating all the National festivals with lots of enthusiasm and Great Spirit. All the celebrations are planned around the patients to provide them a home away from home. The cheer on patients' face and their high spirits during such activities are motivation enough for the institute to organize such events. The special efforts by the Nursing staff and Hospital Kitchen make the patients and employees look forward to the festivities.

The Institute Generally celebrates all the festivals with the patients and specifically the patients who do not have their families available and the long stay patients. On these occasions we invite the public functionaries and dignitaries involved in the activities of IHBAS. Their presence on these occasions boost the morale of the patients as they do not feel separated from their families and all officers and staff of the institute participate in such functions as such events provide an opportunity to meet the patients and interact with each other across staff groups and with our clients.



Lifelong Learning Together

Training and Education

Our staff is our greatest asset. IHBAS places strong emphasis on the upgrading of skills of the staff. Moving forward, the institute has developed a Training master plan incorporating the NABH guidelines that will help the staff to improve themselves and provide the staff with a well developed training ladder to push them to next level.

IHBAS also encourages staff to pursue academic upgrading by supporting them financially regarding a wide range of academic activities.

The teaching and training for MD (Psychiatry), DM (Neurology), M.Phil. (Clinical Psychology) and the undergraduate and postgraduate student teaching in Clinical Psychology, Psychiatric Social work and Psychiatric nursing continued. IHBAS was host and organizer of various significant academic events viz. CME programmes, workshops in the year 2011-2012.

Academic Programmes at IHBAS

- ◆ DM(Neurology)
- ◆ MD(Psychiatry)
- ◆ M.Phil(Clinical Psychology)

FRUITS OF OUR LABOUR TILL DATE

Celebrating Our Success Together

ACCREDITATION: A MAJOR MILESTONE

Process of NABH Accreditation

Moving forward, the Institute had done a rigorous job of getting the accreditation from National Accreditation Board for Hospitals (NABH). The task of formulating policy and developing procedures for quality assurance for the specialty services being provided by IHBAS Hospital has been a challenging one. The initial consultancy service available from the Quality Council of India had introduced the basic ideas and laid the framework as per the NABH guidelines. The specialty context of mental health and neuropsychiatry services; the multidisciplinary, academic nature of the hospital functioning; and the relevance of ethical and legal dimensions of services for “Brain-Mind Problems and their Solutions” required intensive multilayered deliberations and dialogues, with a participatory approach. Various units, sections and the departments of the hospital, Deputy Medical Superintendent (DMS) along with the faculty and the academic heads of departments got progressively sensitized to the requirements for quality assurance and the methods to inculcate these in routine work. This participatory process was coordinated and led by the Director, Chief Quality Coordinator and the Nodal Officers Group (NOG) and Administrative Officer, (NABH Cell) from top down, duly complemented by the interactions with the different staff groups during the training group sessions as the bottom up component. Undoubtedly, this entire approach has been time consuming and energy sapping, especially as an activity parallel to the routine hospital work, but has also been found to be satisfying and enriching. Application of the standards, and the objective elements of the NABH framework to the specific situations and needs of the IHBAS hospital and its users and providers was carried out, with due adaptation through modification and changes and a few additional dimensions being introduced. This has galvanized the hospital towards a system of quality assurance, which it is hoped, will be inherent and self sustaining, albeit with continued effort in the future also.



NABH accreditation for IHBAS sustained till date



NABH Accreditation was accorded to IHBAS becoming effective from 3.2.2012 for a period of three years. This is a significant milestones achieved by IHBAS as a part of the larger picture of expansion and quality assurance of health services in Delhi by the government of NCT of Delhi. To our knowledge, IHBAS is the fourth Government hospital in the state to achieve the milestone after CNBC, ILBS and MAIDS.

IHBAS is a specialty hospital in the combined fields of Mental health and neurosciences with active Outpatient

services, emergency care and ICU Services with a fairly complex mosaic of services on the identified theme of brain- Mind problems and their solutions. **The Hard work of the faculty and the staff has made IHBAS, still the first and only specialty neurosciences and mental health across Government or Private sectors in the country to get NABH Accreditation.**

NABH Accreditation

- *First government run specialized neuro psychiatry institute accorded NABH accreditation*
- *Formulated policy and developing implementation mechanism for quality assurance*
- *This has galvanized the hospital towards a system of quality assurance, which it is hoped, will be inherent and self sustaining, albeit with continued effort in the future also.*

OUR COMMITMENT TO QUALITY

Quality Indicators

Healthcare can never be compromised. IHBAS is a strong proponent of quality standards in health care and rigorously monitors the quality standards.

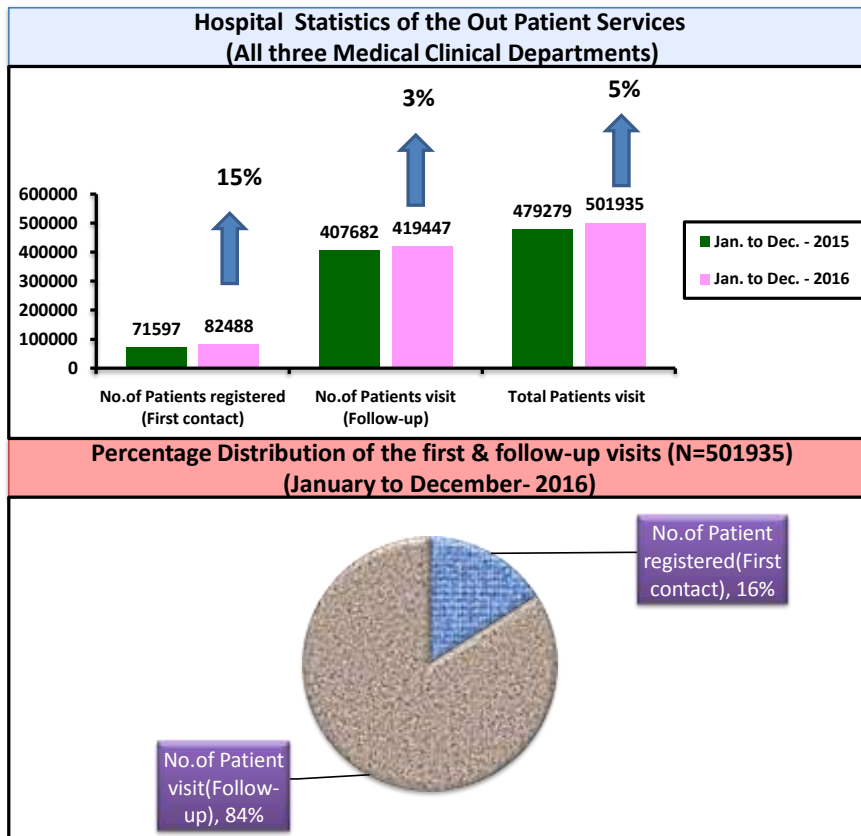
As a part of quality improvement programme, we have formulated several core quality indicators after several rounds of discussions incorporating the needs of the hospital. These core quality indicators are monitored at different patient care areas by various committees. These indicators are documented and compiled by respective committees, finalized by the CQI committee and are discussed in the Hospital statistics meeting on a regular basis.

Some important indicators

- ◆ Indicators related with patient care
- ◆ Indicators related to Hospital Infection Control measures
- ◆ Indicators related to Diagnostic laboratories
- ◆ Medical record related indicators
- ◆ Indicators related to human resource management
- ◆ Indicators related to facility management

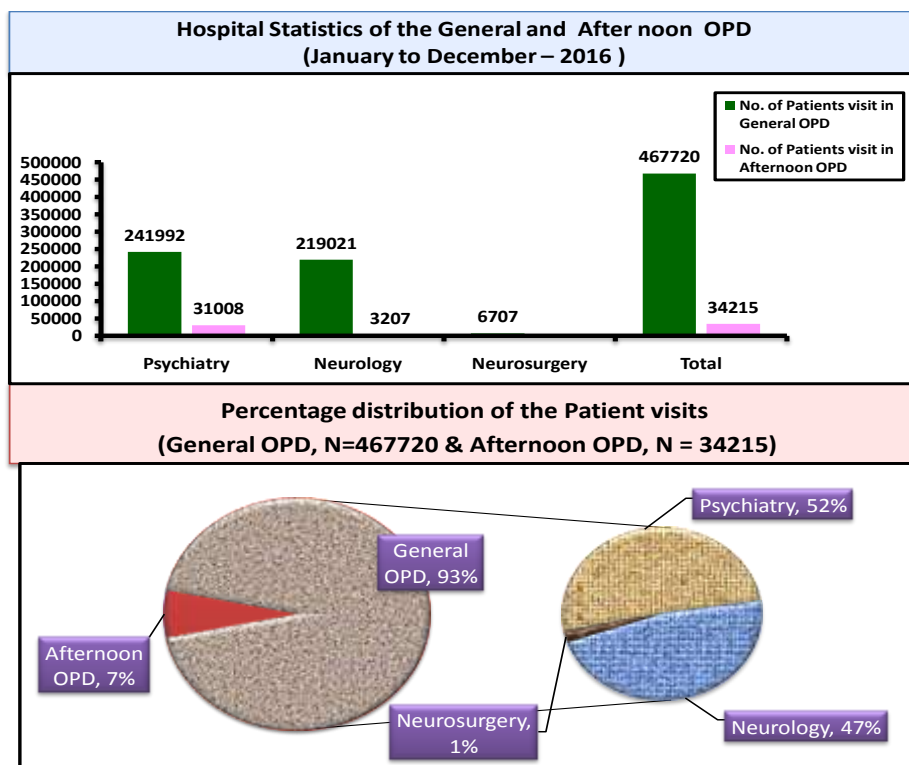
Hospital Statistics at a glance

Outpatient statistics



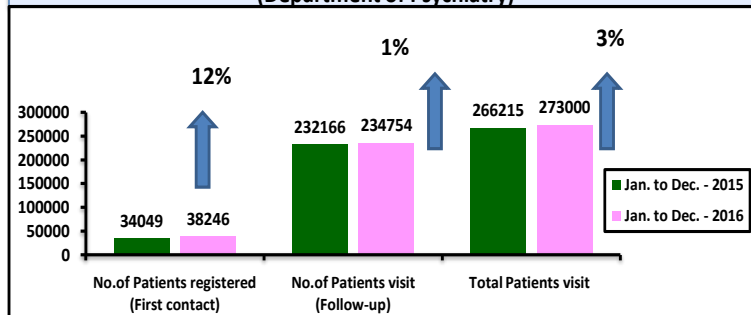
Jan. to Dec.-2015
 Working Days = 297
 Daily Average:
 Total visits = 1614
 First contact visit = 241
 Follow-up visit = 1373

Jan. to Dec.-2016
 Working Days = 300
 Daily Average:
 Total visits = 1673
 First contact visit = 275
 Follow-up visit = 1398



Jan. to Dec. -2016
 Working Days = 300
Daily Average:
 No. of Patient visits in General OPD = 1559
Working Days = 151
Daily Average
 No. of Patient visits in Afternoon OPD = 227

Hospital Statistics of the Out Patient Services (Department of Psychiatry)



Jan. to Dec. -2015

Working Days = 297

Daily Average:

Total visits = 896

First contact visit = 115

Follow-up visit = 782

Jan. to Dec. -2016

Working Days = 300

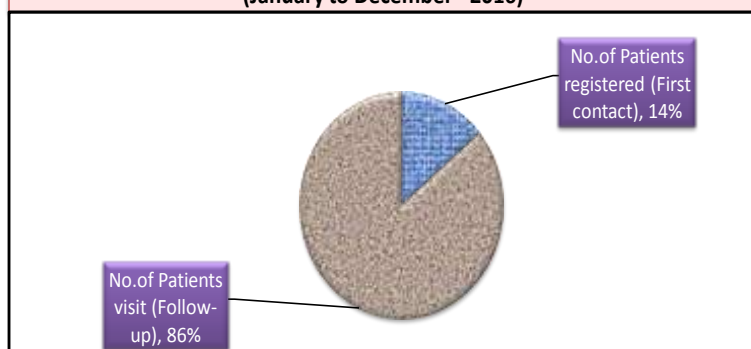
Daily Average:

Total visits = 910

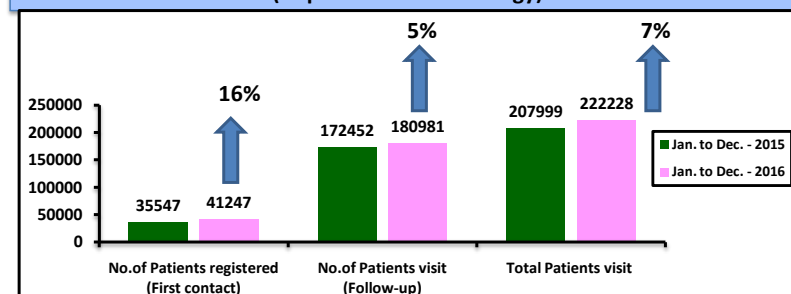
First contact visit = 127

Follow-up visit = 783

Percentage Distribution of the first & follow-up visits (N=273000) (January to December - 2016)



Hospital Statistics of the Out Patient Services (Department of Neurology)



Jan. to Dec.-2015

Working Days = 297

Daily Average:

Total visit = 701

First contact visit = 120

Follow-up visit = 581

Jan. to Dec.-2016

Working Days = 300

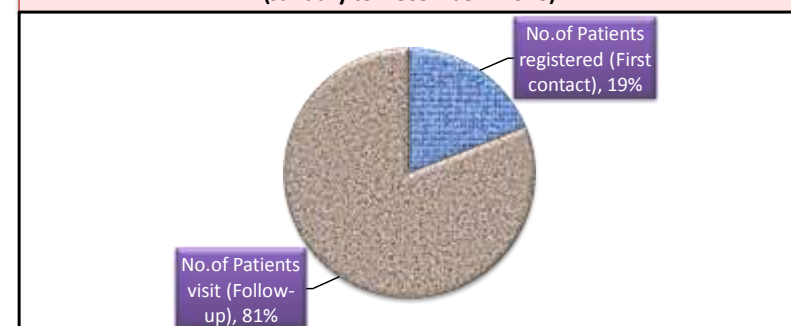
Daily Average:

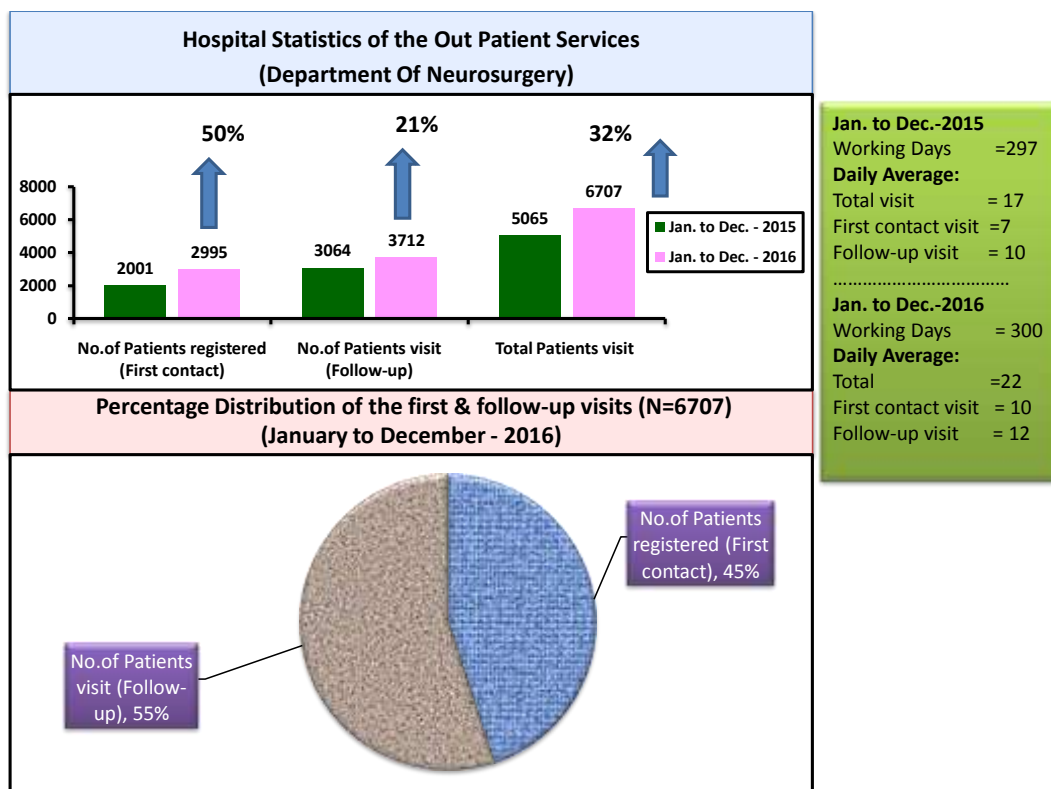
Total = 741

First contact visit = 138

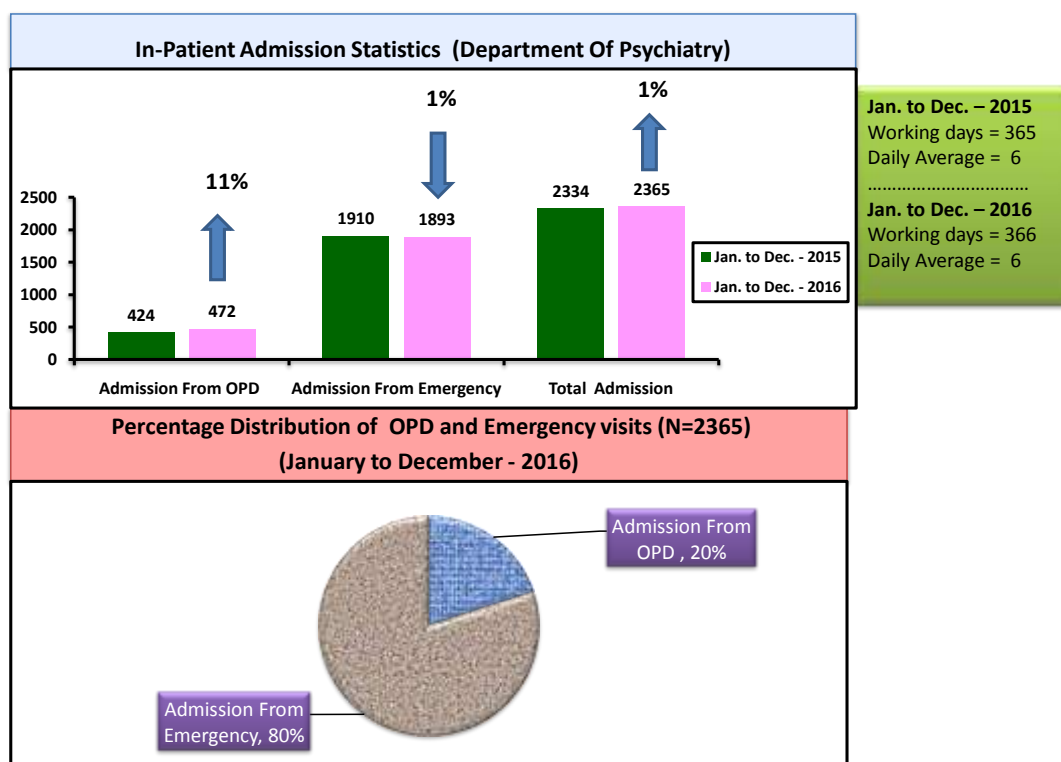
Follow-up visit = 603

Percentage Distribution of the first & follow-up visits (N=222228) (January to December - 2016)

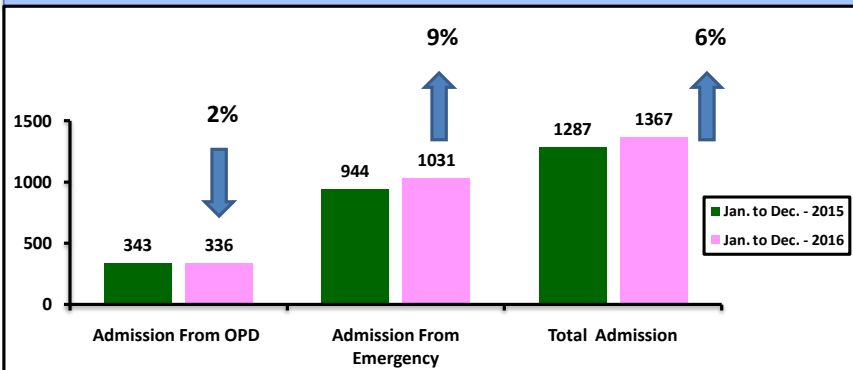




In patient statistics



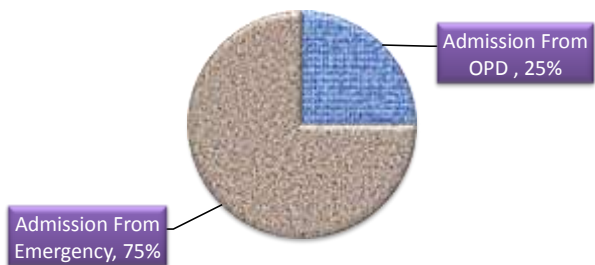
In-Patient Admission Statistics (Department Of Neurology)



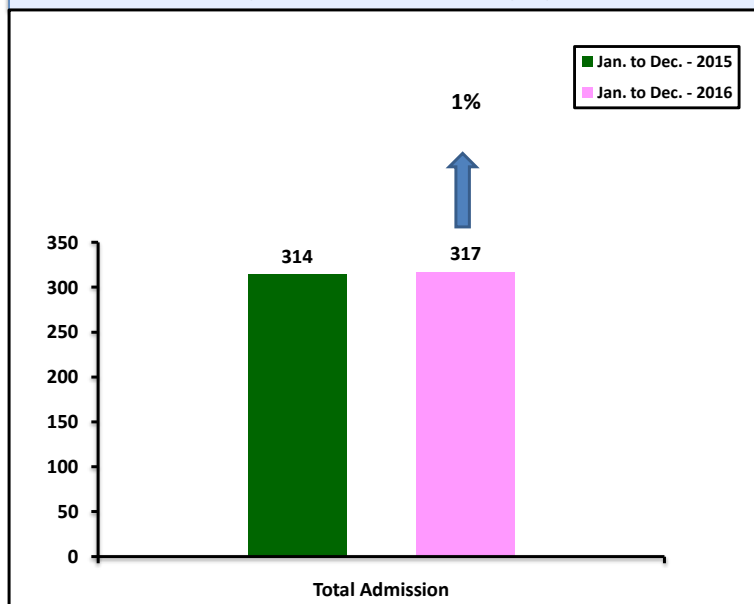
Jan. to Dec. – 2015
Working days = 365
Daily Average = 4

Jan. to Dec. – 2016
Working days = 366
Daily Average = 4

Percentage Distribution of the OPD and Emergency visits (N=1367, January to December - 2016)

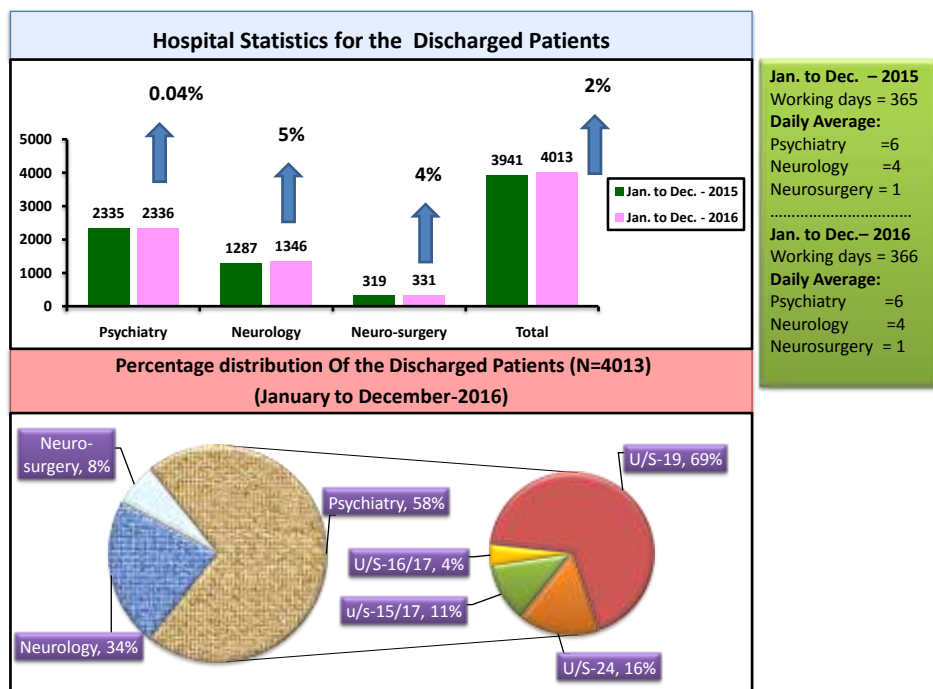


In-Patient Services (Department Of Neuro-Surgery)

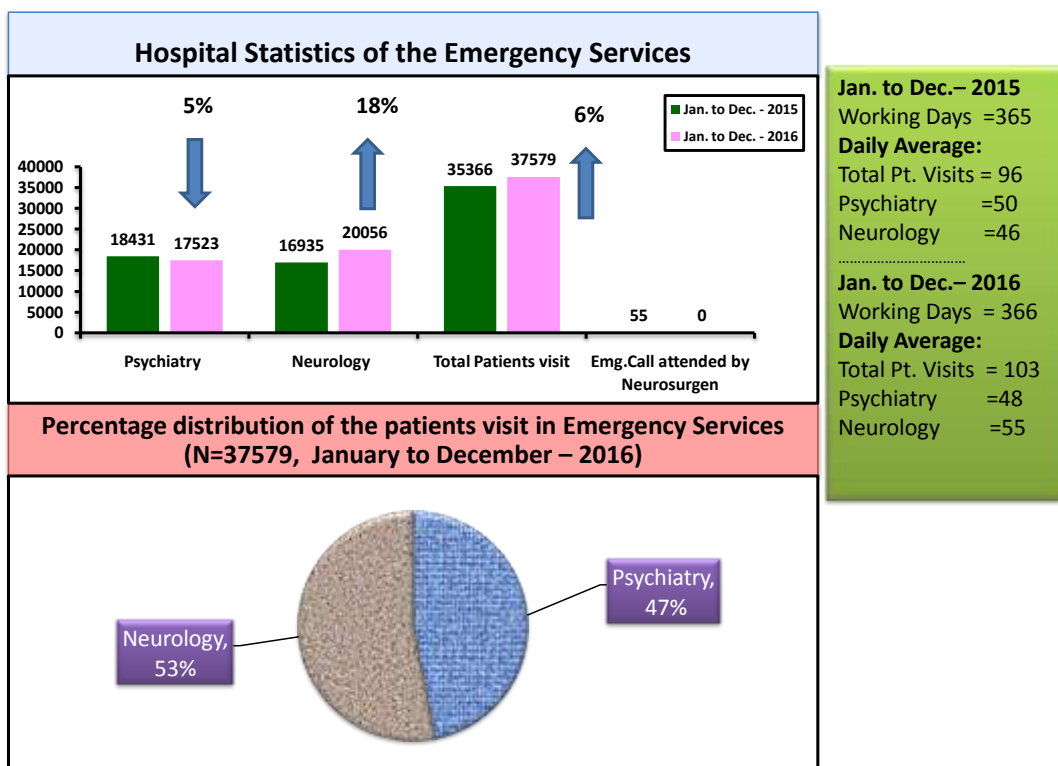


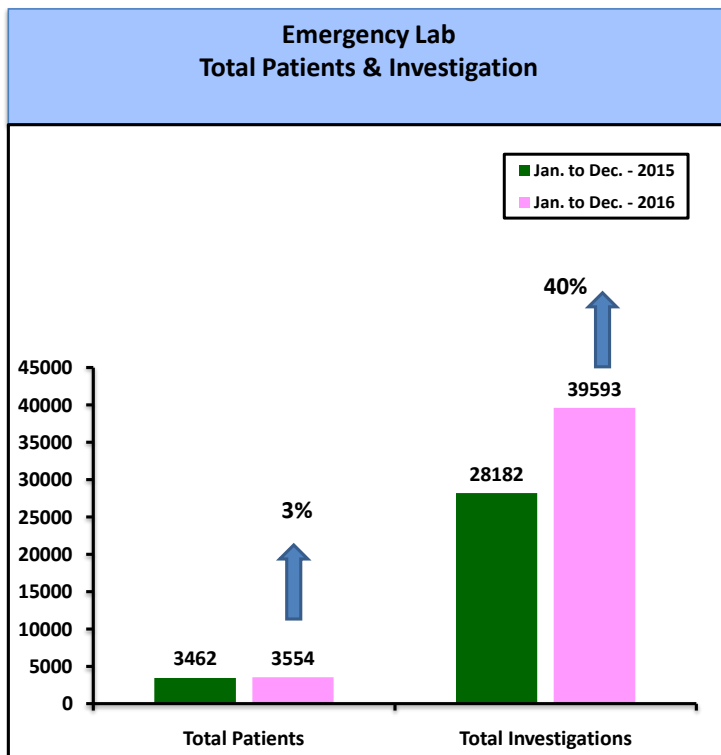
Jan. to Dec. – 2015
Working days = 365
Daily Average = 1

Jan. to Dec. – 2016
Working days = 366
Daily Average = 1



Emergency services

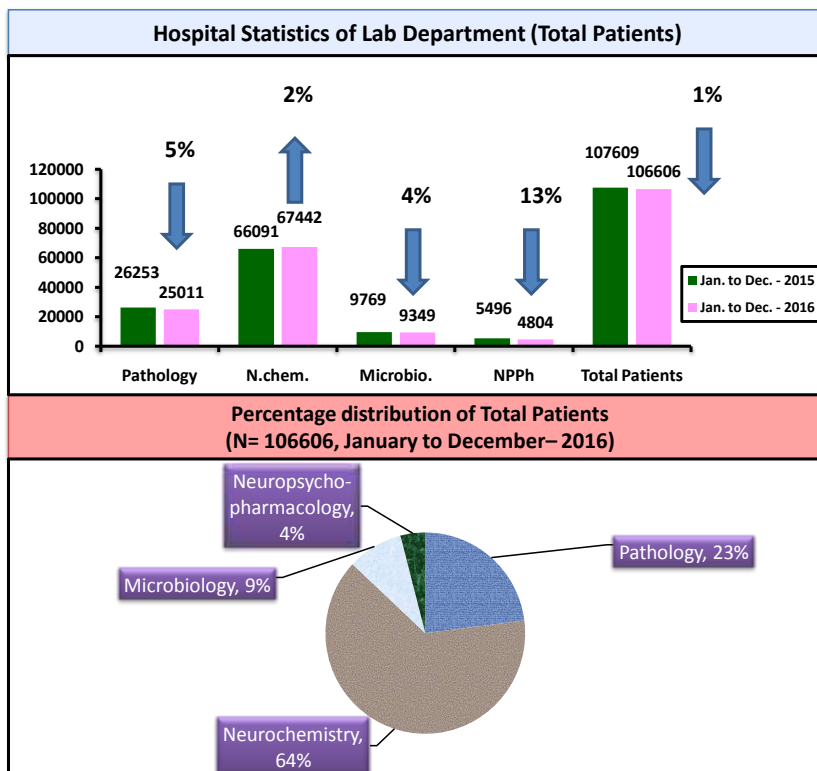




Jan. to Dec. – 2015
 Working Days = 365
Daily Average:
 Emergency patient = 9
 Investigation = 77

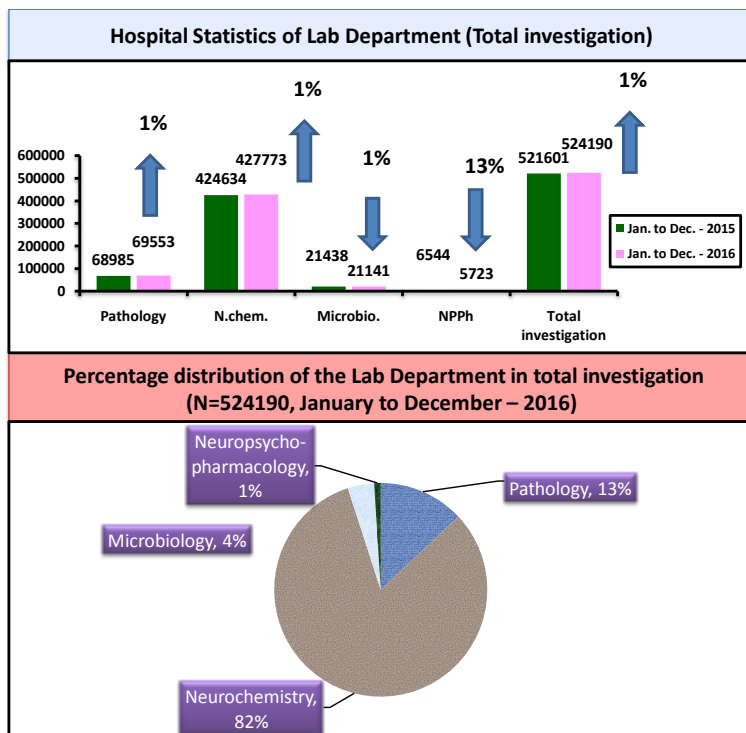
Jan. to Dec. – 2016
 Working Days = 366
Daily Average:
 Emergency patient = 10
 Investigation = 108

Diagnostic services



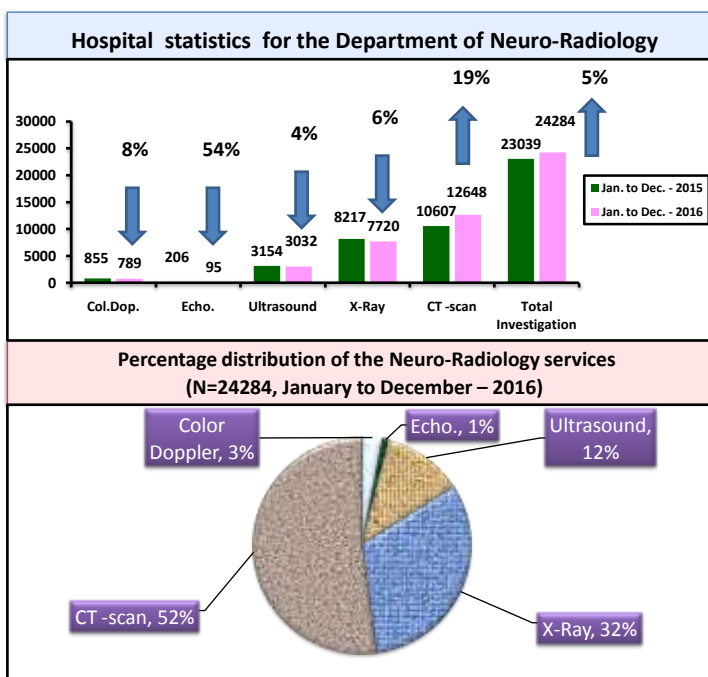
Jan. to Dec. – 2015
 Working Days = 297
Daily Average:
 Pathology = 88
 N.chem. = 223
 Microbio. = 33
 NPPH = 19
 Total = 363

Jan. to Dec. – 2016
 Working Days = 300
Daily Average:
 Pathology = 83
 N.chem. = 225
 Microbio. = 31
 NPPH Avg. = 16
 Total = 355



Jan. to Dec. – 2015
 Working Days = 297
Daily Average:
 Total = 1756
 Pathology = 232
 N.chem. = 1430
 Microbio. = 72
 NPPH = 22

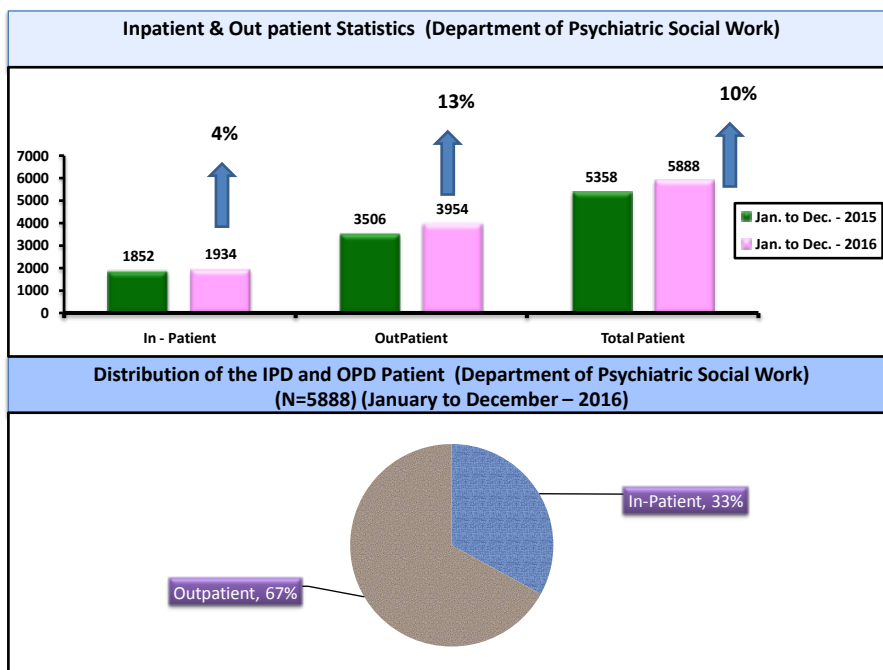
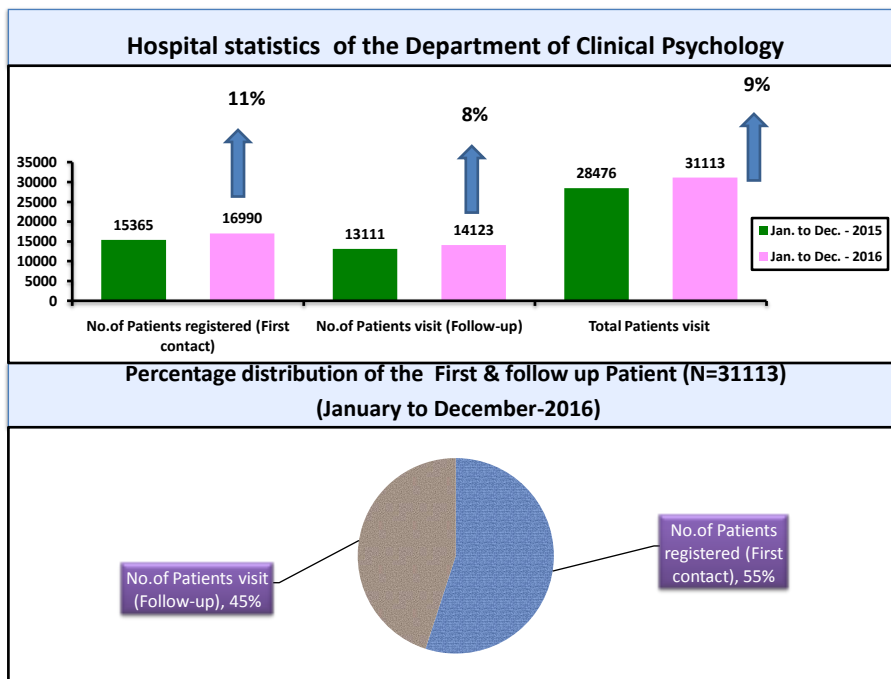
Jan. to Dec. – 2016
 Working Days = 300
Daily Average:
 Total = 1747
 Pathology = 232
 N.chem. = 1426
 Microbio. = 70
 NPPH Avg. = 19



Jan. to Dec. – 2015
 Working Days = 297
Daily Average:
 Total = 79
 Col.Dop. = 3
 Echo. = 1
 Ultrasound = 11
 X-Ray = 28
 CT-Scan = 36

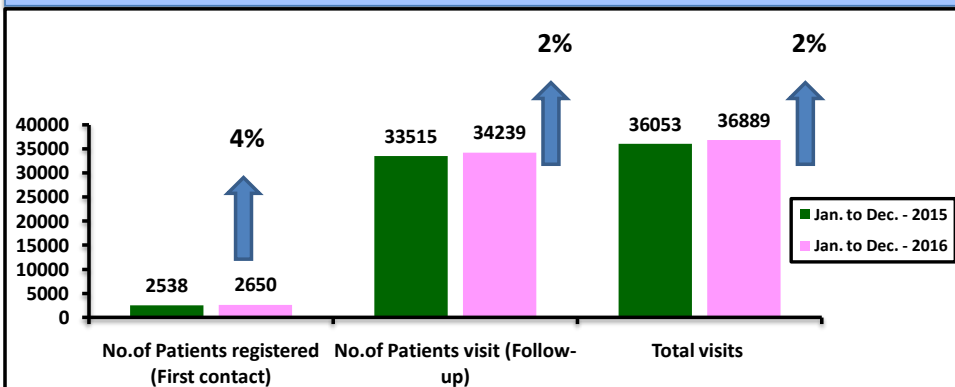
Jan. to Dec. – 2016
 Working Days = 300
Daily Average:
 Total = 82
 Col.Dop. = 3
 Echo. = 1
 Ultrasound = 10
 X-Ray = 26
 CT-Scan = 42

Non medical mental health departments



Community outreach services

Hospital Statistics of the community Outreach Services



Jan. to Dec.- 2015

No. of clinic = 778

Average Per clinic :

Total visit = 46

First contact visit = 3

Follow-up Visit = 43

Jan. to Dec.- 2016

No. of clinic = 799

Average Per clinic:

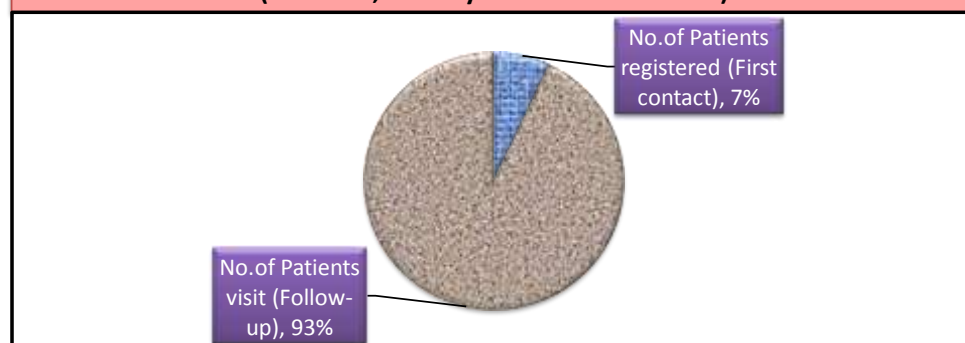
Total visit = 46

First contact visit = 3

Follow-up Visit = 43

Percentage Distribution of the first & follow-up visits

(N=36889, January to December – 2016)



Committees and apex bodies of IHBAS

- ❖ *General Body*
- ❖ *Executive Council*
- ❖ *Standing Finance and Budget Committee*
- ❖ *Building and Works Committee*
- ❖ *Rehabilitation Committee*
- ❖ *Academic Committee*
- ❖ *Establishment Committee*
- ❖ *Scientific Advisory Committee*
- ❖ *Ethics Committee*
- ❖ *Board of Visitors*
- ❖ *Internal Complaints Committee*

General body

- Shri Satyender Jain, Hon'ble Minister of Health & Family Welfare, GNCTD and President of IHBAS.
- Shri M.M. Kuttu, Chief Secretary, Government of NCT of Delhi-cum-Chairman and Vice-President of General Body of IHBAS, Delhi Sachivalaya, New Delhi.
- Vice Chancellor, University of Delhi and Vice-President of General Body of IHBAS, University of Delhi, Delhi-110007.
- Mrs. Vijaya Shrivastava, Additional Secretary and Financial Advisor, Ministry of Health & Family Welfare, Government of India and Vice-President of General Body of IHBAS, Nirman Bhawan, New Delhi.
- Shri S.N. Sahai, Principal Secretary (Finance), GNCTD, Delhi Sachivalaya, New Delhi.
- Shri Madhup Vyas, Secretary (H&FW), GNCTD, Delhi Sachivalaya, IP Estate, New Delhi.
- Dr. Rakesh Sarwal, Advisor (Health), Planning Commission, Yojana Bhawan, New Delhi.
- (Retd) Dr. T.S. Rao, Advisor, Dept. of Bio-Technology, 7-8 Floor, Block-2, CGO Complex, Lodhi Road.
- Dr. G.J. Samathanam, Advisor (TDT), Dept. of S&T, Technology Bhawan, New Mehrauli Road.
- Professor P.N. Tandon, Professor Emeritus (Neurosurgery) AIIMS, Ansari Nagar, New Delhi. – Res:S 1, Jagriti Enclave, Delhi-110 092
- Professor S.K. Khandelwal, Department of Psychiatry, AIIMS, New Delhi.
- (Retd) Shri R.D. Sarat, Joint Secretary (T), Department of Education, Ministry of Human Resource Development, Government of India, Shastri Bhawan, New Delhi.
- (Retd) Shri Pankaj Joshi, Joint Secretary (DD), Ministry of Social Justice and Empowerment, Govt. of India, Shastri Bhawan, New Delhi.
- Dr. Bela Shah, Chief Senior Deputy Director General, NCD, ICMR, Ansari Nagar, New Delhi.
- Dr. V.P. Gupta, Principal, University College of Medical Sciences (UCMS), Delhi
- Dr. Sunil Kumar, Medical Director, Guru Teg Bahadur Hospital (GTBH), Delhi.
- Dr. Nimesh G. Desai, Director, IHBAS and **Member Secretary**, General Body.

Executive council

- Shri M.M. Kutty, Chief Secretary, GNCTD-cum-Chairman, Executive Council, IHBAS
 - Mrs. Vijaya Shrivastava, Additional Secretary and Financial Advisor, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan, New Delhi.
 - Shri S.N. Sahai, Principal Secretary (Finance), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, N.Delhi.
 - Shri Lav Aggarwal, Joint Secretary, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan, New Delhi.
 - Shri Madhup Vyas, Secretary (H&FW), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, New Delhi.
 - Professor V.P. Gupta, Principal, University College of Medical Sciences (UCMS), Delhi.
 - Dr. Sunil Kumar, Medical Director, Guru Teg Bahadur Hospital
 - Dr. Deepak Kumar, Deputy Medical Superintendent and Acting HOD (Psychiatry), IHBAS.
 - Shri S.K. Singh, Officiating Joint Director (Administration, IHBAS
-
- Dr. L.M. Nath, Former Director, AIIMS, New Delhi.
 - Dr. S.C. Malik, Former Director Professor, Lady Hardinge Medical College & National Consultant Mental Health, Ministry of Health & Family Welfare, Government of India.
 - Dr. M. Gourie-Devi, Emeritus Professor (Neurology), IHBAS and Former Director, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore.
 - Prof. B.N. Gangadhar, Director and Vice Chancellor, NIMHANS, Bangalore.
-
- Dr. Rajeev Thakur, Professor & Head, Department of Microbiology, IHBAS.
 - Dr. Suman Kushwaha, Associate Professor and Acting Head, Department of Neurology, IHBAS.
 - Dr. Arvind Kumar Arya, Assistant Professor (Neuro-anesthesia), IHBAS.

Member Secretary

- Dr. Nimesh G. Desai, Director, IHBAS

Standing finance and budget committee

Chairman

- Principal Secretary (Finance) Government of NCT of Delhi

Members

- Principal Secretary (Health & Family Welfare) Government of NCT of Delhi
- AS &FA, Ministry of Health & Family Welfare, Government of India
- Director, IHBAS, Delhi
- Joint Director (Administration)
- FA & CAO, IHBAS. Delhi

Building and Works Committee

Chairman

Principal Secretary (H&FW), GNCTD

Members

- Dr. Nimesh G. Desai, Director, IHBAS & Member, B&WC
- Shri P.B. Vijay, Retd. DG(W), CPWD & Member, B&WC - A-39/B, Munirka, New Delhi-110006
- Shri Mukesh Bajpai, Architect, CDB, DGHS on behalf of Dr. Chandrashekhar R, Chief Architect, DGHS & Member, B&WC - Room No. 405, Nirman Bhawan, New Delhi-110011
- Joint Director (Administration), IHBAS & Member, B&WC
- Shri Alok Varma, Superintending Engineer, IHBAS & Member, B&WC
- Sr AO, IHBAS & Member, B&WC

Rehabilitation Committee

Chairman

Prof (Dr.) Nimesh G. Desai, Director, IHBAS, Delhi

Members

- Mr. Pankay Joshi, Jt. Secretary, CDD, Ministry of Social Justice and Empowerment, Government of India, New Delhi
- Dr. S.K. Chaturvedi, Professor of Psychiatry and head, Department of Rehabilitation, NIMHANS, Bangalore.
- Mr. P.K. Sharma, Deputy Director, Social Welfare, GNCTof Delhi
- Mrs. Sreerupa Mitra Choudhary, Chairperson, Sudinalaya, Delhi
- Mrs. Paramjeet Kaur, Director, Ashray Adhikar Abhiyan, Delhi
- Mrs. Rangashree Kishore, Richmond Fellowship, Delhi
- Dr. Jahanara MG, Associate Professor of Psychiatric Social Work, IHBAS, Delhi
- Dr. Vibha Sharma, Associate Professor of Clinical psychology, IHBAS, Delhi
- Dr. Pankaj Kumar, Asstt. Professor of Psychiatry, IHBAS, Delhi

Member Secretary

- Dr. Vijender Singh, Associate Professor of Psychiatry, IHBAS, Delhi

Academic Committee

Chairman

Prof (Dr.) Nimesh G. Desai, Director, IHBAS, Delhi

Members

- Dr. Amol Ranjan Singh, Director, RINPAS, Ranchi
- Dr. V. Ravi, Registrar, NIMHANS, Bangalore
- Dr.S.V. Madhu, Head, Department of Medicine, UCMS, Delhi
- Dr.N.K. Chadha, Head, Department of Psychology, University of Delhi
- Dr.M.M.Mehndiratta, Professor of Neurology, GB Pant Hospital, New Delhi
- Dr. Sushma Batra, Head, Department of Social Work, University of Delhi
- Dr. H.S. Kohli, Professor, Department of Social Work, Jamia Milia Islamia, New Delhi
- Dr. Uday K. Sinha, Additional Professor of Clinical Psychology, IHBAS, Delhi
- Dr. Om Prakash, Associate Professor of Psychiatry, IHBAS, Delhi

Member Secretary

Dr. Neelam Chhillar, Associate Professor of Neuro-Chemistry, IHBAS

Establishment committee

- Director, IHBAS – Chairperson
- Joint Secretary/Dy. Secretary (Finance)
- Joint Secretary/Dy. Secretary (Services)
- Joint Secretary/Dy Secretary (Medical)
- Joint Director (Administration)

Scientific Advisory Committee

- Professor P N Tandon, 1 Jagriti Enclave, Delhi
- Professor J S Neki, 52, Hem Kunt Colony, New Delhi
- Professor S D Sharma, Emeritus Professor, IHBAS, Delhi
- Professor M Gourie Devi, Former Director, NIMHANS, Bangalore
- Professor R R Singh, director, Tata Institute of Social Sciences, Sion Trombay road, Deonar, Mumbai
- Professor N N Wig, H.No. 279, Sector 6, Panchkula, Haryana
- Professor A K Agarwal, Upasana, B-104/2, Nirala Nagar, Lucknow
- Dr Manju Mehta, Additional Professor, Department of Psychiatry, De-addiction centre, AIIMS, Ansari Nagar, New Delhi
- Professor Ranjit Roy Chaudhary, Emeritus Scientist, National Institute of Immunology, Aruna Asif Ali Marg, New Delhi (since deceased)

Ethics Committee

Chairperson

Prof. LM Nath, Former Director, AIIMS

Members

- Prof. M. Gourie Devi, Former Director, NIMHANS, Bangalore
- Drug Controller of Delhi, Government of NCT of Delhi, F.17, Karkardooma, 4th Floor, Shahdara, Delhi
- Smt. Geeta Luthra, Legal Expert
- Prof. KM Prabhu, Head, Biochemistry Dept.
- Prof. SD Seth, Consultant ICMR
- Prof. Kusum Saigal, Former Principal LHMC
- Prof. Arvind Pandey, Director, NIMS
- Prof. SK Gupta, Ex-HOD, Pharmacology, AIIMS

- Prof. Vinay Srivastava, Principal Hindu College
- Dr. JP Kapoor, Addl. Director Health Services, SHS, Govt. of NCT of Delhi
- Dr. K. Anand, Additional professor, Department of Community Medicine All India Institute of Medical Sciences (AIIMS), New Delhi
- Sh. KR Bhati, Rtd. IAS
- Prof. TB Singh, HOD, Clinical Psychology, IHBAS
- Dr. Rachna Agrawal, Associate Professor, Neurochemistry, IHBAS
- Dr. Vijender Singh, Associate Professor, Psychiatry, IHBAS

Member Secretary

- Dr. Uday K. Sinha, Additional Professor, Clinical Psychology, IHBAS

Board of Visitors

- Mrs. Bhawani Sharma, Secretary, East DLSA, Room No.35, Karkadooma Court, Delhi.
- Prof. R.C. Jiloha, Rtd, Prof &HOD(Psychiatry), G.B.PH. , 101-B, Jamia Humdard, New Delhi -110062.
- Prof. Anjali Gandhi, Retd. Prof. of Social Work, Jamia Millia Islamia, D-40, East Of Kailash, New Delhi.
- Prof. Manju Mehta, Retd. Prof. of Clin. Psycho., AIIMS, New Delhi, S-542, Greater Kailash, New Delhi.
- HOD (Neurology), GB Pant Hospital, New Delhi-110002.
- The Medical Superintendent, GTB Hospital, Shahdara, Delhi.
- Prof. Aruna Bhardwaj, Retd. Professor of Social Work, H-45, Bali Nagar, New Delhi-110 015.
- District Social Welfare Officer, North West- I, NPS Complex, Sector-4, Rohini, Delhi.
- Dr. Anju Gupta, Consultant Psychiatrist, Lal Bahadur Shastri Hospital, Khichripur, Delhi-110091, as nominee of Director, Directorate of Health Services (DHS), Govt. of NCT of Delhi.
- Prof. Dr N G Desai, Director, IHBAS- **Member secretary**

Internal complaints committee

- **Presiding Officer:** Dr Neelam Chhillar (Associate professor, Neurochemistry) Delhi
- **Members:**
 - Dr Suman Kushwaha (Associate Professor, Neurology, IHBAS) Delhi
 - Dr Vibha Sharma (Associate Professor, Clinical Psychology, IHBAS) Delhi
 - Dr Pankaj Kumar (Assistant Professor, Psychiatry) Delhi
 - Dr Vinita Gupta (Specialist, St Stephen's Hospital) Delhi
 - Ms Paramjeet Kaur, Director, Ashray Adhikar Yojna, Delhi
 - Mr A K Roy (Senior Physiotherapist, IHBAS) Delhi
 - Ms Vimla Gupta (ANS, IHBAS) Delhi
- **Member Secretary:** Dr Ishita Pant (Assistant professor, Pathology) Delhi