



**ANNUAL REPORT  
2005-2006**

**INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES  
DELHI – 110 095**

## DIRECTOR'S REPORT

The Institute of Human Behaviour & Allied Sciences (IHBAS) came into existence in 1993- 94 after taking over the administration of the Hospital for Mental Diseases. Since its inception, IHBAS has been continuing with its progressive movement towards fulfillment of its objective of providing high-quality and super-speciality patient-care, conducting basic and applied research and providing training in neuropsychiatry and behavioural sciences and has achieved many milestones and has walked down the new territories this year also.

The calendar year 2005 registered 1.97 Lakhs outpatients, which was 11.3% more than previous year. The number of patients receiving indoor services and emergency services increased by 29% and 33%, respectively. There was not only an increase in the overall patient attendance but the waiting time (registration) of patients was also reduced from 45 minutes to 30 minutes.

Various academic activities were undertaken in the institute during the year, involving students of psychiatry, neurology, clinical psychology and psychiatric social work. Teaching and training for MD (Psychiatry), M.Phil (Clinical Psychology) and the undergraduate and post graduate students was continued during the year.

Some of the activities held in IHBAS included Dementia Awareness programme was organized in the institute to celebrate Alzheimer's day in September, 2005. The department of Psychiatry along with District Mental Health Programme (DMHP) Team celebrated the World Mental Health Day in October, 2005. A week long mental health awareness campaign was carried out at the Community outreach clinics. A community contact programme was organized involving community leaders and also the Resident welfare association members of six different localities of the Delhi state. 'Epilepsy Day' was also celebrated in November, 2005 organized by the Department of Neurology. A Public Awareness programme was organized to update knowledge about epilepsy. Epilepsy Symposium was also held in the same month, which was attended by general physicians from east Delhi and resident doctors of IHBAS and GTB hospital.

During the year, two faculty members joined the institute in various departments as Assistant Professors.

The faculty of the institute received four awards/honors and made presentations in national and international conferences. A total numbers of 44 research papers were published in the journals of repute in India and abroad.

During the year, various facilities were made available for the faculty of IHBAS on the lines of NIMHANS, Bangalore. The entire faculty was provided computers with internet facilities. Assessment Promotion Scheme (APS) was provided along with summer and winter vacations to the faculty members in December, 2005. The facility to attend the national and international conferences was also introduced for the faculty in March, 2006.

The project work for "Remodeling of Institute of Human Behaviour & Allied Sciences" Phase-I was awarded in the month of August, 2003 with a completion target of 18 months. The work is in the final stages of completion.

## **Major Achievements**

The major achievements of IHBAS in the field of clinical services were expansion of patient-care services in the form of increased bed-strength in emergency from 3 to 10; intensive care services from 4 to 6, Drug abuse treatment services from 20 to 30 and neurology bed strength from 23 to 34. Besides this, an open ward for mentally ill female patients was also started with 20 beds. In addition to this, neuromuscular clinic was started this year. In continuation with its commitment to provide newer facilities, MRI facility was made available to the patients of IHBAS as well as in surrounding areas after installing 3 Tesla MRI machine on an outsourcing basis, the first of its kind in the Govt. Sectors in Northern India. The year was also associated with complete computerization of OPDs and automation of clinical laboratories.

In the field of academic activities, much awaited DNB course in neurology was started with the first batch of two students in January, 2006.

## **Projection for next year**

By 2008, the total bed strength of IHBAS will increase from 245 beds to 500 beds after completion of remodelling of Institute premises.

The new departments to be developed in the coming year are Neurosurgery and Psychiatric Nursing departments.

In the diagnostic, new test based on molecular biology techniques are also going to start thereby upgrading the available facilities in the laboratories.

The newer courses which will start in near future are DM in Neurology, Diploma in Psychological Medicine and Diploma in Psychiatric Nursing.

The Institute has prepared a report which projects its future plans.

**Dr. Meena Gupta**  
**Director**

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## OBJECTIVES OF THE INSTITUTE

The Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi is an apex institution of psychiatry, neurology and behavioural sciences utilizing a multidisciplinary approach. The main objectives of the institute are:

- To provide tertiary level facilities in the field of psychiatry, neurology, neurosurgery and allied subjects, with a mix of primary and secondary level care in the form of community outreach programmes.
- To provide adequate training and teaching facilities for professionals and para-professional personnel in the field of psychiatry, neuro and behavioural sciences.
- To conduct advanced research in basic and complex issues related to psychiatry, neuro and behavioural sciences.

The institute provides, not only tertiary level facilities but also a mixture of primary and secondary level care in the field of neurobehaviour sciences. For this, it utilizes a unique approach through clinical (psychiatry and neurology), social (clinical psychology, psychiatric social works and medical anthropology) and basic sciences (neurochemistry, microbiology, neuropathology and neuropsychopharmacology) to provide comprehensive treatment for the patients.

In pursuance of its objectives, the institute has been involved in the following activities:

- Hospital and community - based patient - care services, including preventive/curative and rehabilitation services for the people of Delhi and neighbouring states in Northern India
- Post graduate teaching/training in psychiatry, neurology, clinical psychology, psychiatric social work and psychiatric nursing.
- Basic and applied inter-disciplinary and intra-disciplinary research in neuropsychiatry and behavioural sciences.

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

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

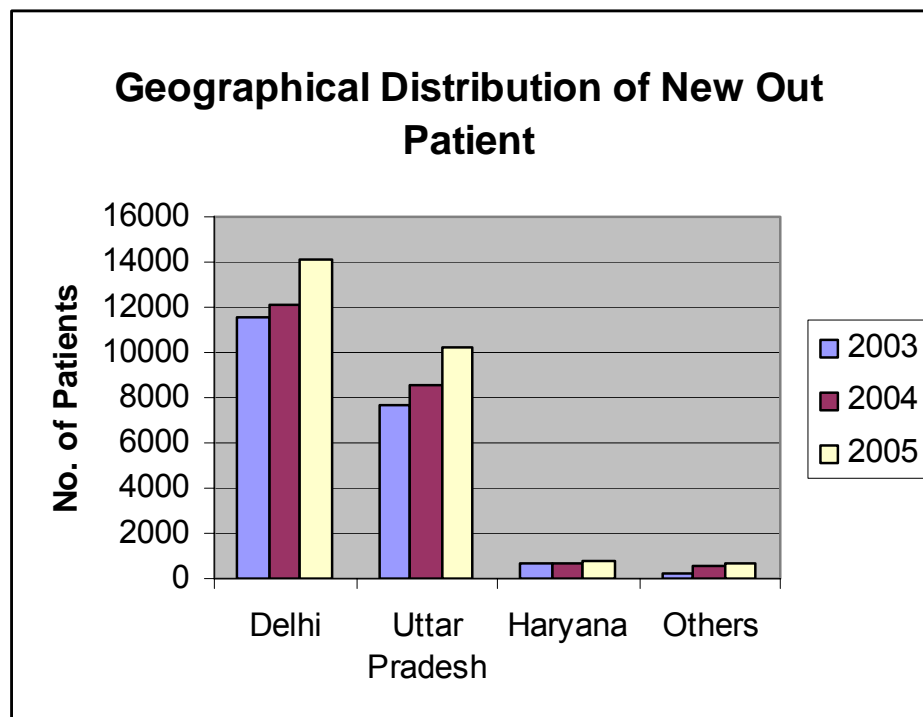
## ANNUAL REPORT 2005-2006

Institute of Human Behaviour & Allied Sciences is committed to provide tertiary care services in the field of neuropsychiatric disorders with equal emphasis on teaching, training and research. Institute provides holistic care to patients through multidisciplinary approach where patients are attended on by a team of experts. It involves not only patient care but also includes rehabilitation, educating caregivers and the community. The following is an account of patient care services rendered by IHBAS during the year.

### HOSPITAL SERVICES

#### Out Patient Services

The institute has established itself as one of the largest and reputed centre for neuropsychiatric diseases in North India. In 2005, 1,96,966 patients availed themselves of the outpatient services comprising 25,825 new and 1,71,141 follow - up cases. Around 54.5% new cases were from Delhi and the rest from the neighbouring states (see figures below). On an average, 663 patients per day attended the OPD. Multiple registration counters have been opened in the OPD block to reduce the waiting time. Well-maintained garden and covered verandahs provide pleasant environment to patients, and particularly to the behaviorally - disturbed ones.



### **In - patient services**

In the year under report, the total number of patients admitted was 2,227. 25.7% of these were through OPD, 33.0 % through emergency and rest were readmission cases. A multidisciplinary team of specialists consisting of psychiatrists, neurologists, clinical psychologists, psychiatric social workers and other paramedical staff provide comprehensive mental health care.

### **Emergency Services**

The institute offers 24 – hour emergency services in both psychiatry and neurology. Senior residents from psychiatry and neurology are on call round-the-clock. 10,576 patients attended the emergency services during the year under report.

### **Specialty Services**

Apart from routine OPDs in the morning hours, special clinics are conducted in the afternoon for patients who require special attention and comprehensive approach for different disorders.

- i) **Child and Adolescent Psychiatric Clinic:** This clinic is held every Monday to provide services to the psychiatric and behavioural problems in children up to 16 years of age as well as counseling for school-related problems. Common problems with which this clinic deals are Attention Deficit Hyperactivity Disorders (ADHD), academic problems, conduct disorders, developmental delays, enuresis, etc. During the year, there was increase of 20.2 % in attendance with 2992 children and adolescents attending the Child and Adolescent Psychiatric Clinic (CAPC). As and when required, parents are also involved in the treatment of their wards. Child counseling services are a regular feature of this clinic.
- ii) **Mental Retardation Clinic:** This multidisciplinary clinic was started in December, 1999 and is held on every Wednesday afternoon. Information regarding medical, family and social needs of the mentally retarded children is imparted to their parents by organizing special parent training programmes. The clinic also meets the need of such children for certification, required for special schooling and disability benefits. In the current year, 22.7 % increase in cases occurred with total of 4346 patients availing the services through this clinic.
- iii) **Marital and Psychosexual Clinic:** This clinic is held every Friday afternoon to offer services to the patients suffering from psychosexual and marital problems. Patients are jointly managed by psychiatrists and clinical psychologists. A number of patients attending the services have sexual misconception or myths; they respond well to sex education and counseling. Other common disorders include impotence and premature ejaculation. Various treatment modalities are used such as medication, counseling and behaviour therapy. An increase of 16.9 % was seen in patient attendance in the current year with 705 patients availing the facilities.
- iv) **Tobacco Cessation Clinic:** This clinic is part of a national tobacco cessation initiative by the Ministry of Health and Family Welfare, Government of India, and the World Health Organization. The Institute was recognized as the national

coordinating and resource center for the project. This clinic is held every Monday, Wednesday and Friday afternoon. On an average, 7-8 patients are evaluated by a multidisciplinary team, the patients are offered both, pharmacological and psychological support, with emphasis on counseling and behaviour management. This year 533 patients utilized the services of the clinic with increase of 42.9 %.

- v) **Neurobehaviour Clinic:** This clinic is held every Friday afternoon. This clinic deals with patients, especially the elderly, who have cognitive and behavioural abnormalities. Such patients are evaluated by a team of neurologists, psychiatrists, clinical psychologists and psychiatric social workers. Besides giving medical treatment to the patients, special attention is given to the care givers to improve their understanding of the nature of the disease. They are guided to take better care of the patients and themselves. The ultimate goal of the support group meeting and the multidisciplinary team is to impart awareness and coping skills to patients with dementia and their families. During the current year there was increase of 57.1 % in attendance and 996 patients utilized the services of the clinic.
- vi) **Drug Abuse Treatment Clinic:** This clinic is held every Wednesday and Friday afternoon. It provides service to the patients with problems of drug abuse and alcoholism. This clinic is attended by the patients abusing smack (heroin), alcohol, cannabis (bhang, ganja, etc.) The majority of patients come on their own or is brought by their family members. Such patients are evaluated and treated by psychiatrists, clinical psychologists and psychiatric social workers. 3861 patients attended this clinic during the year with increase of 17.6 % in cases. As and when needed, patients are admitted for four to six weeks for comprehensive indoor treatment.
- vii) **Movement Disorder Clinic:** This clinic is held every Wednesday afternoon. Services are provided to patients suffering from movement disorders like Parkinson's disease, dystonia, progressive supranuclear palsy, tremors etc. Advance treatment like botulinum toxin injections are given to the patients with focal dystonia. There was increase of 60.4 % in patient attendance with 733 patients attending the clinic during the year.
- viii) **Epilepsy Clinic:** This clinic is held every Tuesday afternoon. It is conducted for chronic epileptic patients, children and women with epilepsy. Special attention is given to these groups of patients in order to manage their epilepsy and psychosocial problems, and to improve their awareness. Epilepsy support groups are formed in which these patients interact with each other about their psychosocial problems, and they are guided by the clinical psychologists and psychiatric social workers. 5240 patients attended the clinic during the year with increase of more than 100%. The endeavor, essentially, is to remove the stigma and reduce the treatment gap in epilepsy.



## **Academic Services**

Academic activities continued during the year in the form of training to the students of psychiatry, neurology, clinical psychology and psychiatric social work. In the ongoing post-graduate MD degree course in Psychiatry, two students were enrolled during the year. The second batch of twelve students joined M.Phil in Clinical Psychology in July, 2005, under the University of Delhi. Two students joined for DNB in Neurology in January, 2006.

## **Community Outreach Services**

In an effort to enhance community awareness of psychiatric and behavioural disorders, community outreach programmes have been under taken to take the neuropsychiatric services to the doorstep of patients. The community outreach clinic helps to create awareness in the public regarding neuropsychiatric disorders and remove the stigma and myths associated with mental illness.

Clinics held regularly at Jahangirpuri and Chattarpur, and mobile health clinic for homeless near Jama Masjid, received overwhelming response. At Jahangirpuri, 13291 patients attended, while 6290 patients attended the outreach clinic at Chattarpur village. From these outreach clinics, further outreach has been initiated at Missionaries of Charity at Majnu ka Tila, Bhatti mines and Sudinalaya which is an NGO - run center at Ashram. A large number of psychiatric disorders are managed at these community services. The common problems reported by the patients attending these services include depression, anxiety depression, obsessive compulsive disorders, other anxiety disorders, dissociative disorders, schizophrenia, bipolar illness, post - partum psychosis, dementia and comorbid substance abuse. Mental retardation and children with anxiety, depression, hyperactivity disorders enuresis, learning disability and other developmental disorders are also reported in these community clinics.

**Out Reach Clinic for Homeless Mentally ill Persons:** The clinic was started in August, 2000, in the walled city area of Delhi. A rapid need - based assessment survey was done by IHBAS and Ashray Adhikar Abhiyan (AAA), which is an NGO working for empowering the homeless people. The other members of this survey team included department of Psychology, University of Delhi; World Vision; Narcotic Anonymous. The observations of the survey revealed that catering to the physical and mental health needs is fundamental to efforts of betterment of the quality of life of these homeless people, and that, presently, such services are virtually non - existent.

The efforts of all the participant organizations of the rapid assessment survey culminated in formation of Health Initiative Group for Homeless (HIGH) for the homeless people of Delhi.

A Mobile Health Clinic was started in September, 2000 by the HIGH partners, run at Urdu Park, Jama Masjid twice a week on Monday and Thursday by a team of psychiatrists; physicians; postgraduate psychiatry students as part of their community psychiatry training; members of NGO's like AAA, Youth Reach, Sahara and volunteers of the homeless community. Later, HIGH started a once-a-week counseling and experience- sharing meeting for enhancing and maintaining the motivation for abstinence

as part of the treatment of the patients suffering from disorders of substance use. During the year, 6770 persons from the community attended the mobile clinic. Out of these, 3663 patients had medical problems and 3107 had psychiatric problems. IHBAS provides most of the medicines to the patients attending the clinic, free of cost.

#### **Outreach Community Services**

- **Chhatarpur Clinic** - **Every Monday/Thursday mornings**
- **Jahangirpuri Clinic** - **Every Wednesday/Friday mornings**
- **Mobile Health Clinic for homeless near Jama Masjid** - **Every Monday/Thursday evenings**

## **I NURSING**

The nursing staff provides one of the most important supportive cares in the management of neuropsychiatric patients. Neuropsychiatry nursing care is different from general care. The nurses are trained and taught to deliver special care to the neuropsychiatric patients in the institute. Also, nurses from the other reputed Institutions, e.g Deen Dayal Hospital, Inderprastha Appollo Hospital, Hindu Rao Hospital, Holy Family Hospital, AIIMS, VIMHANS, Guru Nank Mission Hospital (Nawa Shaer Punjab), Bana Hari Das Institute, St. Stephen Hospitals, Silver Oaks College of Nursing Mohali, SOS Nursing School Faridabad, Ruffada College of Nursing, Kailash Institute of nursing Para-medical Sciences, Santosh Para Medical College & Hospital, etc. come to IHBAS for teaching and training.

Patients and staff activities –

Patients staff group meetings are organized regularly with the object of increasing the interaction between the patients and staff for better understanding of patients problems.

The other activities include :

- Daily morning exercise of the patients and prayer.
- Celebration of the national festivals with on 26<sup>th</sup> Jan. & 15<sup>th</sup> Aug.
- Celebration with patients on Holi, Rakhee, Dusshera, Diwali, Christmas, etc.
- Eating out programme.
- Picnic programme.

## **II DAY CARE CENTRE AND OCCUPATIONAL THERAPY**

Day Care Center provides services to the follow - up patients from the OPD as well as from the wards. A multidisciplinary team consisting of psychiatrists, neurologists, clinical psychologists, psychiatric social workers and psychiatric nurses take part in rehabilitation of the day care patients. The patients are trained in social and vocational skills and activities of daily living. A structured working programme for patients consisting of group sessions attending the day care center has been developed. This unit provides support services for patients who have recovered, or are on their way to recovery, from illness. It is planned to provide vocational training in areas, like candle - making, craft activities like card - making, envelop - making and other activities, like indoor and outdoor games. 498 patients visited the Day Care Center during the year.

## **III PHYSIOTHERAPY SERVICES**

Physiotherapy services in IHBAS were started in August, 1995. Patients with acute neurological deficit, like hemiplegia, paraplegia, progressive muscle and nerve diseases,

cervical and lumbar spondylosis, etc, are provided active and passive rehabilitative programme. Pain - relieving modalities are actively used. From the indoor and outdoor services 3196 patients' availed themselves of different modalities of modern physiotherapy services.

Multi gym facilities are also available for the patients and the staff of the hospital.

The physiotherapists also impart clinical training from time to time to students of physiotherapy from other institutions.

#### **IV PHARMACY AND MEDICAL STORE**

There are separate setups for medical store and pharmacy, catering to the ever increasing number of patients since the inception of the institute. The drug list is upgraded regularly depending upon the demands placed by clinical departments. A list of the drugs available at the pharmacy counter is displayed for the public.

Medical store & pharmacy are manned by trained pharmacists. Training is imparted to the pharmacy students on a regular basis.

Dispensing is done as per the standard dispensing guidelines. Proper labeling of dispensed drugs helps improving the patient's knowledge and compliance with therapy. The pharmacy provides information on dosage frequency, duration and precautions while dispensing the drugs. Patient information leaflets about drugs prescribed are also distributed to the patients regularly.

#### **V KITCHEN**

The Kitchen of IHBAS plays a very important and supportive role in providing patient care services. Kitchen Department catered to, on an average, 200-225 inpatients per day during the year. Diet provided to the indoor patients is as per the approved diet scale. Complete nutritive requirement of the indoor patients is fulfilled through 3 main meals and 3 snacks time (breakfast, lunch, dinner and bed tea, mid-morning soup, and evening tea respectively) daily providing adequate calories and proteins. Apart from the standard diets, daily like high protein, low protein, liquid diets, soft diets, high carbohydrates diabetic, salt restricted etc.

Kitchen Department maintains the quality of prepared food as well as of the dietary ingredients like milk, bread, eggs, paneer, cereals, pulses etc. Monitoring system to keep a check on all kitchen activities are in place and are being followed.

Kitchen Department organized special Dishes/Menus for all the indoor patients on various occasions such as festivals, picnics, eating out days etc. through out the year.

## HOSPITAL STATISTICS AT A GLANCE

### OUT PATIENT STATISTICS

<b>Psychiatry</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Total	122188	132062	8.1
New	15283	16641	8.9
Follow - up	106905	115421	8.0

<b>Neurology</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Total	54716	64904	18.6
New	6703	9184	37.0
Follow - up	48013	55720	16.1

### IN PATIENT STATISTICS

<b>Psychiatry</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Admission	1001	822	17.9 (↓)
Discharges	987	830	15.9 (↓)
Death	7	2	71.4 (↓)
Bed Occupancy rate (%)	96.7	96.2	0.51 (↓)

<b>Neurology</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Admission	725	1405	93.8
Discharges	720	1388	92.8
Death	6	15	50.0
Bed Occupancy rate (%)	88.1	82.9	5.9 (↓)

<b>Specialty Clinics</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Mental Retardation Clinic	3541	4346	22.7
Child Adolescence Psychiatric Clinic	2490	2992	20.2
Neuro Behaviour Clinic	634	996	57.1
Movement Disorder Clinic	457	733	60.4
Marital & Psychosexual Clinic	603	705	16.9
Tobacco Cessation Clinic	373	533	42.9
Epilepsy Clinic	2226	5240	>100
Drug Abuse Treatment & Rehabilitation Centre	3282	3861	17.6

<b>Clinical Psychology Services</b>	<b>2004 (no. of sessions)</b>	<b>2005 (no. of sessions)</b>	<b>% age increase</b>
Total Sessions Conducted	6298	8159	29.5
IQ Assessment	1267	1255	0.9 (↓)

<b>Other Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Physiotherapy Services	4139	3196	22.8 (↓)
Occupational Therapy Services	63	249	>100
Psychiatric Social Work Services	4043	6513	>100

<b>Community Out Reach Clinics</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Jahangir Puri	11449	13291	16.1
Chhattar Pur	5151	6290	22.1

<b>Emergency Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Psychiatry	6426	8291	29.0
Neurology	1579	2285	44.7

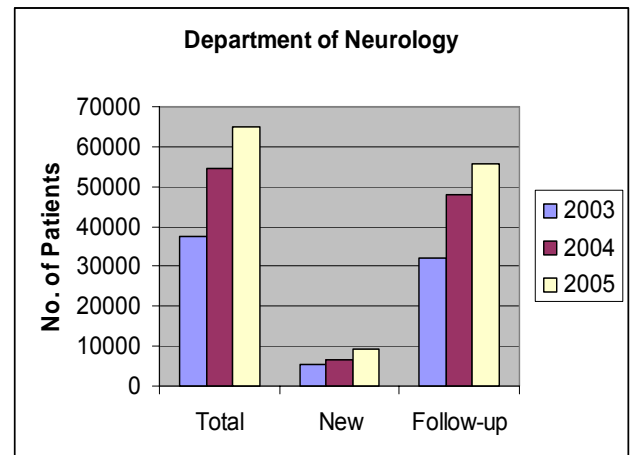
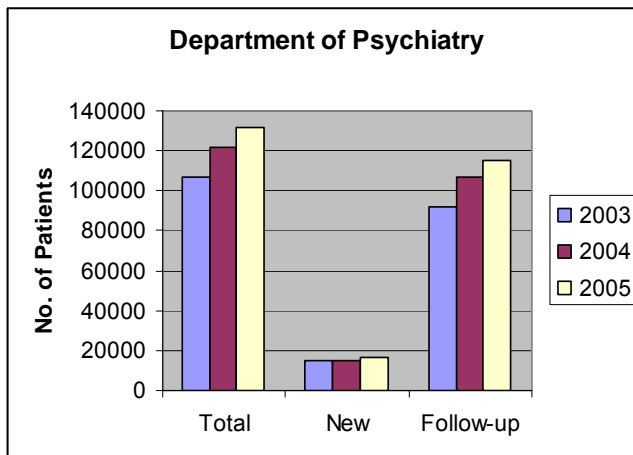
<b>Laboratory Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Pathology	17441	19053	9.0
Neurochemistry	44118	64276	46
Microbiology	3036	3659	21
Neuropsychopharmacology	3996	5263	32

<b>Radiology Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
X-Ray	2105	3160	33
Ultra Sound	285	1347	79

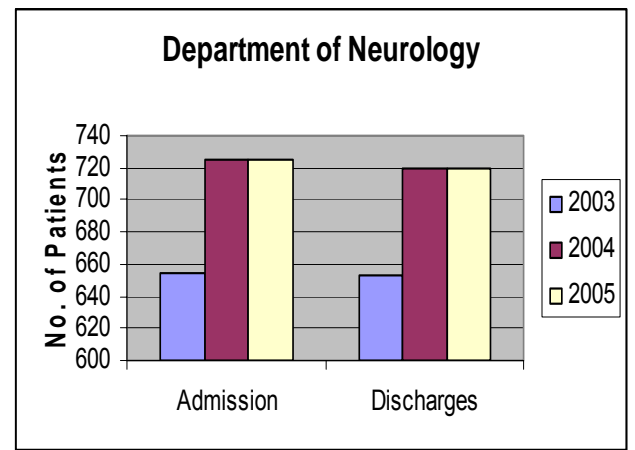
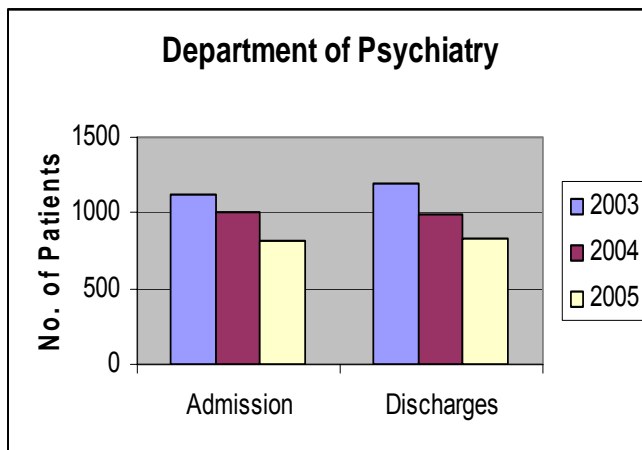
<b>ECT Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
Total	266	443	67.0
Modified	218	443	> 100
Direct	48	0	--

<b>Electrophysiology Services</b>	<b>2004 (no. of cases)</b>	<b>2005 (no. of cases)</b>	<b>% age increase</b>
ECG	684	636	7.0 (↓)
EEG	1287	1968	53.0
EMG/NCV	407	564	38.5

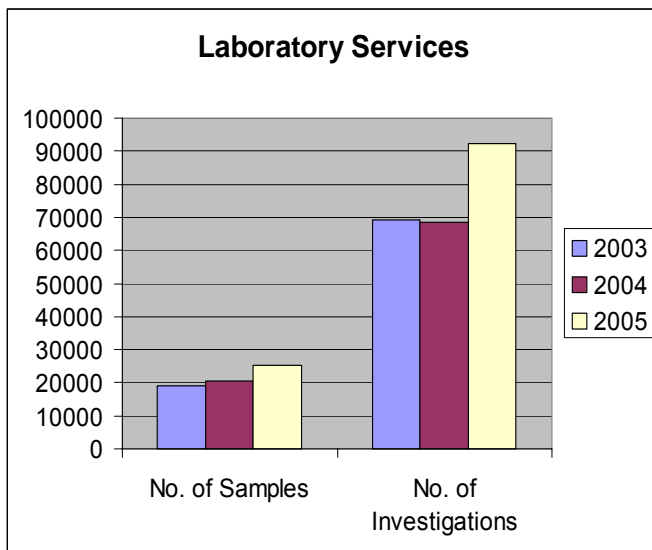
## Out-Patient Services



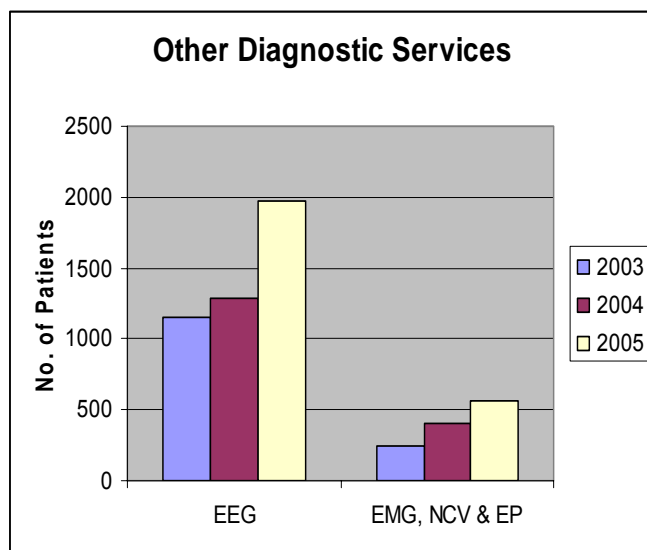
## In-Patient Services



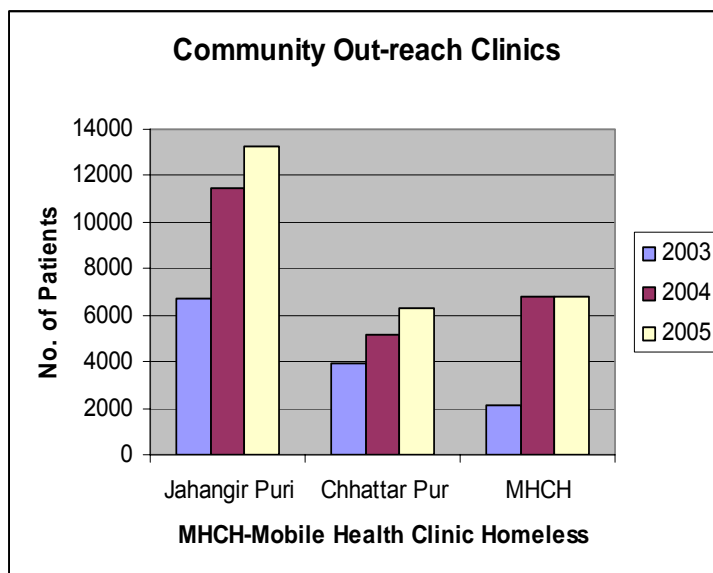
## Laboratory Services



## Other Diagnostic Services

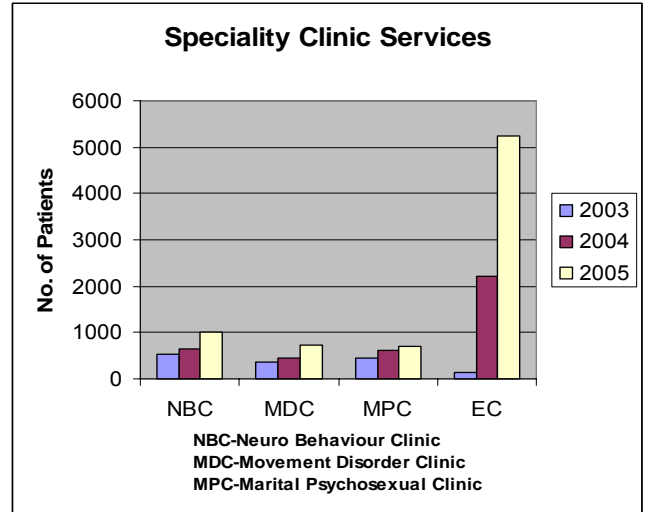
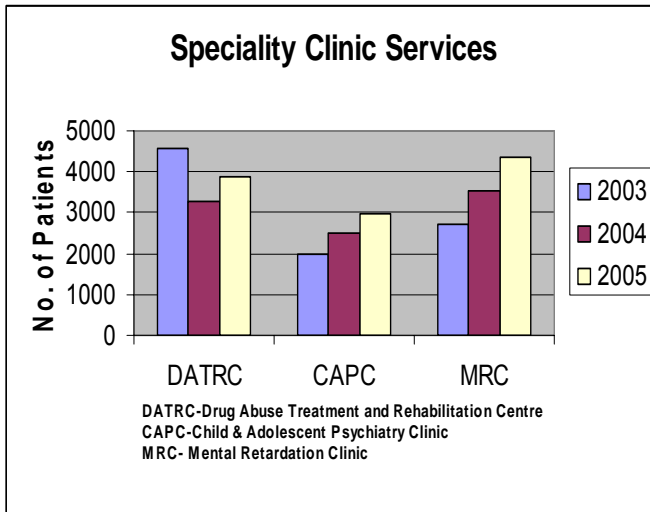


## Community Out-reach Clinics





## Speciality Clinic Services



## RESEARCH PROJECTS

### LIST OF RESEARCH PROJECTS

<b><u>S. No.</u></b>	<b><u>Name of the STPs ( Services &amp; Training Programmes)</u></b>	<b><u>Name of the Funding Agency</u></b>	<b><u>Name of the Investigators</u></b>
<b><u>Department of Neurology</u></b>			
1.	Pharmacogenomics of first line anti epileptic drugs	ICMR	Prof. M Gourie-Devi (PI) Prof. Meena Gupta Dr. Kiran Bala Prof. Sangeeta Sharma
2.	An Integrated Approach for Mutation Analysis and identification for New Gene(s) for X-linked Mental Retardation	DBT	Prof. Meena Gupta
3.	Prevalence of Epilepsy and Factors Responsible for Treatment Gap in North East District of NCT of Delhi	Indian Epilepsy Association	Prof. Meena Gupta (PI)
<b><u>Department of Psychiatry</u></b>			
<b>Ongoing (Institute Mandate) – Assigned</b>			
1.	District Mental Health Programme (DMHP) From Yr : 2000.	MOH & FW, GOI	Dr. N.G. Desai (PI) Dr. D.K. Gupta & all Dept. Faculty
<i>Ongoing (Investigator Driven )</i>			
1.	Tobacco Cessation Clinic (TCC) From Yr: 2001	WHO-SEARO	Dr. N.G. Desai (PI) Dr. S.N. Sengupta Dr. U.K. Sinha Dr. Deepak Kumar Dr. Rupali P. Shivalkar
<b>Name of the Research Project</b>			
<b>Completed</b>			
1.	Strategies For Community Based Neuropsychiatric Services: Identification & Management Of Psychoses From Yr: 2003-05	WHO /SEARO	Dr. N.G. Desai (PI) Dr. D.K. Gupta Dr. Pravin Sharma Dr. N. Singh Dr. U.K. Sinha
2.	Determinants of Risk Behaviour of Non-Communicable Diseases: A Community	WHO-ICMR	Dr. N.G. Desai (PI) Dr. D.K. Gupta

	Based Qualitative Study From Yr: 2003-05		Dr. U.K. Sinha
Ongoing Projects			
1.	Urban Mental Health Problem & Their Service Needs From Yr: 2004 (IHBAS as Coordinating Centre as well as individual centre)	ICMR (WHO during the pilot phase)	Dr. N.G. Desai (PI) Dr. D.K. Gupta Dr. U.K. Sinha Dr. Deepak Kumar Dr. C.B. Tripathi Dr. Sarbjeet Khurana
2.	Task Force Project on Suicide Behaviour From Yr: 2004	ICMR	Dr. N.G. Desai (PI) Dr. S.N. Sengupta Dr. T.B. Singh Dr. C.B. Tripathi
3.	NICED-IHBAS-RIMS Collaborative Study on HIV/AIDS & Drug Abuse in Manipur, From Yr: 2005 (IHBAS as Coordinating Centre)	ICMR	Dr. N.G. Desai (PI) Dr. S.N. Sen Gupta Dr. D.K. Gupta Dr. Rajesh Kumar Mr. Pravin B. Yannawar
4.	Mental Health Service Needs and Services Delivery Models in the Disaster Affected Population in Gujarat. From Yr: 2003 (IHBAS as Coordinating Centre)	ICMR	Dr. N.G. Desai (PI) Dr. D.K. Gupta Dr. U.K. Sinha Dr. Jahanara M. G. Dr. C.B. Tripathi Dr. Sarbjeet Khurana Mr. Anil Kumar
5.	A Phase3, randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Asenapine in patients with acute mania From Yr: 2005	Pfizer Ltd	Dr. N.G. Desai (PI) Dr. S.N. Sengupta Dr. Deepak Kumar Dr. Rupali P. Shivalkar
6.	Mental Health Problems & Services Needs in Tsunami Affected Population of Coastal Tamil Nadu.-Pilot From Yr: 2005-06	ICMR	Dr. N.G. Desai (PI) Dr. D.K. Gupta Dr. Vijender Singh Dr. Jahanara M.G. Dr. C.B. Tripathi Dr. Sarbjeet Khurana

**PI = Principle Investigator**

The institute is involved in number of projects in the field of neuropsychiatry supported by various funding agencies like ICMR, DBT, WHO and Ministry of Health and Family Welfare. This year nine projects were under going in the institute out of which one has been completed. Out of nine projects, four projects are multicentric while two projects are in collaboration with other research institutes like Institute of Genomic and Integrative Biology and Department of Genetics, South Campus, Delhi University.

Project activities in brief are as under :-

**I. Pharmacogenomics of first line anti epileptic drugs (AEDs)** in collaboration with Institute of Genomics & Integrative Biology (IGIB) and The Centre for Genomic Application (TCGA). The project is funded by CSIR. Professor M Gourie-Devi is the Principal Investigator. Co-investigators from IHBAS are Professor Meena Gupta, Dr. Kiran Bala, Dr. Sangeeta Sharma. The project was started in August, 2005. The aims and objectives of the present study are: to study the genetic polymorphism in genes encoding cytochrome P450, other drug metabolizing enzymes (DMEs), transporters and targets of first line AEDs and the influence of gene polymorphism on drug concentration in blood, clinical response to first line AEDs namely phenytoin, phenobarbitone, carbamazepine, and valproic acid in Indian population and side effects. The long-term objective is to find out the potential utility of genotyping for the genes prior to initiation of therapy with these agents. A total of 136 patients (drug naïve group 96 patients and monotherapy group 40 patients) suffering from epilepsy attending IHBAS have been enrolled in the project till now. Baseline evaluation (clinical and biochemical) of all the patients has been completed.

**II. An Integrated Approach for Mutation Analysis and identification for New Gene(s) for X-linked Mental Retardation:** It is a multicentric research project funded by the Department of Biotechnology. Prof. Thelma B.K., department of Genetics, University of Delhi is the project co-ordinator. Dr. Meena Gupta is the co-principal investigator. 5% of all mental retardation (MR) cases and 25% of all male MR cases are believed to be due to mutations in X-linked gene(s). Fragile-X syndrome accounts for 15-20% of all XLMR cases and effective DNA diagnosis is available for this common form of inherited mental retardation (XLMR) based on pedigree analysis, clinical evaluation, chromosomal analysis, to establish lymphoblastoid cell lines of probands and also, to identify and characterize new gene(s) for XLMR, genotype-phenotype correlations and community specific mutation database. The total cost of project is Rs.2.53 crores and its duration 3 years.

**III. Prevalence of Epilepsy and Factors Responsible for Treatment Gap in North East District of NCT of Delhi:** The project is funded by Indian Epilepsy Association. The Principal Investigator is Dr. Meena Gupta. The objectives of the project are to study the prevalence of active epilepsy, type of epilepsy and the magnitude of the treatment gap and also to educate the community about the myths and facts associated with epilepsy and to decrease the treatment gap, the project was started in 2005. Door-to-door survey is conducted in Slum Colony and Sunder Nagri. The number of houses visited is 5873 and total population covered is 29360. Probable cases of active epilepsy found in 142 cases. Public awareness programmes were held in community at Sunder Nagri and Ram Nagar to increase the awareness regarding epilepsy and to educate the society.

**IV. Tobacco Cessation Clinic(TCC):** Tobacco Cessation Clinic is a service oriented project funded by WHO and Ministry of Health and Family Welfare. The Principal Investigator of the project is Dr. Nimesh G. Desai. WHO initiated tobacco cessation clinics project in developing countries including India. Officially functioning of the clinics started across 12 centres in India, including IHBAS on "World No Tobacco Day"- 31<sup>st</sup> May 2002. The objectives of the project are to study the feasibility of implementing treatment modules and their acceptance by the patient, to increase awareness and sensitize people of all age groups, to initiate cessation of tobacco use and to encourage the tobacco users to seek help from the health professionals and if necessary to engage them in intensive treatment programme.

Various activities of TCC, IHBAS include running of tobacco cessation clinics, distribution of pamphlets and handouts on self help tips to stop tobacco use in adjacent communities and community out reach clinics at Jahangirpuri and Chattarpur. On “World No Tobacco Day” 2005 (31<sup>st</sup> May) service clinics were organized at the adjacent “University College of Medical Sciences”, Shahdara, and “Swami Dayanand Hospital”. Total no. of cases registered at the Institute from 1<sup>st</sup> April 2005 to 30<sup>th</sup> March 2006 was 418. Out of these 224 were new registration and 194 were the old follow-ups. Also various community awareness programmes through IEC activities were taken up to increase the awareness about tobacco.

**V. Strategies for Community Based Neuro-psychiatric Services: Identification and Management of Psychoses-** This is a WHO/SEARO funded project with Dr. N.G. Desai as the Principal Investigator. The project was started in 2002 with the overall aim of developing strategies for reducing treatment gap for psychoses in SEARO countries. Specific objectives included development of simplified but yet scientifically valid method (questionnaire) to identify psychoses in the community by the primary health care workers and physicians who shall manage the identified patients with simplified but effective pharmacological and psychosocial doable interventions at community level. The objectives of the project also included development of effective public awareness strategies, including developing video film on psychoses. During this year in the 4<sup>th</sup> and final phase of the project, the Psychoses Identification Questionnaire and the manual for administration of the questionnaire was finalized. The manual on management of Psychoses by the General Physicians was also finalized along with the Performa for follow-up and monitoring the progress of patients of psychoses in the community. A video film on awareness about psychoses was also prepared. The material developed in this project is now ready for its final field-testing in member countries of the SEARO. It is expected that the project will be helpful in assisting SEARIO member countries in developing and implementing programmes for reduction in treatment gap for psychoses in their countries with use of the limited resources available in these countries.

**VI. Urban Mental Health Problems and Their Service Needs:** This is a multisite ICMR taskforce project running at Chennai, Delhi and Lucknow with IHBAS as the coordinating center. The Principal Investigator is Dr. N.G. Desai. After pilot study (January, 2001 – June, 2004), the main study commenced in July 2004.

#### **1. Pilot phase (January 2002 - June 2004)**

- **Brief description of the background:** Rapid urbanization affects the health especially mental health of an individual adversely. But there is paucity of data regarding the nature and extent of psychiatric morbidity. None of the studies led one to definite conclusions about the nature and extent of psychiatric morbidity. The variance could be because of the differing methodologies, socio-cultural contexts, reference years, phenomenology, increasing awareness and change in attitude etc. Accurate psychiatric morbidity data both for diagnosable and undiagnosable mental health problems for urban and rural communities is necessary for prudence in mental health care planning. In view of this, to make an assessment of mental health services and needs in three urban areas viz. Chennai, Delhi and Lucknow a multi-centered pilot study entitled “Urban Mental Health Problems and Their Service Needs” was planned, initiated and carried out across three sites (Chennai, Delhi and Lucknow).

- **Description of project component:** The project was conceived with the objective of reviewing the mental health problems and their service needs in the urban population consisting two components:
  - i. **Current Situation Analysis (CSA) component:** Regional workshops was held in Lucknow to elicit the perspectives and opinions on the issues of mental health services in urban setting focusing on;
    - Current and projected needs
    - Availability and utilization of services
    - Strategies for unmet needs.
  - ii. **Health Services Research (HSR) component:** Under the Health Services Research (HSR), the WHO- ICMR collaborative pilot project on “Urban mental health problems and their service needs” was launched in 2001 with IHBAS, Delhi as one of the research sites and the coordinating centre of the study. The recommendations of the CSA Arm provided some inputs for the planning of the HSR Arm and also have a bearing on the interpretation of the findings of the HSR Arm. The objective of the pilot project was to make an assessment of mental health services and needs in three cities viz. Chennai, Delhi and Lucknow. The research activities were carried out in the three cities in identical fashion, with uniform tools and methods. The field research staffs of all the three sites were trained at a three day workshop at IHBAS, by the investigators of all the three centres, and the field methods and tools were finalized
- 2. Main phase of the study:** It has been initiated w.e.f. July 2004 initially for a period of three years at Delhi, Chennai and Lucknow. It aimed to make an assessment of mental health problems and service needs as well as to gain an understanding of the various aspects of mental health in urban settings. The objectives of the main study laid on three components;
  - **Epidemiological component:**
    - To study the prevalence and pattern of mental health morbidity with specific reference to Common Mental Disorders (CMDs) among urban adult population
      - Prevalence of psychiatric morbidity was highest in lower SES followed by middle and higher strata .
    - To study the prevalence and pattern of mental health morbidity with reference to Sub-syndromal Mental Health Problems (SMHP) among urban adult population- In urban population 14.7% adults (aged between 18 to 65 years) were identified as having sub-syndromal mental health problems.
    - Comparison of major city data vs. hospital data.
  - **Health service research component:**
    - To study the mental health service needs, Pattern of service Utilization & Barriers to Utilization of mental health services among the people with mental health morbidity with specific reference to CMDs in the community.
  - **Developmental component:**
    - To develop and field-test a training module for qualified medical practitioners.
    - To develop and field-test a brief intervention module on select CMD (Depression) for qualified medical practitioners.
    - To develop and field-test a mental health component for integration into general intervention module being practised for victims of domestic violence in urban setting.

- To develop and field-test Specific mental health contextualized module for victims of domestic violence for those in need of such an intervention.

## **VII. ICMR task force project on Suicidal Behaviour**

Background: Suicide is now recognised as a public health and social problem in every country, including India (WHO Report 2001). Suicide is on the increase in every part of India-Both in Urban and Rural areas. The occurrence of suicidal ideation and other suicide related behaviour among the community population is not well reported as a result of prevailing social and religious attitudes. The factors associated with suicidal behaviour and the pathways from suicidal ideas to attempt or completed suicide is also not well known. Different studies and reports have estimated that suicide is among the top three causes of death for people aged 15-34 years.

Against this backdrop IHBAS is conducting a multicentric ICMR Task Force Project on Suicide Behaviour, CMC Vellore being the second centre. The Principal Investigator of this project is Dr Nimesh G Desai, Professor & Head, Department of Psychiatry, Co Principal Investigator is Dr. Somnath Sengupta, Professor of Psychiatry and Co-Investigators are Dr.T.B.Singh, Professor of Clinical Psychology Dr. C.B.Tripathi, Assistant Professor of Biostatistics. The duration of Research Project is Five Years (2004- 2009).

The overall objective of the Main Study is to study the descriptive and analytic epidemiology of suicidal ideation and behavior. The study has two components- (i) Descriptive Component (Prevalence component) which studies the prevalence of suicidal ideation and suicidal attempt in the community (ii) Analytic Component (In depth Study) which deals with –to study the correlates of suicidal ideation only; to study the protective and risk factors contributing to suicidal attempt; to study the course of suicidal ideation and to study the pathways to suicidal attempt among the ideators.

The Pilot study for this project started in December 2001 with the development, adaptation and pre testing of the study instruments along with fieldwork logistics to know the feasibility of the study. As per requirement IHBAS has developed a Suicide Related Behaviour (SRB) tool/instrument to study suicide related behaviour in the community.

The Prevalence Component of the Main Study was initiated in March 2004. To study the prevalence rate of suicidal ideation, fieldwork and data collection was carried out in 11 colonies in 1100 population, representative for Delhi, across Social Classes. Data collection in the selected colonies (randomly selected) was carried out using GHQ-12 (General Health Questionnaire), (SRB) Suicide Related Behavior, ICMR Psycho-Social Stress Questionnaire, ICMR Life Event Scale, Beck's Hopelessness Scale, Social Integration Assessment Schedule, Family Integration Assessment Schedule and Life History Protocol (LHP).

It was found that Prevalence of suicidal ideation in 1100 population, representative for Delhi, across Social Classes-11.1 % (n=122). Among the ideators 63.1% (n=77) had psychiatric disorder, mostly depression. Suicidal ideation is significantly higher in women (3 times more risk than men), less educated, lower occupational level and lower socio-economic status; whereas it is similar across adult age groups and lower in adolescents and elderly. Disturbed interpersonal relationship is significantly associated with suicidal ideation. Intervention on the screened ideators and attempters in the communities studied were also carried out as per medical ethics using Intervention guidelines. Flyers were also distributed in the communities studied in order to remind them about the

facilities and services available in our hospital again and offer of help for taking care of the problems that they have shared with us.

The Analytic Component of the Main Study has already been initiated in the purposively selected two communities of Nand Nagari (lower SES) and Dilshad Garden (middle SES). The field work and data collection for the base line information in these two colonies have been completed. At present the study is in the third year and the second six monthly Follow up is in progress. As per schedule, the study is satisfactorily in progress.

### **VIII. NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse in Manipur.**

#### **Introduction:**

Injecting Drug Use (IDU) for non medical purposes increased during the decade of 1980 in the north-eastern states of India. The 'Golden Triangle' is a major heroin producing region which comprises the area in South east Asia where Lao's peoples democratic Republic, Myanmar and Thailand meet. Drug's raw material is produced there and brought into India through porous border between Manipur and Myanmar. The size of the IDU population in Manipur was estimated to be 20,000 by NICED in 1991. Since then, there has not been a repetition in the size estimation exercise and it is felt that the size of this population is showing an upward trend. Moreover, female IDU population in Manipur seems to be 5-10% of the total IDUs. The HIV epidemic in Manipur showed a rapid increase upto 1994 (70-75%) as reported by NICED. Although this prevalence has been declined to 56%, there is a possibility of different HIV scenario among IDUs in Manipur. Spread of HIV to the general population is evident from the HIV infection among the spouses of IDUs and women attending the antenatal clinics. The types of HIV-1 circulating among the IDUs and their infected spouses was reported to be subtype C and Thai B. Reported clinical illness were suggestive of advanced HIV infection. Pulmonary Tuberculosis and STIs are common among the HIV infected individuals. However, detailed studies on opportunistic infections are very limited. Studies on HIV/TB co-infection and prophylaxis of TB are a formidable challenge. The use of antiretroviral therapy in Manipur is still limited although this state has been recognized by Govt. of India to received the drugs as a WHO program of 3/5. The base line data on the drug resistance pattern is not known till date. There are also a number of mental health issues related to HIV infected individuals. There is a need to study the mental health morbidity among HIV infected IDUs and the risk behavior they involve, resulting into HIV transmission into their injecting and sexual partners. There is need to test the effectiveness of the prudent counseling methods in the management of HIV infected IDUs and capacity building of existing mental health professionals in the north east so as to deal with the mental health issues of such cases and their partners. The collaborative centre IHBAS will be studying these mental health aspects of the identified cases. With this background information, attempt will be made to study the following aspects, during the next three years besides attempting linkages with the IBBS study.

The study will address the following objectives on mental health aspects of HIV infected and IDUs

1. To study the syndromal and sub-syndromal mental health morbidity among identified cases.
2. To study the risk awareness and risk behaviour of HIV transmission among the identified cases.



3. To study the coping patterns among HIV infected IDUs and their partners.
4. To develop and test the counseling module for the management of identified cases who are not on ART (The module for counseling & management of identified cases on ART is already available with NACO).
5. For capacity building of mental health professionals to deal with mental health aspects of HIV infected IDU cases and their partners.  
This project has two components:
  - a. Lab Component and
  - b. Field Component (Mental Health Aspect)

The project proposes to investigate certain basic sciences issues related to HIV/AIDS transmission, genetic variation in HIV-I, treat resistance in HIV infection and the opportunities influences in HIV infected individuals.

The mental health components of the project envisages to study mental health morbidity among identified cases, risk awareness and risk behavioural HIV transmission, coping patterns among HIV infected IDUs and their partners. The cases identified under the lab component will be recruited after consent for studying mental health aspects.

GHQ-12 will be used for screening for psychiatric comorbidity. Syndromal morbidity will be assessed by SCAN, subsyndromal by Hopkin's Symptoms Check-list. Risk Assessment Battery will be used for assessing risk behaviours. A counseling module will be developed for targeted intervention among HIV infected IDUs and their families. Assessments will be made at base line, targeted interventions will be provided based on the counseling module. Post-intervention will be made at 6 and 12 months after intervention. Clinical care component is part of the research. Qualitative research methods like FGDs will be used for in-depth study. All instruments will be adopted for local / Indian use. Coping strategies will be assessed by Ways of Coping Checklist will be used after adaptation

The results of the study are expected to provide information that can be utilized for development of intervention plan for psychosocial care of HIV infected individuals. It is planned to develop the counseling modules for management of cases who are not on ART therapy.

#### **IX. Multi Centre ICMR task force project on "Mental Health Service Needs and Service Delivery models in the Disaster (Earthquake) Affected population in Gujarat"**

The project has commenced on 15<sup>th</sup> March, 2003 under the Principal Investigatorship of Dr. Nimesh G. Desai, Professor & Head, Department of Psychiatry (IHBAS).

This research is focused on the long term effects of earthquake on mental health of the affected people with the objective: To study the mental health morbidity, mental health service needs and various service delivery models for the earthquake affected population of Gujarat State.

This is a multi centre project with 3 centres in Gujarat, 4<sup>th</sup> IHBAS as Coordinating and technical support centre.

The quantitative and qualitative research methods are being used for the data collection at all the centers. The epidemiological data is being collected from urban, rural communities and from various hospitals/health centres.

The IHBAS being the coordinating centre has been providing the technical support to all the centers including training of the field staff for administering various research tools used for the data collection, supervision and monitoring of field work, plan for data entry and sharing of scientific & technical information etc. The Principal Investigator, senior faculty members (Co-Investigators of the Project) and research staff of coordinating centre frequently visited Guajart Centres to train the field/ research staff, to supervise and monitor the various research activities, field work and to handle the technical issues related to the research work.

The findings of this study will provide useful information about long term impact of disaster on mental health; specifically the prevalence and pattern of mental health morbidity in the earthquake affected population, after 3-4 years of the earthquake, i.e. it will shed significant light on the range of mental health service needs of the earthquake affected population. The findings will also be helpful in finding out the suitable, effective and acceptable models for the delivery of mental health services to fulfill the needs of earthquake affected population.

It will further helpful to formulate and implement the effective, need based plans and strategies for disaster preparedness and to render the appropriate relief and rehabilitation services to the affected population. The project will be completed in 2008

**X. A Phase III, Randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Sublingual Asenapine in Patients With an Acute Manic Episode:** It is a multicentre project which was started in October 2005 and sponsored by Pfizer Ltd. under investigatorship of Dr Nimesh G. Desai. Co-investigators are Dr Somnath Sengupta, Dr Deepak Kumar & Dr Rupali P. Shivalkar.

Asenapine is being developed for the treatment of schizophrenia and bipolar disorder. The primary objective of this trial was to assess clinical efficacy of asenapine compared with placebo in change from baseline in subjects with manic or mixed episodes associated with bipolar I disorder. There are three protocols of this drug trial. Initially for three weeks (A 7501004) subjects will be randomly assigned to asenapine, olanzapine or placebo treatment (2:2:1). The trial includes (up to) a 7-day single-blind placebo washout period during which subjects experiencing a manic or mixed episode receive single blind placebo. Subjects must remain confined to an inpatient research facility for at least seven days, but may be subsequently discharged if deemed clinically stable by the investigator. Those who were completed initial three weeks would be enrolled and given the drug for nine weeks (A7501006). Subjects that have completed nine weeks without major protocol violation will be eligible for participation in the next forty weeks extension study (A7501007). Those subjects treated with active, double blind therapy will continue in their original treatment group- Asenapine (5-10 mg BID) or Olanzapine (5-20 mg once daily).

Protocol A 7501004 has been completed: total 14 patients screened out of 14 patients, ten randomized and 4 screened failed during the study period. Protocol A 7501006 has been completed, 5 patients screened and all 5 patients randomized. Protocol A 7501007 has also been completed in which 3 patients screened out of three 2 patients continued the study and one patient dropped out.

**XI. Neuropsychological Rehabilitation of Alcoholic Patients : A Cognitive Retraining Approach :** With the object of assessing neuropsychological functions (attention/vigilance, memory, abstraction, executive functions, verbal intelligence, visuo-motor co-ordination and visuo-spatial ability) and seeing the efficacy of cognitive retraining in improving deficits in neuropsychological functions in patients with alcoholism, the said project was started in June, 2003 by Ms. Rekha K. Jalan, Senior Research Fellow, DATRC, IHBAS under supervision of Dr. Nimesh G. Desai, Prof. & Head, Dept. of Psychiatry, Dr. Uday K. Sinha, Associate Professor, Dept. of Clinical Psychology, Dr. Ram Avatar Singh, Associate Professor, Dept. of Psychiatry. Findings of the study revealed significant impairment in neuropsychological functions of patients with alcoholism and the structured manual cognitive retraining program found to be effective in improving such impairment.

The task for this manual cognitive retraining contained paper-pencil work and verbal performance that took longer time and also felt monotonous by the patients during intervention. Therefore, a subsequent study to develop a computer based on cognitive retraining module for the patients with alcoholism is being taken up in the DATRC unit.

**XII. Role of emotional intelligence in Psychosocial Problems and Coping strategies among the Children and spouses of alcoholism patients:**

Aims and objectives of the project:

1. To study the emotional intelligence, psychosocial problems and coping strategies among the spouses of alcoholic patients.
2. To study the emotional intelligence and psychosocial problems of children of alcoholic patients.
3. To find the relationship of emotional intelligence with coping strategies and psychosocial problems of spouses of alcoholic patients.
4. To find the relationship of emotional intelligence with psychosocial problems of children of alcoholic patients.

This is a 3 year research fellowship of Dr Vinod Shanwal, Phd, with Prof. (Dr.) Nimesh G. Desai as the Chief-guide and Dr U.K. Sinha, and Dr DK Gupta as Co-guides.

## **REPORT OF DEPARTMENTS**

### **PSYCHIATRY**

The Department of Psychiatry has expanded the scope of various mental health care activities. Areas being developed are child and adolescent mental health and community mental health including services for homeless mentally ill, and enhancement of community contact activities. The Institute is running a specialty clinic for Tobacco Cessation Clinic under the Tobacco Cessation Programme of the Ministry of Health and Family Welfare. The department is also running three community outreach clinics in Delhi under the District Mental Health Programme of the Ministry of Health and Family Welfare, Government of India. IHBAS has been designated as one of the three Regional Resource Centres under National Mental Health Programme (NMHP). The faculty has contributed to a variety of research and training related activities.

#### **Hospital services**

The department continues to provide quality care to the patients. There was an increase of 8% in the total OPD attendance during the year 2005, over that in the previous year. The department provides the following specialized services:

- Community Mental Health Outreach Services
- Mobile Health Clinic at Jama Masjid
- Child & Adolescent Psychiatry
- Mental Retardation Clinic
- Marital & Psychosexual Clinic
- Tobacco Cessation Clinic
- Caregivers Group Meetings
- Patient Staff Group Meetings

#### **Teaching and Training**

IHBAS introduced a post-graduate course in psychiatry, under the University of Delhi with the first batch of two students joining in May, 2003. Presently, there are 7 MD students in the department. Teaching is imparted at unit level (clinical skills) as well as at the departmental level through case conferences, seminars, journal clubs, tutorials and lectures. The department is also actively involved in the training of M.Phil, Clinical Psychology Students at IHBAS. It is also involved in training students of B.Sc and Nursing (Diploma Course) in Delhi and Outside Delhi. The department regularly organizes academic activities like symposia and CME programmes for psychiatrists, general practitioners and health professionals. Inter-departmental seminars are organized regularly to facilitate interaction among different disciplines.

#### **Research**

The following research projects are going on in the department:

- Neuropsychological Rehabilitation of Alcoholic Patients
- Tobacco Cessation Clinic

- Urban Mental Health Problems and their Service Needs
- ICMR task force project on suicidal behaviour
- A Phase III, Randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Sublingual Asenapine in Patients with an Acute Mania Episode
- A Phase III, Randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Sublingual Asenapine in Subjects Continuing Lithium or Valproic Acid/ Divalproex Sodium for the Treatment of an Acute Manic or Mixed Episode

### **Organization of Symposia/CMEs /Conference/ Talk**

#### **World Mental Health Day Celebration**

The department of Psychiatry along with DMHP Team celebrated the World Mental Health Day on October 10, 2005. A week long mental health awareness campaign was carried out at the community outreach clinics. A community contact programme was organized, involving community leaders and also the RWA's members of six different localities of state of Delhi.

#### **Indian Journal of Psychiatry (IJP) Publication**

The official publication of Indian Psychiatric Society (IJP) was successfully published for the year 2005 (Vol 47).

### **Guest lectures organized at IHBAS**

- 'Recent Developments in Addiction Treatment in the USA' by Dr. Marc Galanter, Professor of Psychiatry & Director, Alcohol & Drug Abuse Division, NYU School of Medicine, New York; on August 16, 2005.
- 'Use of Modafinil in General Psychiatry' by Dr. Elizabeth H.Hill Scarsdale, New York; on August 16, 2005.
- Cross Cultural Aspects of Psychotherapy and interactions on clinical training and research activities by Dr. Dev Atreya, Sr. Psychiatrist, Macquarie Hospital, New South Wales, Australia; on December 19-23, 2005.
- 'Visit and interaction – Rehabilitation Ward of IHBAS' by Dr. Prem Chopra, Director of Postgraduate Medical Training and Consultant Psychiatrist, St. Vincent's Mental Health Service and Senior Lecturer of University of Melbourne, Australia; on March 15, 2006.

### **Symposia /Workshop/ Conference/ Training/ CME**

#### **Dr. Nimesh G. Desai**

- 3<sup>rd</sup> South Asia Regional Conference of Humphrey Fellowship at Agra from April 13 -16, 2005.
- National Workshop on HIV and Drug Abuse in North Eastern Region of India at Dibrugarh from April 29 to May 1, 2005.
- IPS-NZ Mid Term CME 2005 at Rohtak on May 7, 2005.

- National Institute on drugs Abuse (NIDA) International Forum at Orlando, Florida, U.S.A, June 18 - 20, 2005.
- As member in Annual Meeting of Royal College of Psychiatry at Edinburgh, UK, June 21 - 24, 2005.
- As special invitee of the WPA International Conference on Psychiatry at Colombo, Sri Lanka, July 24 - 28, 2005.
- 2<sup>nd</sup> National Workshop on Clinical Practice Guidelines for Psychiatrists at Jaipur on August 6 - 7, 2005.
- 1<sup>st</sup> Annual National Meeting of Indian Association for Geriatric Mental Health at Lucknow from August 20 – 22, 2005.
- Dr. N.G. Desai attended the IPS National Mid-Term CME on Promoting Adolescent Mental Health at Goa on August 27 & 28, 2005.
- 30<sup>th</sup> Annual Conference of Indian Psychiatric Society North Zone at Patiala on October 15, 2005.
- INDO-US Workshop on Emergency Response and Preparedness with Special reference to health, a talk on mental health perspectives at Agra, November 9 - 11, 2005.
- 2<sup>nd</sup> International Mental Health and Cultural Psychiatry Conference at Sydney, Australia, November 25 - 27, 2005.
- National Seminar 'Quality of mental health care and legal issues in Government and Private Psychiatric Hospitals' at Hyderabad on December 10 – 11, 2005.
- Annual National Conference of Indian Psychiatric Society at Mumbai from January 5 – 8, 2006.
- WHO National Workshop on Psychosocial Support Tsunami Disaster at NIMHANS, on February 3 – 4, 2006.

#### **Dr SN Sengupta**

- Workshop on 'Alcohol prevention strategies for industrial workers and supervisors' organized by Indian alcohol policies alliance, Delhi Secretariat on October 20, 2005.

#### **DR DK Gupta**

- Negotiation Workshop held at University of Maryland, College Park, USA, December 2 - 3, 2005.
- 133rd Annual APHA Meeting held at Philadelphia, USA, December 10–14, 2005.

- Workshop on Biomedical communications: Grants, Papers and Presentations, at Johns Hopkins University, USA, January 17 - 20, 2006.
- Grant Writing Workshop at NIDA, USA, March 3, 2006.
- Global Development and Social Justice Workshop at Atlanta, USA, March 19–24, 2006.

#### **Dr Deepak Kumar**

- Workshop on “the role of health professionals in tobacco control” on the occasion of World No Tobacco Day, May 31, 2005.

#### **Dr Rajesh Kumar Kumar**

- 1<sup>st</sup> Annual meet of the Indian Association for Geriatric Mental Health at Lucknow on August 20-22, 2005.
- National Midterm CME 2005: Promoting adolescent mental health at Goa on August 27-28, 2005.
- XXX Annual Conference of Indian Psychiatric Society North Zone at Govt. Medical College Patiala on October 15-16, 2005.
- Indo-US Partnership Workshop on “Drug Abuse and HIV/AIDS in NE Region of India” organized by ICMR & NIDA, USA at Hotel Hyatt Regency New Delhi on October 27-29, 2005.
- Workshops on Alcohol Prevention Strategies for Non Governmental Organisations (NGOs) and delivered a lecture on ‘Information on Alcohol use and Alcoholism’ held at Delhi Secretariat organized by Directorate of prohibition, Govt of Delhi, Indian Alcohol Policy Alliance (IAPA) and IHBAS, Delhi on November 29, 2005.
- Workshop on Alcohol Prevention Strategies for Non Governmental Organisations (NGOs) and delivered a lecture on ‘Alcoholism- Interventions & Guidelines’ held at Delhi Secretariat organized by Directorate of prohibition, Govt of Delhi, Indian Alcohol Policy Alliance (IAPA) and IHBAS, Delhi on November 29, 2005.
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- XV Annual Conference of Delhi Psychiatric society at Jim Corbete National Park Uttarakhand on December 9 -11 Dec., 2005.

- Training on 'Ear-Acupuncture for Addiction Treatment' at Base Hospital, Delhi Cant organized by Delhi Psychiatric society and Nada International Delhi on January 15, 2006.
- Conducted SCAN Training for research staffs of 'Urban Mental Health Problems and Their Service Needs' at IHBAS in Feb 2006.
- Participated and conducted SCAN Training for Research Staffs of Project 'NICED-IHBAS-RIMS collaborative Project of HIV/AIDS' in Manipur at IHBAS in April 2006.

### **Professional Affiliations**

#### **Editorship**

- Dr. Desai elected as Hon'ble Editor of Indian Journal of Psychiatry.
- Dr Deepak elected as Hon. Deputy Editor of the Indian Journal of Psychiatry (IJP).
- Dr Deepak elected as Assistant Editor of the Journal of Mental Health and Human Behaviour (North Zone).
- Dr Rupali Shivalker elected as Hon'ble Deputy Editor of the Indian Journal of Psychiatry (IJP).

#### **Special grants/assistance/ Honours/distinctions received**

- Dr DK Gupta, Associate Professor, Psychiatry, has been awarded the prestigious Hubert H. Humphrey/ NIDA fellowship in the field of "Substance abuse- Education, Prevention, and Control".

#### **Research Publications**

- Sengupta S.N. and Nath J. 2005 Pharmacological Management of Dementia, Handbook of Dementia, Kar N., Jolley D and Misra B (eds.) 183-203Paras Publishing.
- Nath J. & Sengupta S.N. 2005 Diagnosis criteria of Dementia, Handbook of Dementia, Kar N. Jolley D and Misra B (eds.) 36-53. Paras Publishing.
- Rajat Ray, Raka Jain, Monica Mongia, Rajesh Kumar 2005. Substance buse in young people: Biological considerations. Mental Disorders in Children and Adolescents:Need and Strategies for Intervention. CBS Publishers.
- Sengupta S.N. (2005) Diagnosis of Depression in general practice, Indian Journal of Medical Sciences. 59 (N5): 217-225.
- Sengupta S.N. and Kumar Deepak 2005. Pain and Emotion, Relationship Revisited, German Journal of Psychiatry. 8: 85-93.
- Sengupta S.N. and Sinha U.K. 2005. Nonpharmacological management of dementia, Journal of Personality and Clinical Studies. 21( N) : 1& 2.



- Mehrhotra S and Sengupta S.N. 2005. Insight and psychopathology in schizophrenia: A four- week longitudinal study, German Journal of Psychiatry. 8: 48-52.
- Hemraj Pal, Rajesh Kumar, Sashi Bhushan, Neeraj Berry. 2005. Psychiatric co-morbidity associated with chlorpheniramine abuse-case series. Indian Journal of Psychiatry 47(1):60-62.
- Desai NG and Kumar Deepak. 2005 Role of primary health care providers in mental health services published in International journal of medical today.

## **NEUROLOGY**

The department of Neurology provides quality neurology care to patients, aimed to achieve better understanding of neurological disorders through daily outpatient services, indoor services, emergency services and the state-of-the-art neurological investigations.

### **Hospital Services**

The department caters to the needs of patients from Delhi as well as from the adjoining states. There has been a phenomenal increase in the number of patients in the Neurology department with the patient attendance registering an increase of 18.6% over the previous year. 64904 new patients were registered during 2005. Community programmes were held to increase awareness of neurological disorders like epilepsy, stroke in community, etc. The department provides 24-hour emergency care. There were 2285 patients with neurological emergency this year (2005). The inpatient facility consists of 40 beds. There were 1405 inpatient admissions this year. All types of neurology patients are admitted and managed regularly. The number of admissions increased by 10.3% in year under report. The bed-occupancy rate was 82.9%.

A 6-bedded well-equipped Neurology ICU is functional. Ventilators, cardiac monitors, ABG machine, etc which are required for the management of critically-ill patients is available. Bed-side EEG is done regularly in the ICU to monitor the patients of status epilepticus and encephalitis.

### **Specialty Clinics**

Speciality clinics are held thrice a week to target the special group of patients. The aim of these clinics is to give special attention to the patients and their care-givers, suffering from degenerative diseases, like Dementia, Epilepsy, Movement Disorders and Mental retardation.

#### **Neurobehaviour Clinic**

Neuro behaviour clinic is held every Friday afternoon. All types of Dementia patients are evaluated and managed with the latest treatment modality. The different types of dementia e.g. Alzheimer's disease, Vascular dementia related with other degenerative diseases as Parkinson disease, hunting tons disease are now-a-days diagnosed with accuracy because of availability of revised diagnostic criteria and advances in neuro-imaging modalities. Special attention is given to the care-givers and family-members of patients by a team of neurologists, clinical psychologists and psychiatric social workers. Occupational therapy, cognitive retraining are important components in management of dementia which is regularly given to the patients as part of management of dementia. Dementia awareness programmes held regularly. There is 57.1% increase in patient attendance this year.

#### **Movement Disorder Clinic**

Movement disorder clinic is held every Wednesday afternoon. Patients suffering from movement disorders, like Parkinson's disease, Parkinson's Plus Syndrome, etc. are seen in this clinic. The attendance in the clinic increased by 60.4% in the calendar year. Botulinum toxin injection as a mode of therapy for dystonia patients is regularly given in this clinic. Some 20-25 patients were given Botulinum toxins for various indications.

### **Epilepsy Clinic**

Epilepsy clinic is held every Tuesday afternoon. Chronic Epilepsy patients with refractory seizures and patients with social problems are managed in this clinic. Epilepsy support groups are made among the patients to discuss the problems among themselves. The social workers and psychologists help them to cope up with their social problems. There has been a 100% increase in the attendance in this clinic.

### **Mental Retardation Clinic**

Mental retardation clinic is held every Wednesday afternoon. Mentally challenged patients with neurological problems are seen in this clinic. In the year under report, the overall attendance of patients increased by 43.6%, out of them maximum no. of cases were of MR with seizures. Special attention is given to the patients of Fragile X-Syndrome with appropriate genetic counselling to the family members.

### **Diagnostic Services**

The state-of-the-art neuroelectrophysiology lab has the facilities for doing all the electrophysiological procedures as Nerve Conduction Velocity (NCV) Electromyography (EMG) Evoked Potentials (EP), like somatosensory evoked potential and visual evoked potential (VEP), etc. These tests are done regularly for indoor and outdoor patients. Patients are referred by other hospitals for electrophysiological procedures. Patients with different types of myopathy, neuropathy, multiple sclerosis etc are investigated.

EEG: Electroencephalography is done through digital and video EEG machine. This facility is available for outdoor and indoor patients. EEG not only helps in establishing the type of epilepsy but also in diagnosing non convulsive status and pseudo seizures.

### **Teaching and Training**

The comprehensive teaching programme for Junior, Senior Residents and DNB Neurology, and MD Psychiatry and M.Phil. Clinical Psychology students is done through bedside clinical teaching, case discussion, clinical meetings, journal clubs and seminars. Basic training is given in Neurophysiology. The much awaited DNB course in neurology was started with the first batch of two students joining DNB in Jan 2006.

### **Research**

#### **The following research projects are going on in the Department :**

- An integrated approach for mutation analysis and identification of new gene(s) for X-linked mental retardation and is funded by the Department of Biotechnology, New Delhi. It is a multicentric research project for 3 years. Dr. Meena Gupta is the Principal Investigator and Prof. Thelma BK, Department of Genetics, University of Delhi is the project Co-ordinator
- Prevalence of epilepsy and factors responsible for treatment gap in north east district of NCT of Delhi - The project is funded by Indian Epilepsy Association. Principal Investigator Dr. Meena Gupta.
- Pharmacogenomics of first line anti epileptic drugs (AEDs) in collaboration with Institute of Genomics & Integrative Biology (IGIB) and The Centre for Genomic Application (TCGA).The project is funded by CSIR. Professor M Gourie Devi is the

Principal Investigator. Co-investigators from IHBAS are Professor Meena Gupta, Dr. Kiran Bala and Dr. Sangeeta Sharma.

### **Organization of Symposium/Public Programme/ Talks**

- **Epilepsy Day** celebration on November 29, 2005 organized by the department of Neurology. A Public Awareness programme was organized to update knowledge about epilepsy. Epilepsy Symposium was also held on November 26, 2005 which was attended by general physicians from east Delhi and resident doctors of IHBAS and GTB hospital.
- **Dementia Awareness programme** was also organized in the institute to celebrate Alzheimer's day on September 16, 2005. This programme was attended by patients, their care givers and elderly of the community. The care givers discussed their problems in detail with the experts regarding the management of patients at home. The educative brochures for dementia were distributed in community.
- Free health camps at Dilshad Gardens, Seema puri, both in Delhi and at Khurja, Uttar Pradesh.

### **Symposia /Workshops/ Conference/ Training/ CME**

#### **Dr Meena Gupta**

- World Conference of Neurology 2005 at Sydney, Australia on November 4 – 11, 2005 – presented two posters.
- International Comprehensive Update on Diagnostics and Therapeutics in Epilepsy (CUTE) Conference at India Habitat Centre, New Delhi on February 4 – 5, 2006.
- World Conference: Expanding paradigms: Science, consciousness & spirituality organized by AIIMS on February 24 - 25, 2006.

#### **Dr Kiran Bala**

- 6<sup>th</sup> Joint Annual Conference of Indian Epilepsy Association & Indian Epilepsy Society at Jaipur on September 22 – 23, 2005.
- 4<sup>th</sup> International CME on Hypertension, Atherosclerosis and Coronary Artery Disease (IAHAC-2005) and 15<sup>th</sup> Annual conference of Indian Society of Hypertension (ISHCON-2005) at UCMS-GTB Hospital, Delhi on November 12 - 13, 2005.
- 54<sup>th</sup> Annual Conference of Neurological Society of India at Visakhapatnam on December 15 - 18, 2005.
- International Comprehensive Update on Diagnostic and Therapeutics in Epilepsy (CUTE) and Neuro-Electrophysiology Workshop at India Habitat Centre, New Delhi on February 4 – 5, 2006.
- 8<sup>th</sup> Annual Conference of Delhi Neurological Association at Dr. Ram Manohar Lohia Hospital, New Delhi on February 4 – 5, 2006.

**Dr Suman Kushwaha**

- Indian Academy of Neurology Conference 2005 and presented a poster on 'Chronic Headache with Medication over Use' at Jaipur from September 22 – 25, 2005.
- World Congress of Neurology 2005 and presented posters on 'Neuroleptic Malignant Syndrome- A study of 21 cases' and 'Chronic headache with medication over use and its outcome' at Sydney, Australia from November 4 – 11, 2005.

**Dr Sanjay Pandey**

- Indian Academy of Neurology Conference 2005 and presented a paper on 'Sleep related disorders in Parkinson's Disease' held at Jaipur on September 22 – 23, 2005.

**Dr VN Mishra**

- International Symposium on 'Current Trends in Neuromuscular Disorders' New Delhi, on March 5 - 7, 2005.
- Delivered a lecture on 'Acute Headache: Recent advances in diagnosis and Management' At North Eastern Indra Gandhi Regional Institute of Health and Medical Sciences, Shillong, on June 14, 2005.
- Delhi Neurological Society 2<sup>nd</sup> Annual conference and presented a paper on 'Non epileptic attack disorder: Profile review of 22 cases' and at Dr.R.M.L. Hospital, New Delhi on February 4 –5, 2006.
- Elected 'Member Executive committee' for governing body of Delhi Neurological Association (2006 – 2009).

**Special grants/assistance/ Honours/distinctions received**

- Dr Suman Khushwaha, Assistant Professor, Neurology, has received a grant of 1000 pounds as a travel grant to attend the "World Congress of Neurology" at Sydney' 2005 from World Federation of Neurology, London (U.K).
- Dr Sanjay Pandey was awarded best poster Award for 'Sleep related disorders in Parkinson's Disease' held at Jaipur on September 22 – 23, 2005.
- Dr VN Mishra was awarded 2<sup>nd</sup> prize for 'Non epileptic attack disorder: Profile review of 22 cases' in Delhi Neurological Society 2<sup>nd</sup> Annual conference at Dr.R.M.L. Hospital, New Delhi on February 4 –5, 2006.

**Research Publications (Books/Monographs/Chapters in Books/Research)**

- Cerebrospinal fluid catecholamine levels in Japanese encephalitis patients with movement disorders. Neurochem Res. 2005 Sep; 30(9):1075-8. PMID: 16292498 (PubMed-indexed for MEDLINE).
- A randomized placebo controlled trial of ranitidine versus sucralfate in patients with spontaneous intracerebral hemorrhage for prevention of gastric hemorrhage. J.

Neurol Sci. 2005 Dec 15; 239(1):5-10. Epub 2005 Sep 22. PMID: 16182311 (PubMed-indexed for MEDLINE).

- Misra UK, Kalita J, Mishra VN, Phadke RV, Hadique A. Effect of neck flexion on F wave, somatosensory evoked potentials, and magnetic resonance imaging in Hirayama disease. J Neurol Neurosurg Psychiatry. 2006 May; 77(5):695-8.
- Pradhan S, Yadav R, Mishra VN, Aurangabadkar K, Sawlani V. Amyotrophic lateral sclerosis with predominant pyramidal signs – early diagnosis by magnetic resonance imaging' Magn Reson Imaging. 2006 Feb; 24(2):173-9. Epub 2005 Dec 27.
- Kesari A, Misra UK, Kalita J, Mishra VN, Pradhan S, Patil SJ, Phadke SR, Mittal B. Study of survival of motor neuron (SMN) and neuronal apoptosis inhibitory protein (NAIP) gene deletions in SMA patients. J Neurol. 2005 Jun;252(6):667-71. Epub 2005 Mar 18.

## **CLINICAL PSYCHOLOGY**

The Department of Clinical Psychology extends psycho-diagnostic and psychotherapeutic services to the cases referred by department of psychiatry, neurology and the other specialty clinics. This also includes child guidance services, counseling in the field of marital discord, early intervention and evolution for the mentally- handicapped children and rehabilitation services to the chronically mentally ill patients.

### **Hospital Services**

The clinical psychology department provides services to inpatients and outpatients referred by psychiatry and neurology departments. Active support is also provided to various specialty clinics like child and adolescent mental health clinic, drug abuse treatment and rehabilitation center, mental retardation clinic, psychosexual clinic, neuro behaviour clinic and epilepsy clinic. 6298 sessions were conducted in the current year (Psychodiagnostics – 299, Psychotherapeutic – 4732, IQ Assessment – 1267).

### **Clinical unit cum Lab**

The department has process all required Psychological test and equipment for use in patient care, training and research. A clinical lab has also been developed in the department to carry out clinical and research activities.

### **Teaching and Training**

A two-year full-term supervised clinical training programme, leading to M.Phil. Degree in Clinical Psychology was introduced in the year 2004 under Medical Faculty, University of Delhi. The second batch of 14 M. Phil. students (2005-2006) was admitted and their clinical and academic training is being done actively.

Department is also extending its facilities to post graduate students (MA- Final year) from Department of Psychology, University of Delhi, North Campus; Department of applied Psychology, University of Delhi, South Campus; Department of Psychology, Jamia Milia Islamia; P.G. Department of Psychology, Purvanchal University, Jaunpur and Department of Applied Psychology, Guru Jambheshwar University, Hisar for their orientation training thorough exposure to the areas like case history taking, clinical interview, psychological assessment and therapeutic interventions.

Dr Ruchi Verma delivered the lecture on 'Behavioural Modification and Approaches to Counseling' for the students of Advance Diploma in Counseling and Child Guidance at NIPCCD, Delhi

### **Organization of Symposium/Public Programme/ Talks**

#### **Workshops Organized**

- 'Life Skills Training in Schools – An interactive workshop for school teachers' on October 8, 2005.
- 'Stress management for Managers of Institutions dealing with persons with disability' on December 17, 2005.

- 'Recent Advances in Clinical Psychology' National workshop from January 30 to February 15, 2006.

### **Guest Lectures Organized at IHBAS**

- 'Need of School Mental Health services in the present context- Integrative Psychotherapy' by Dr. L. Sam Manickam, Professor of Clinical Psychology, Ramchandra Medical College, Chennai on October 17, 2005.
- 'Projective Assessment in Psycho diagnosis: Emerging Trends in the use of Rorschach & TAT' by Dr. Dwarka Prasad, Former Additional Professor, PGIMER, Chandigarh on October 25, 2005.
- 'Recent Advances in Cognitive Behaviour Therapy' by Dr. K.B. Kumar, Professor & Head (Clinical Psychology), KMC, Mumbai on October 27, 2005.
- 'Neuropsychological Assessment: Recent Trends and Cognitive Retraining' by Dr. K.B. Kumar, Professor & Head (Clinical Psychology), KMC, Mumbai on October 28, 2005.
- 'Qualitative Research Methods & Mental Health' by K.K. Ganguly.

### **Symposia/ Workshops/ Conference/ Training/ CME**

#### **Dr. T. B. Singh**

- Talk on "Psychiatry of Traumatic Stress" in the 5<sup>th</sup> North India P.G. Development Programme in Psychiatry held at Sher-I Kashmir International Convention Complex Srinagar, Kashmir on May 13 – 16, 2005.
- Resource person in the Orientation Programme on "Vocational Education for Key Functionaries working in the field of Education, Training and Rehabilitation of Persons with Disability" organized by Division of Humanities, Science and education, NCERT, Regional Center, Bhopal on September 5 – 6, 2005. Presentation made were on the following topics:
  - \* Vocational Education & Training for Persons with Visual Impairment.
  - \* Vocation Education & Training for Persons with Mental Retardation.
  - \* Vocation Education & Training for Persons with Mental Illness.
- Expert member in the National Consultation Meet to formulate national Policy for persons with disabilities organized by Ministry of Social Justice & Empowerment, Govt. of India, New Delhi on September 22, 2005.
- Resource Person in the meeting of experts on "Promotion and Development of Clinical Psychology in India" organized by Rehabilitation Council of India, New Delhi on October 26, 2005.
- Expert nominated by Rehabilitation Council of India, PG Department of Psychology, University College of Sciences, technology & Agriculture, Calcutta, conducting M.Phil (Clinical Psychology) Training Programme to assess resources and facilities for recognition by Rehabilitation Council of India on November 11 - 12, 2005.



- Chaired a session on Life Skills Education for Adolescent in VIII Biennial Conference of the “Indian Association for Child and Adolescent Mental Health” at KGM University, Lucknow on November 24 – 26, 2005.
- Guest speaker in the workshop on “Research ethics in the Clinical Psychology Research” organized by National Annual Conference of Indian Association of Clinical Psychologist at Jaipur on February 3 – 5, 2006.
- Expert nominated by Rehabilitation Council of India, Ramchandra Medical College & Research Institute (Deemed University), 1, Ramchandra Nagar, Chennai, conducting M.Phil (Clinical Psychology) Training Programme to assess resources and facilities for recognition by Rehabilitation Council of India on February 25 - 26, 2006.
- Expert member in the 3<sup>rd</sup> National Workshop of Rehabilitation Scientists on March 10 - 11, 2006.

#### **Dr. Uday K. Sinha**

- Biennial National Conference of Indian Association of Child & Adolescent Mental Health and presented a paper on ‘Development self-related anxiety of adolescent: A cross cultural perspective’ and ‘Examination stress and coping of high school students’ at Lucknow on November 24 – 26, 2005.
- Workshop on “Life skills training in school settings” for the school teachers at IHBAS on October 8, 2005.
- Symposium on “Research Ethics in Clinical Psychology Research” during the 29<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist at Jaipur on February 3 – 5, 2006.

#### **Dr. Vibha**

- Resource Person in the U.G.C. Orientation Programme organized by the Academic Staff College, J.N.V. University, Jodhpur on September 26 - 27, 2005.
- Resource Person in the Workshop on “Life skills training in school settings” for the school teachers, organized by Department of Clinical Psychology, IHBAS, on October 8, 2005.
- Resource Person in the C.M.E. Programme on Epilepsy, organized by Department of Neurology, IHBAS.
- Resource Person in the U.G.C. Refresher Course in Psychology at S.P. University, Gujrat from November 28 to December 1, 2005.
- Resource Person in the Workshop on ‘Recent Advances in Clinical Psychology, organized by Department of Clinical Psychology, IHBAS, Delhi, from January 30 to February 1, 2006.

- Resource Person in the symposium on Research Ethics in Clinical Psychology Research, during National Annual Conference of Indian Association of Clinical Psychologist. at Jaipur, on February 4 -6, 2006.
- Resource Person in Continuing Rehabilitation Education Programme of R.C.I. at Teachers Training Institute for Special Education by Delhi Society for the Welfare at New Delhi on February 16, 2006.
- World Conference on 'Expanding Paradigms: Science, Consciousness & Spirituality' organized by AllMS, New Delhi, on February 24 - 25, 2006.
- World Congress on 'Regression & Past Life Therapy' in New Delhi on March 9 – 11, 2006.

#### **Dr. Ruchi Verma**

- Workshop on "Life skills training in school settings" for the school teachers and delivered a lecture on 'Assertiveness Training' organized by Department of Clinical Psychology, IHBAS, on October 8, 2005.
- Presentation on 'Stress Management for managers of various national level NGO, working in the field of Mental Retardation' under the aegis of Education, RCI and IHBAS at IHBAS on December 17, 2005.
- Seminar on 'Psychotherapy in Terminal Illness' on 1<sup>st</sup> March 2006 during the 3-day Workshop on Recent Development in Clinical Psychology at IHBAS from January 30 to February 1, 2006.
- 2<sup>nd</sup> World Congress on 'Regression Therapy and Past-Life Therapy' held at Delhi, and got trained in Hypnotherapy and Regression Therapy from March 9 – 11, 2006.

#### **Dr. Naveen Grover**

- Presented paper on 'Supervision in Psychotherapy Training' in Workshop on Recent Advances in Clinical psychology conducted at Department of Clinical Psychology, IHBAS, Delhi in 2005.
- Workshop on Psychotherapy conducted at Psychoanalytic Center Delhi University in 2005.
- National Annual Conference of IACP and presented a paper "Factors contributing to long term contact in Psychotherapy" in at Jaipur on February 3 - 5, 2006.

#### **Dr. Gauri Shanker Kaloiya**

- Advisory committee meeting to discuss schemes for persons with disability vide MHRD scheme at Aryabhat Polytechnic, Delhi on October 3, 2005.

### **Ms. Pooja Sharma**

- Expert in the meeting of Parents Association with the local level committee of National Trust, District North East, Delhi and delivered a lecture on 'Welfare related issues of the persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities' held on October 4, 2005.
- Presentation on 'Stress and coping' under the aegis of School Mental Health Programme, held at IHBAS on October 8, 2005.
- XVth Annual Conference of Delhi Psychiatry Society and presented a poster on 'The monthly cost of management of schizophrenia and bipolar disorder in Delhi at Jim Corbett National park from December 9 – 11, 2005.
- Workshop on 'Recent Advances in Clinical Psychology' and delivered a lecture on "Managed care: Its Relevance and Application" in the held at IHBAS from January 30 to February 1, 2006.

### **Paper/Poster Presentations by M. Phil PG Scholars**

- Poster presentation by Ms. Swati Kedia, Dr. T B Singh on "A Study of Stress, test Anxiety, and Academic performance in High School Students" in the Biennial National Conference of Indian Association of Child & Adolescent Mental Health at Lucknow on November 24 – 26, 2005.
- Paper presentation by Mr. Anand P Singh, Dr. T B Singh, Dr. Vibha Sharma on "Dysfunctional Cognitions and Mental Health Among Elderly" in the 29<sup>th</sup> national Annual Conference of Indian Association of Clinical Psychologist at Jaipur on February 3 – 5, 2006
- Paper presentation by Ms. Smriti Sawhney, Dr. Vibha Sharma on "The Psychopathology and Personality of a Paedophile: A Psychoanalytic perspective" in the 29<sup>th</sup> national Annual Conference of Indian Association of Clinical Psychologist at Jaipur on February 3 – 5, 2006.
- Paper presentation by Ms. Pratibha Miglani, Dr. Vibha Sharma on "A Study of Language Impairment in Aphasia in Adults" in the 29<sup>th</sup> national Annual Conference of Indian Association of Clinical Psychologist at Jaipur on February 3 – 5, 2006.

### **Special grants/assistance/ Honours/distinctions received**

- **Dr. Vibha Sharma** received award for Best Paper Presentation in National Conference on "Recent Trends in Mental Health in India" at Amity Institute of Human Behaviour and Allied Sciences, Delhi, during May 2 - 4, 2005.
- Ms Pooja Sharma was awarded best poster award in originality of topic, methodology, interpretation of results, statistics and discussion in 2<sup>nd</sup> World Congress on Past Life Regression" held at Tivoli Gardens, Delhi from March 9 - 11, 2006.

### **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Grover, N and Singh, T.B (2005), Brief Psychotherapy with adult survivors of childhood sexual abuse. Indian Journal of Clinical Psychology, 32,137-140.
- Sharma V. Cognitive Dysfunctions in relation to Mercury (Hg) Toxicity among the Residents of Agra City. J Behavioural Scientist, 2005, Vol.6, No. 1 & 2.
- Sharma V. Effect of Mercury (Hg) Toxicity on Mercury and Intelligence among the Residents of City of Taj, (Accepted in Journal of Behavioural Sciences, Pakistan).
- Sharma V. Efficacy of Yogic Intervention Techniques for Academics Stress among Adolescent Students. (Accepted in Journal of Human Behaviour & Mental health, 2005, Vol. 10).
- Sengupta, S.N. & Sinha, U.K. (2005) Non Pharmacological Management of dementia. Journal of Personality & Clinical Studies, Vol. 21, No. 1-2, 217-222.
- Sinha, U.K. & Jalan, R.K. (2005) Neuropsychological dysfunction in schizophrenia: A study of executive functions, vigilance and abstraction in adult schizophrenic patient. Journal of mental Health and Human Behaviour, 8(2), 23-33.

## **PSYCHIATRIC SOCIAL WORK (PSW)**

The department of Psychiatric Social Work is the largest service provider in the field of psycho-social care and rehabilitation of persons with psychiatric and neurological disorders in the entire North India region. It is involved in working with individuals, families, groups, communities and various governmental and non-governmental organizations. The interventions comprise various components, like assessment of strengths and abilities of individuals and families, providing psycho education, life skills training, crisis intervention, and liaison activities with families, employers, NGOs and courts for sensitization, referral and rehabilitation purposes.

### **Hospital Services**

In the year under report, 6500 persons availed themselves of case work intervention, around 1500 persons availed themselves of Group work treatment, and nearly 3500 family members were provided counseling. A total of 81 Home visits and 108 Court visits were carried out as part of the comprehensive treatment for mentally ill. 245 patients with Epilepsy and their families, 104 persons with dementia and their families were provided support and counseling through family group meetings.

The department is also involved in improving the quality of life of patients with neurological and psychiatric disorders and also their families. As part of this endeavour, picnics are being organized for the long stay patients of the Institute. In order to break the monotony of the ward activities and daily routine, patients are also treated to an "Eating Out" special lunch once a month during winter and Special Dinner during summer.

For children suffering from neurological problems like Epilepsy, sports and painting competitions were being organized and coordinated by the department in collaboration with the department of Neurology. A small cultural programme was organized wherein the children perform and are later distributed sweets and prizes.

### **Teaching and Training**

The Department of Social Work is involved in Field Work and Block Placement training to undergraduate and post graduate students of Social Work from B.R.Ambedkar College, Delhi, Aditi Mahavidyalaya, Delhi, Delhi School of Social Work, Delhi University, Jamia Millia Islamia, New Delhi, Bhopal School of Social Sciences, M.J.P. Rohilkhand University, Bareilly, Ch. Charan Singh University, Meerut, Yashwant Rao Chawan Institute of Social Sciences, Satara, St. Thomas College, Kerala. A total of eight students received Field Work training for the year 2005-2006 and 10 students completed their Block Placement training. The department has also had students on Institutional visit from Hindusthan College of Arts & Science, Coimbatore, Tirpude College of Social Work, Nagpur, De Paul Institute of Science and Technology, Kerala, Indira Gandhi National Open University, Delhi.

The department has also been offering training to nursing students of various Institutes like AIIMS, Hamdard University, Rajkumari Amrit Kaur College of Nursing, Sir Gangaram Hospital, Bara Hindu Rao Hospital, etc.

## **Symposia/Conferences/Workshops/CME**

### **Dr. Jahanara M. Gajendragad**

- XXIV National Annual Conference of Indian Society of Professional Social Workers organized jointly with XIII Annual Conference of Association of Industrial Psychiatry in India and presented a paper on “Counselling in Industries- Opportunities and Challenges” at Ranchi from September 3 – 5, 2005.
- Resource person to the workshop organized by the Indian Alcohol Policy Alliance in collaboration with Directorate of Prohibition, Delhi to provide inputs on “Role of Supervisors in the management of alcohol abuse in the Industry” at Delhi Secretariat on October 20, 2005.
- Resource person for the Advanced Workshop on Disaster Mental Health organized by Focus India Humanitarian International of Aga Khan Foundation and provide training inputs to Community Health Workers on Psycho-social consequences of Disaster and Counselling Skills for Disaster affected population. The workshop was held at Tata Institute of Social Sciences, Mumbai from December 4 - 7, 2005.
- Seminar on “Rehabilitation of mentally ill” organized by VIMHANS, Delhi on January 18, 2006.
- Resource person to the WHO sponsored Workshop on “Psycho-social Support in Tsunami Disaster” held at NIMHANS, Bangalore from February 3 - 4, 2006.
- Workshop on Life Skills Education for teachers, “Mental Health Issues of Adolescent students: Teachers as Interventionists”, at Delhi School of Social Work, University of Delhi in March, 2006.

### **Mr. Pravin B. Yannawar**

- Resource person for “Reorientation and skill enhancement programme for HIV- AIDS Counsellors” held at IHBAS from April 11-14, 2005.
- “National consultation on urban poor: Special focus on beggary and vagrancy laws- the issues of decustodialisation (decriminalization)” organized by Ashray Adhikar Abhiyaan, Indian Social Institute and Action Aid India held at New Delhi from July 15 – 16, 2005.
- “Indo -US Symposium on HIV/AIDS and Drug Abuse in North East Region” held in New Delhi from October 27- 29, 2005.
- Workshop on Life Skills Education for teachers, “Mental Health Issues of Adolescent students: Teachers as Interventionists”, at Delhi School of Social Work, University of Delhi, in March, 2006.

### **Ms. Saswati Chakraborti**

- XXIV Annual National Conference of Indian Society of Professional Social Workers organized jointly with XIII Annual Conference of Association of Industrial Psychiatry in India and presented a paper on “Distress in the family of psychiatric patients: a

comparative study between Schizophrenia and Bipolar Affective Disorder” at Ranchi from September 3 – 5, 2005.

- Seminar on “Rehabilitation of mentally III” organized by VIMHANS, Delhi on January 18, 2006.
- Workshop on ‘Life Skills Education for teachers, Mental Health Issues of Adolescent students: Teachers as Interventionists’, at Delhi School of Social Work, University of Delhi, in March, 2006.

#### **Ms. Sushma Kumari**

- Paper “Quality of life and Social support in adolescent Bipolar Affective Disorder” and was awarded the **Laxmi Shanti Award for best paper** in the XXIV National Annual Conference of Indian Society of Professional Social Workers organized jointly with XIII Annual Conference of Association of Industrial Psychiatry in India held at Ranchi from September 3 – 5, 2005.
- Seminar on “Rehabilitation of mentally III” organized by VIMHANS, Delhi on January 18, 2006.

#### **Ms. Sampa Sinha**

- XXIV Annual National Conference of Indian Society of Professional Social Workers organized jointly with XIII Annual Conference of Association of Industrial Psychiatry in India and presented a paper on “Social Support in Schizophrenia: A comparative study between relapsed and remitted patients” at Ranchi from September 3 – 5, 2005.

#### **Mr. Abdul Arshad Naaz**

- Coordinated four Workshops “Reorientation and skill enhancement programme for HIV/AIDS Counsellors”, Sahbhagi I, II, III, & IV held at IHBAS from April 11-14, 2005; May 24–27, 2005; July 28–01, 2005 and August 24–27, 2005 and delivered lectures on Counselling Skills, General principles of counseling, Substance Abuse and HIV, and was the main resource person for the practical sessions like Case Study presentations, Role Play and the group activities during the Workshop.
- XXIV Annual National Conference of Indian Society of Professional Social Workers organized jointly with XIII Annual Conference of Association of Industrial Psychiatry in India and presented a paper on “A survey on knowledge, and attitude towards HIV/AIDs among general hospital nurses and psychiatric hospital nurses – A comparative study” at Ranchi from September 3 – 5, 2005.

#### **Mr. Ravi Kishan Jha**

- International Conference on Child and Family Therapy organized at Sitaram Bharatiya Institute of Science and Research, Delhi on March 12, 2006.

### **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Gajendragad, Jahanara. Counselling in industries: Opportunities and challenges. Industrial Psychiatry Journal 2006, 15(1): 58-60
- Roy Rekha, Jahan Masroor, Kumari Sushma & Chakraborty PK. Reasons for drug compliance of psychiatric patients: A center-based study. Journal of the Indian Academy of Applied Psychology 2005; 31, 1-2: 19 – 24.
- Kumari Sushma. Quality of life and social support in adolescent bipolar affective disorder. Industrial Psychiatry Journal 2006, 15(1): 14 – 18.
- Badula R, Bhatia V, Pandey D, Singh, Himanshu. Validation in Reproducibility of food frequency questionnaire to assess energy and fat intake in affluent north Indians. The National Medical Journal of India, Vol 18(5), Sept – Oct 2005.



## **NEUROCHEMISTRY**

The Department is engaged in providing high quality diagnostic laboratory services. To achieve this, the Department has been participating in external quality programme run by the Department of Biochemistry, CMC, Vellore.

### **Hospital services**

The Department extends various biochemical investigations to patients attending IHBAS for treatment. During the year, 64276 tests were done on 7585 patients. The routine investigations performed in the lab are blood glucose, kidney function tests, liver function tests, lipid profile, uric acid, calcium, phosphorous, chloride, CPK isoenzymes, electrolytes, CSF biochemistry, 24 hours urinary protein, creatinine clearance, glycosylated haemoglobin, gamma glutamyl transferase, amylase, lipase, acid phosphatase and Thyroid function tests. Specialised investigations performed are ammonia, lactate, copper and screening for aminoacidurias. New investigations introduced this year are iron, total iron binding capacity and prostate specific antigen.

### **Teaching & Training**

The department actively participates in the teaching and training programs at IHBAS. It is also involved in teaching and training of lab staff and senior resident.

### **Research**

- The project titled “Behavioural risk factors surveillance for non –communicable diseases: An exploratory study into the determinants and community perceptions in India” funded by WHO-ICMR has been completed with submission of project report to WHO.

### **Symposia/Workshops/Conferences/Training/CME**

#### **Dr. Rachna Agarwal**

- First workshop on ‘Clinical Laboratory Approach to IMDs’ at AIIMS, July 21-23, 2005.
- International conference on ‘Inborn Errors of Metabolism’ at Sir Ganga Ram Hospital, Delhi from September 28 to October 1, 2005.
- 5<sup>th</sup> DBT workshop on ‘Prenatal & post natal diagnosis of Genetic Disorders using Molecular methods’ at AIIMS & sponsored by Dept. of Biotechnology, November 7 - 21, 2005.
- Symposium on ‘Quality Control & CAD’ & ACBI Delhi chapter Annual Meet 2005 at AIIMS organized by Dr Lal Path Labs-AIIMS, November 19, 2005.
- XVIIIth Annual Conference of Indian Society for Atherosclerosis Research & International Symposium/CME on Atherosclerosis and presented a paper on ‘Altered

Lipid profile status in Vascular Dementia' and 'Serum Lipid Profile in Alcoholics' organized by the Dept. Biochemistry, LHMC, New Delhi, November 25 – 27, 2005.

- World Conference: Expanding paradigms: Science, consciousness & spirituality organized by AIIMS, February 24 - 25, 2006.

#### **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Bhise A, P.V Krishnan., **Agarwal R**, Gaiha M, Bhattacharjee J. 2005. Effect of low dose omega-3 fatty acids substitution on blood pressure, hyperinsulinemia and dyslipidemia in Indians with essential hypertension: a pilot study. Indian J of Clinical Biochemistry. 20(2): 4-9.

## **MICROBIOLOGY**

The Department focuses at providing quality diagnostic patient care services coupled with continuous quality improvement in order to meet all diagnostic needs of the Institute for a variety of neuropathogens.

### **Hospital Services**

A total of 3909 microbiological investigations were carried out in the department of Microbiology during the year 2005-2006. The various diagnostic tests consisted to direct demonstration techniques, bacteriological cultures, identification for bacteria and their antimicrobial susceptibility testing in body fluids such as urine, blood, CSF, pus, sputum, transudates and exudated. Culture for *M. tuberculosis*. The immunological and serological tests consisted of tests for rheumatoid factor (RF), Antistreptolysin-O (ASO), C-reactive proteins (CRP), Widal test, tests for syphilis (RPR & TPHA), test for *Plasmodium falciparum* antigen detection, and ELISAs for antibodies to *T. solium*, antibodies to HCV, anti dsDNA antibodies and HBsAg detection. Neuropsychiatric patients were also tested for presence of HIV I & II antibodies by ELISA. Western blot was also performed not only as the confirmatory test but also to resolve the indeterminate results in HIV diagnostics.

Dr. Rajeev Thakur has been actively involved in planning, designing and organization of various diagnostic laboratories in the designated block of upcoming new building of IHBAS with special emphasis on designing and organization of molecular biology laboratory.

The department has been regularly participating in External Quality Assurance programme (EQA) of Microbial In vitro Sensitivity Testing (MIST) network under Indian Society of Antimicrobial Chemotherapy as quality check on diagnostic services as well as for the continuous quality improvement. The department laboratory was one of the four laboratories who were successful in EQA assessment.

The department had been instrumental in customizing and implementing the biomedical waste management (BWM) at IHBAS. Dr. Rajeev Thakur being the nodal officer for BWM, continued to coordinate and supervise the various modalities for its management from waste minimization to its proper segregation, transport and treatment. Special emphasis was also given on training of doctors, nurses and paramedical staff on various aspects of BWM.

The department took part in infection control programme of the hospital by doing periodic environmental sampling of ICU, of equipments/instruments in the ICU and of medical and paramedical personnel in ICU. Simultaneous teaching and training activities were also carried out for prevention and control of hospital-acquired infections.

### **Teaching and training**

The department actively participated in teaching and training programme for resident doctors, DNB students, nurses and laboratory staff. Dr. Rajeev Thakur participated in Reorientation cum counseling Skill Enhancement Programme of Delhi State AIDS Control Society and IHBAS as an invited resource person. In addition the department

carried out teaching and training activities in BWM and prevention and control of hospitals acquired infections.

### **Research**

- Detection Extended Spectrum Beta Lactamase (ESBL) producing *Esch. coli* and *Klebsiella pneumoniae* strains in urinary isolates.
- Standardization of screening methods for Vancomycin resistance in *Staphylococcus aureus* and *Enterococcus faecalis*.
- Prevalence of Peripheral vascular catheter related infections in neurology ICU.
- Prevalence of HIV-HBV and HIV-HCV co infections in patients of drug abuse.

### **Symposia/Workshops/Conferences/Training/CME**

#### **Dr. Rajeev Thakur**

- Pre conference workshop on Real time PCR for HIV viral load monitoring and International Conference on Opportunistic Pathogens in AIDS (ICOPA-INDIA) held at All India Institute of Medical Sciences (AIIMS), New Delhi on March 27-29, 2006.
- Quarterly meets of Delhi Chapters of Indian Association of Medical Microbiologists (IAMM) and Hospital Infection Society of India (HISI) during the year.

### **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Chaturvedi S, Bala Kiran, Thakur Rajeev, Bhatia Arti, Diagnostic evaluation of epileptic patients: Basic tenets not to be forgotten. Journal of Cytology 2005; 22 (1): 46-47.
- Sujata Chaturvedi, Kiran Bala, Rajeev Thakur, Vaishali Suri, Mitochondrial encephalomyopathies: advances in understanding. Med Sci Monit 2005; 11(7): RA238-246.

## **PATHOLOGY**

The department provides diagnostic support for patients requiring hematologic, cytologic or body fluid analysis. The hallmark of the year was initiation of histopathology services.

### **Hospital Services**

During the year, 19057 investigations were conducted on 10125 samples. 137 samples were also received on a referral basis. The diagnostic facilities provided include routine hemogram with ESR, peripheral smear examination, reticulocyte count, absolute eosinophil count, blood grouping, LE cell phenomenon, bleeding time/clotting time, prothrombin time, bone marrow aspirate examination, iron binding capacity, hemoglobin F, serum iron, fine needle aspiration cytology, cervicovaginal pap smear, urine (routine and microscopy), pregnancy test in urine, urine for porphobilinogen and histopathology. Procedures started were: frozen sectioning, formalin - fixed paraffin embedded tissue sections, enzyme histochemistry and immunohistochemistry.

### **Teaching and Training**

Department pursues teaching and training of lab staff and senior residents posted.

### **Symposia/Workshops/Conference/Training/CME**

#### **Dr. Sujata Chaturvedi**

- XXth Annual Conference of Indian Association of Pathologists & Microbiologists, Lady Hardinge Medical College, New Delhi, April 9, 2005.

#### **Dr. Vaishali Suri**

- XXth Annual Conference of Indian Association of Pathologists & Microbiologists and presented a paper on 'Application of Domestic Microwave for Urgent Histopathology Reporting: An Evaluation', Lady Hardinge Medical College, New Delhi, April 9, 2005.

#### **Ishita Pant**

- XXth Annual Conference of Indian Association of Pathologists & Microbiologists and presented a paper on 'Ganglioglioma of Optic chiasma: case report and review of literature' at Lady Hardinge Medical College, New Delhi, April 9, 2005.

### **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Pant I, Suri V, Chaturvedi S, Dua R, Kanodia AK. 2006. Ganglioglioma of optic chiasma: case report and review of literature. Child's Nervous System. 23:1-4
- Chaturvedi S, Bala K, Thakur R, Prasad A. 2005 Mitochondrial encephalomyopathies: advances in understanding. Med Sci Monit. 11:RA238-246.
- Chaturvedi S, Suri V, Pant I, Rusia U. 2006. Blood collection procedure in hematology: knowledge and practice. Indian J Pathol and Microbiol. In Press.

- Suri V, Chaturvedi S, Pant I, Dua R, Dua S. 2006. Application of domestic microwave for urgent histopathology reporting: an evaluation. Indian J Pathol and Microbiol. In Press.
- Suri V, Chaturvedi S, Pant I, Dua R, Kanodia AK. 2006. Superficially located medulloblastoma mimicking meningioma: case report. Indian J Pathol and Microbiol.(In Press).
- Chaturvedi S, Chaturvedi S. 2005. Asbestos: disquieting tale goes on. J Int Med Sci Acad.18:142-4.

## **NEUROPSYCHOPHARMACOLOGY**

Neuropsychopharmacology Department has the state-of-the-art facility for therapeutic drug monitoring viz. phenytoin, carbamazepine, valproic acid and phenobarbitone, etc., which is especially important to identify drug interaction, toxicity and treat seizures in patients suffering from epilepsy. It is also equipped with latest instruments viz. High-Pressure Liquid Chromatography with UV and EC detector, automated analyzer and electrolyte analyzer besides other basic equipments

### **Hospital Services**

The department continues to provide regular therapeutic drug monitoring services for commonly used drugs such as lithium and antiepileptic drugs namely carbamazepine, phenytoin, valproic acid, phenobarbitone; and homocysteine. There was 45% rise in utilization of these services as 5438 tests were done during the year.

### **Teaching and Training**

The Department participated in teaching and training programmes for resident doctors, DNB students, nurses and laboratory staffs.

### **Research Projects:**

- Pharmacogenomics of first line anti epileptic drugs (AEDs) in collaboration with Institute of Genomics & Integrative Biology (IGIB) and The Centre for Genomic Application (TCGA). The project is funded by CSIR. Professor M Gourie-Devi is the Principal Investigator. Co-investigators from IHBAS are Professor Meena Gupta, Dr. Kiran Bala, Dr. Sangeeta Sharma. The project was started in August 2005. The aims and objectives of the present study are: to study the genetic polymorphism in genes encoding cytochrome P450, other drug metabolizing enzymes (DMEs), transporters and targets of first line AEDs and the influence of gene polymorphism on drug concentration in blood, and clinical response to first line AEDs namely phenytoin, phenobarbitone, carbamazepine, and valproic acid in Indian population. The long-term objective is to find out the potential utility of genotyping for the genes prior to initiation of therapy with these agents. The specific objectives are: to assess the seizure control with first line AEDS – phenytoin, phenobarbitone, carbamazepine and valproic acid; to assess the side-effect profile; to estimate drug levels of AEDs in blood; and to study the known SNPs in selected genes involved in transport and metabolism of the drug.

A total of 136 patients (drug naïve group 96 patients and monotherapy group 40 patients) suffering from epilepsy attending IHBAS have been enrolled in the project till now. Baseline evaluation (clinical and biochemical) of all the patients has been completed.

- Effect of Carbamazepine therapy on Lipid Profile in children with partial epilepsy

## Symposia/Workshops/Conference/Training/CME

### Dr Sangeeta Sharma

- Member Organizing Committee and resource person for National training workshop on “Drug Policies, Access and Rational Use of Drugs” jointly organized by World Health Organization & Delhi Society for Promotion of Rational Use of Drugs, January 2-7, 2006 at Delhi.
- Guest speaker “Therapeutic Drug Monitoring: Clinical utility and experiences in neuropsychiatry practice” in the 3<sup>rd</sup> North Zone IPS Conference held at Delhi on April 23, 2005.
- Indo-EU workshop on “Genomics and Biotechnology for health” organized by Department of Science & Technology, Government of India and European Commission Directorate General for Research held at New Delhi on April 27-28, 2005.
- Invited lecture “Therapeutic drug monitoring: clinical utility, what to look for and when to look for”. Workshop on Essential Medicines, adverse drug reactions and therapeutic drug monitoring held at Lucknow on August 22-23, 2005.
- Invited lecture “Access to medicines: the Delhi Experience”. Workshop on Essential Medicines, adverse drug reactions and therapeutic drug monitoring held at Lucknow on August 22-23, 2005.
- Resource person for training programme for prescribers on “Promotion of Rational Use of Drugs” jointly organized by Directorate of Health Services, Uttar Pradesh, CREAT, CORDAID and DSPRUD, October 4-6 2005, Jhansi; October 25-27, Ghaziabad, 2005; November 14-16, 2005, Agra and December 16-18, Allahabad, Uttar Pradesh.
- Invited lecture in CME on Geriatric Medicine on “Drugs in elderly”, organized by Directorate of Health Services, November 22, 2005, Delhi.
- Invited lecture on Rational Use of Drugs in Diabetes Mellitus, organized by Delhi Medical Association, October 29, 2005, Delhi.
- Invited lecture on Rational Use of Drugs in Hypertension, organized by Delhi Medical Association, August, 2005, Delhi.
- Special Training- National Workshop on Good Clinical Practice & Regulatory Requirements for Clinical Trails in India coordinated by Department of Clinical Pharmacology, TN Medical College & BYL Nair Ch. Hospital in collaboration with Drugs Controller General India, Ministry of Health of Health & Family Welfare, Government of India & WHO India Country Office, November 27-28, 2005 at New Delhi.



## **Research Publications (Books/Monographs/Chapters in Books/Research)**

- Sangeeta Sharma, GR Sethi, GK Sachdev (eds), BI Publications, New Delhi Special edition, Government of Rajasthan & BI Publications, New Delhi 2<sup>nd</sup> edition, 2006.
- Drug Store Management: Standard Operating Procedures published in association with Chhattisgarh Basic Health Services Programme (DANIDA), Sangeeta Sharma, Usha Gupta and NK Gurbani (eds), Government of Chhattisgarh, Delhi Society for Promotion of Rational Use of Drugs, and Ane Books, New Delhi, 2006.
- Good Store Management Practices: A Training Manual. Sangeeta Sharma, Usha Gupta and NK Gurbani (eds), Delhi Society for Promotion of Rational Use of Drugs 2005.
- Essential Drugs Formulary 2005, Sangeeta Sharma, Reeta Kh (eds), Government of NCT of Delhi and Delhi Society for Promotion of Rational Use of Drugs.

## **Chapters**

- Sangeeta Sharma. "Problems of Irrational Drug Use". Training Module Delhi Society for Promotion of Rational Use of Drugs, 2005.
- Sangeeta Sharma. "Standard Treatment Guidelines". Training Module Delhi Society for Promotion of Rational Use of Drugs, 2005.
- Sangeeta Sharma. Standard Treatment Guidelines: The corner stone of success of rational Use of drugs. In: The Catalyst, Raghvan KS and Mathur VS (eds), 2005, 75-82.

## **Abstracts**

- Sharma S, Kh Reeta, Chugh S. Therapeutic Drug Monitoring: Clinical utility in neuropsychiatric practice and experiences. Proceedings of 3<sup>rd</sup> North Zone Conference of Indian Pharmacological Society. April 23, New Delhi., 2005.
- Kh Reeta, Sharma S. Serum Homocysteine levels in neurological disorders. Proceedings of 3<sup>rd</sup> North Zone Conference of Indian Pharmacological Society. April 23, New Delhi, 2005.
- Sangeeta Sharma. Therapeutic drug monitoring: clinical utility, what to look for and when to look for. Workshop on Essential Medicines, adverse drug reactions and therapeutic drug monitoring held on August 22-23, 2005 at Lucknow.
- Sangeeta Sharma. Access to medicines: the Delhi Experience. Workshop on Essential Medicines, adverse drug reactions and therapeutic drug monitoring held on August 22-23, 2005 at Lucknow.
- Kaushal S, Mahajan R, Prashar L, Mahajan NS, Chopra SC\*, Sharma S. Prescribing pattern for affective disorders and schizophrenia in Psychiatry Out Patient Department of Dayanand Medical College & Hospital, Ludhiana. Annual Conference of Indian Pharmacological Society, December 28-30, 2005 at Chennai.

- Kotwani A, Ewen M, Laing R, Gurbani N, Sharma S, Roy Chaudhury R . Medicine prices, availability and affordability in Rajasthan, India. 11th Annual International Meeting International Society for Pharmacoeconomics and Outcomes Research (ISPOR), 2006, Shanghai, CHINA.

## **NEURORADIOLOGY**

Department of Neuroradiology has one Assistant Professor, two Senior Residents and two Technical Staff. It has state of the art machines for Digital X-Ray, Ultrasound, Colour Doppler, and Digital Mobile Angiography. For the last one year there has been an increase with patient in-flow in the department. The Institute has also state of the art 3 Tesla MRI Machines under Bhagidari Scheme which have been performing all the MRI sequences enclosing MR Spectrography and Functional MRIs.

### **Hospital Services**

Radiological Investigations performed during the year were:

- X-ray facilities: Presently, X-rays are being performed on new Shimadzu X-ray machine. During the year, 3350 X-rays have been performed.
- Ultrasound and Color-Doppler: 700 ultrasound and Doppler examinations have been performed in the calendar year.
- Digital subtraction angiography (DSA) facility: In the calendar year 08 DSA has been performed.

### **Teaching and Training**

The Department is actively involved in teaching. All important cases are routinely discussed and reviewed in the Department, involving the resident and the faculty. Once a week, a dedicated inter-departmental session to discuss all the clinical details and radiological investigations is performed. The faculty is also involved in the teaching of MD students in Psychiatry and senior and junior residents of other streams.

## **NEUROANAESTHESIOLOGY**

The department is actively involved in clinical anaesthesia, academic activities and research related to neuroscience.

### **Hospital Services**

- Clinical services which form the major load consists of anaesthesia for electroconvulsive therapy, management of Intensive Care Unit patients as well as other ICU procedures, like lumbar puncture, muscle biopsies, central line insertion, etc and radiological procedures. During year 2005 total 69 patients were seen in PAC. Total 442 patients had undergone modified ECT under anesthetic effect during 2005. Total 6 patients underwent narcoanalysis under thiopentane.

### **Teaching and Training**

The department is involved in academic programmes and seminars held in the institute.

### **Symposia/Workshops/Conference/Training/CME**

#### **Dr Mukul Jain**

- 53<sup>rd</sup> annual national conference of Indian Society of Anesthesiologists at Kolkata on December 26- 30, 2005.

## **EPIDEMIOLOGY**

Epidemiology department at IHBAS is presently represented by 1 Assistant Professor with background of medical post graduation in Community Medicine, as well as research experience at ICMR.

Epidemiology department at IHBAS promotes all epidemiological and Public Health activities. The objectives of the department are to develop, execute and evaluate the epidemiological information on mental and neurological disorders, and also to conduct research with various departments, to provide training on basic and applied aspects of epidemiology for medical and allied personnel.

### **Hospital Services**

#### **Community Services**

The Department provided services to National Polio Surveillance Project as a WHO Monitor in the House to House search for polio cases, for the one week activity in February to March.

### **Teaching and Training**

The department was involved in Epidemiology lectures of MPHIL students as well as Journal clubs and seminars of MD Psychiatry. Dr Sarbjeet Khurana conducted a symposium on Hepatitis at IHBAS on occasion of 'Hepatitis day'. Department was also involved in training sessions of research staff on Qualitative research methodology under the UMHP Project.

### **Research**

#### **Dr. Sarabjeet Khurana**

- To determine the Prevalence of epilepsy, factors responsible for treatment gap in epilepsy. Funded by IAE.
- Urban mental health problems and service needs. Funded by ICMR.

### **Symposia/Workshops/Conference/Training/CME**

#### **Dr. Sarabjeet Khurana**

- Indo US Workshop on "Drug Abuse and HIV/AIDS in NE Region jointly organized by NIDA, US & ICMR, New Delhi from October 27 – 29, 2005.
- National workshop on strategies for strengthening emotional and mental health in professional institution/ institutions of higher learning at NIHFWS, New Delhi from November 10 -11, 2005.
- National workshop to review and update DHE course at IPHA, New Delhi from December 7 - 9, 2005.
- Seminar on Adolescent mental health problems in Delhi School of Social Work from March 30 – 31, 2006.

## **BIOSTATISTICS**

Biostatistics department at IHBAS is presently represented by Dr C.B Tripathi, as Assistant Professor. The main objective of the Department is to provide statistical consultation and service to research workers, and to impart training in biostatistical, computational and research methods as well as apply computer-oriented statistical procedures to analyse data pertaining to mental health and neurosciences.

### **Teaching and Training**

Dr. C.B. Tripathi is presently involved in teaching to M.D. (Psychiatry) and M.Phil (Clinical Psychology) students. He is helping the MD (Psychiatry) and M. Phil (Clinical Psychology) students in their thesis work. He is also giving his inputs in research projects undertaken by IHBAS.

### **Professional Affiliation**

- Statistical consultant of Indian Journal of Psychiatry

### **Research**

**Dr. C.B. Tripathi** is Co-investigator in following projects

- Urban Mental Health Problem & Service Needs, ICMR multi-centre Task force Project.
- Suicide Related Behaviour, ICMR Task force Project

### **Symposia/Workshops/Conference/Training/CME**

#### **Dr CB Tripathi**

- Delivered a lecture entitled “Meta – analysis why, what and how” delivered as a resource faculty at Nehru Homoeopathic Medical College in Re-orientation Programme for Teachers of Homoeopathic Institutions of Govt. of Delhi on November 9, 2005.
- National Workshop to review and update the course Diploma in Health Education Course organized by Central Health Education Bureau, Directorate General of Health Services, Kotla Road, New Delhi during December 7 - 9, 2005.
- Indo- US workshop on “Drug Abuse & HIV / AIDS in North-East region of India”, jointly organized by NIDA, US & ICMR, New Delhi during October 27-29, 2005.
- Special invitee in Expert Group meeting as to assess the progress of project entitled “Mental Health Needs Assessment and Service Delivery Models in Tsunami affected population of coastal Tamilnadu – A pilot study” invited by ICMR, New Delhi at Institute of Mental Health, Chennai on August 18, 2005.

- Review meeting of 'Urban Mental Health Problem and Service Needs' project at ICMR, New Delhi on October 20, 2005.
- Review meeting of 'Gujrat Earthquake Project' at ICMR, New Delhi on February 10, 2006.

## **DRUG ABUSE TREATMENT AND REHABILITATION CENTER (DATRC)**

The Center is functioning on a multidisciplinary model for comprehensive patient care, manpower development, rehabilitation and research. It is identified as a model center for drug abuse treatment and matters related to drug abuse for the State of Delhi.

The Center runs OPD clinics twice a week (Wednesday and Friday) and provides specialized services by a multidisciplinary team of psychiatrist, psychologist and social worker and research staff. The OPD services of DATRC are supported with a 20-bedded inpatient unit for providing treatment to the patients needing hospitalization. Treatment delivered includes detoxification as well as comprehensive relapse prevention strategies. There is a dual diagnosis ward meant for patients with other major psychotic illness along with problems of substance dependence.

### **DATRC Research Areas**

The Center has the following ongoing research projects:

- Neuropsychological Rehabilitation of Alcoholic Patients
- HIV seropositivity among patients of opioid dependence.
- Awareness about HIV-related risk behaviour among the patients of opioid dependence.
- Efficacy of naltrexone and clonidine combination for the detoxification of patient with opioid dependence.



## **LIBRARY AND INFORMATION CENTRE**

Library and Information Centre continued to serve the medical & non medical professionals and caters to the study needs of the Faculty members, doctors, researchers and students. It is being actively involved in the growth and development of library resources and services during the period. The aims and objectives of the Centre is to acquire, process, organize and disseminate global information in the field of mental health, neurosciences and other allied subjects. Consolidation of Information Technology internet and networking facility with British Council Library (BCL) and DELNET have been undertaken to facilitate the users.

The following services were made available during the year:

- INTERNET/Email services
- Acquisition services
- Circulation services
- Reference services
- Photocopy services
- Inter Library Loan
- Press Clipping services

The Centre equipped with modern information technology, continued to serve and disseminate the information to the users effectively by the use of INTERNET, E-mail and Online access. Current Awareness Services (CAS) was also provided to the users. Database "BOOK" of library holdings were updated and made available to the users.

Library has developed an updated collection of books, periodicals, annual reports in the field of mental health, neuro and allied sciences. To lay greater stress on latest information and research studies, due importance was given to scientific periodicals. Renewal subscriptions of scientific periodicals were made for the year 2005. Photocopying facilities to enhance the capability of reprographic services to internal and external users of library, have been contracted out to a private agency,

The website of the Institute has also been developed with new updated information for public awareness and the users.

### **Symposia / Workshop/ Conference / Training / CME**

- Sh. S. K. Pandey, Library and Documentation Officer, was deputed to attend the MLAI Conference at Chennai on December 9-11, 2004.

## **ENGINEERING DEPARTMENT**

Engineering Department of the Institute is fully geared up to meet the growing infrastructural needs of the Institute.

The Engineering Wing consists of two divisions - Civil and Electrical - each headed by an Executive engineer. The Civil Engineering Division has two subdivisions - the one executing project works, while the other, looking after the maintenance work. The Department is headed by a Superintending Engineer, who is also the Project Manager of the remodeling project.

The Civil Engineering Division has one more sub-division, called the Horticulture sub-division.

The activities of the Engineering Department are manifold. The creation of basic infrastructures such as buildings, both residential as well as non-residential, internal roads, water supply system, sewerage and storm water drain system, the green landscape rich with flora and fauna, uninterrupted power backup, efficient communication networking in the campus, etc. Proper upkeep of the same is the lifeline of the campus.

The Engineering Department has, at present, taken up the work of the first phase of the remodeling of the Institute which, despite certain constraints, has made a good headway towards its completion. The technical blocks comprising the psychiatry diagnostics, Neurology and academic block are almost in the finishing stages of their construction and the residential blocks follow for a quick finish.

## GENERAL INFORMATION

### PRESENT STAFF AT IHBAS (AS ON 31.03.2006)

Sl. No.	Name of the Post	No. of posts
1.	Director	01
2.	Emeritus Professors	02
3.	Professor	02
4.	Additional Professors	03
5.	Associate Professors	05
6.	Assistant Professors	19
7.	Superintending Engineer	01
8.	Executive Engineer (Civil)	01
9.	Executive Engineer (Electrical)	01
10.	Administrative Officer	01
11.	Library & Documentation Officer	01
12.	Psychiatric Social Workers	09
13.	Clinical Psychologists	06
14.	Senior residents	20
15.	Junior Residents	32
16.	Sr. Account Officer	01
17.	Accounts Officer	01
18.	Sr. Private Secretary	01
19.	Assistant Administrative Officers	03
20.	Assistant Accounts Officer	02
21.	Assistant Engineer (Civil)	01
22.	Senior Physiotherapist	01
23.	Assistant Nursing Superintendent	01
24.	Junior Engineers	02
25.	Assistants	14
26.	Nursing Sisters	08
27.	Physiotherapist	01
28.	Staff Nurses	80

<b>29.</b>	Library Assistants	<b>02</b>
<b>30.</b>	Senior Stenographers	<b>03</b>
<b>31.</b>	Medical Records Officer	<b>01</b>
<b>32.</b>	Sr. Pharmacist	<b>01</b>
<b>33.</b>	Pharmacists	<b>04</b>
<b>34.</b>	Occupational Therapists	<b>05</b>
<b>35.</b>	Artist	<b>01</b>
<b>36.</b>	Junior Stenographers	<b>05</b>
<b>37.</b>	Data Entry Operators	<b>04</b>
<b>38.</b>	Laboratory Assistants	<b>14</b>
<b>39.</b>	Radiographer	<b>01</b>
<b>40.</b>	Dietician	<b>01</b>
<b>41.</b>	Projectionist	<b>01</b>
<b>42.</b>	Lower Division Clerks	<b>03</b>
<b>43.</b>	Drivers	<b>07</b>
<b>44.</b>	Cooks	<b>10</b>
	<b>Total</b>	<b>283</b>

## **FACULTY**

### **Director**

**Dr. Meena Gupta**

### **Emeritus Professors**

Prof. S.D. Sharma (Psychiatry)

Prof. M Gourie-Devi (Neurology)

### **Prof. & Head, Deptt. of Psychiatry and Medical Superintendent**

Prof. Nimesh G. Desai

### **Prof. & DMS**

Dr. Somnath Sengupta (Psychiatry)

### **Additional Professors**

Dr. Tej Bahadur Singh (Clinical Psychology)

### **Associate Professors**

Dr. Sujata Chaturvedi (Pathology)

Dr. Sangeeta Sharma (Neuropsychopharmacology)

Dr. Rajeev Thakur (Microbiology)

Dr. RA Singh (Psychiatry)

Dr. Dhanesh Kumar Gupta (Psychiatry)

Dr. Kiran Bala (Neurology)

Dr. Uday Kumar Sinha (Clinical Psychology)

### **Assistant Professors**

Dr. Suman Kushwaha (Neurology)

Dr. Rachna Agarwal (Neurochemistry)

Dr. Deepak Kumar (Psychiatry)

Dr. Sarabjeet Khurana (Epidemiology)

Dr. Jahanara M. Gajindragad (Psychiatric Social Work)

Dr. Vibha Sharma (Clinical Psychology)

Dr. Sanjay Pandey (Neurology)

Dr. Mukul Kumar Jain (Neuroanesthesia)

Dr. C. B. Tripathi (Biostatistics)

Dr. V.N. Mishra (Neurology)

Dr. Rajesh Kumar (Psychiatry)

Dr. Rupali Shivalker (Psychiatry)

## **LIST OF VARIOUS COMMITTEES OF IHBAS**

<b><u>Sr. No.</u></b>	<b><u>Name of the Committee</u></b>
01.	General Body Committee
02.	Executive Council
03.	Academic Committee
04.	Advisory Committee
05.	Advisory Committee - Medical
06.	Ethical Committee
07.	Standing Finance & Budget Committee
08.	Building & Works Committee
09.	Rehabilitation Committee
10.	Board of Visitors
11.	Establishment Committee
12.	Coordination Committee

## **COMMITTEES AND APEX BODIES OF IHBAS**

### **GENERAL BODY**

#### **President**

Minister of Health, Government of NCT of Delhi and the President of IHBAS.

#### **Vice President**

Shri R. Narayana Swami, Chief Secretary, Government of NCT of Delhi and the Vice-President of General Body of IHBAS, Delhi Sachivalaya.

Vice Chancellor, Delhi University and the Vice-President of General Body of IHBAS

Smt. Bhawani Thyagarajan, Joint Secretary to the Govt. of India in the Ministry of Health & Family Welfare, Government of India and the Vice-President of General Body of IHBAS, New Delhi.

#### **Members**

Shri V.V. Bhat, Principal Secretary (Finance), Government of NCT of Delhi

Shri D.S. Negi, Principal Secretary (H&FW), Government of NCT of Delhi

Dr. K.K. Sharma, Principal, University College of Medical Sciences, Delhi

Dr. L.C. Thakur, Medical Superintendent, GTB Hospital, Delhi

Shri. S.S. Batra, Advisor (Health), Planning Commission, Yojana Bhawan, New Delhi.

Shri Ravi Mathur, Joint Secretary to the Govt. of India in the Department of Education, Ministry of Human Resource Development.

Mrs. Jayati Chandra, Joint Secretary (DD) to the Govt. of India in the Ministry of Social Justice and Empowerment.

Dr. B.M. Gandhi, Advisor, Department of Bio-Technology.

Dr. Laxman Prasad, Advisor (NSTMIS), Department of Science & Technology.

Dr. Bela Shah, Chief Senior Deputy Director, NCD, ICMR.

Prof. Ranjit Roy Chaudhury, Emeritus Scientist, National Institute of Immunology, New Delhi.

Prof. P.N. Tandon, Professor Emeritus, Department of Neurosurgery, AIIMS, New Delhi.

Dr. D. Mohan, Ex-HOD (Psychiatry), AIIMS, New Delhi.

Dr. Meena Gupta, Director, IHBAS.

Prof. N.G. Desai, Professor & Head, Deptt. of Psychiatry & MS, IHBAS.

Prof. S.D. Sharma, Emeritus Professor (Psychiatry), IHBAS.

Prof. M. Gourie Devi, Emeritus Professor (Neurology), IHBAS.

Dr. T.B. Singh Addl. Prof. (Clinical Psychology), IHBAS.

Financial Advisor & CAO, IHBAS.

Shri Rahul Dua, Joint Director (Administration), IHBAS.

Shri Alok Verma, Superintending Engineer, IHBAS.

## **EXECUTIVE COUNCIL- 2006**

### **Chairperson**

Shri R. Narayana Swami, Chief Secretary, Government of NCT of Delhi-cum-Chairman of IHBAS.

### **Members**

Shri Sanjiv Misra, Additional Secretary & Financial Adviser, Ministry of Health & Family Welfare, Government of India.

Smt. Bhawani Thyagarajan, Joint Secretary, Ministry of Health & Family Welfare, Government of India.

Shri D.S. Negi, Principal Secretary (H&FW), Government of NCT of Delhi.

Shri. V.V. Bhat, Principal Secretary (Finance), Government of NCT of Delhi.

Dr. K.K. Sharma, Principal, UCMS, Delhi.

Dr. L.C. Thakur, Medical Superintendent, G.T.B. Hospital, Delhi.

Professor S.M. Channabasavanna, Former Director, NIMHANS, 194, 10<sup>th</sup> Cross, Wilson Garden, Bangalore-560027.

Professor V.S. Mehta, HOD (Neurosurgery) AIIMS, New Delhi.

Professor Manju Mehta, HOD (Clinical Psychology) AIIMS, New Delhi.

Professor Nimesh G. Desai, MS & HOD (Psychiatry), IHBAS.



Dr. Somnath Sengupta, Professor of Psychiatry, IHBAS.

Dr. T.B. Singh, Additional Professor (Clinical Psychology), IHBAS.

Shri Rahul Dua, Joint Director (Admn), IHBAS.

FA & CAO, IHBAS.

## **STANDING FINANCE & BUDGET COMMITTEE**

### **Chairperson**

Shri V.V. Bhat, Principal Secretary (Finance) Government of NCT of Delhi.

### **Members**

Shri D.S. Negi, Principal Secretary (Health & Family Welfare) Government of NCT of Delhi.

Joint Secretary &FA, Ministry of Health & Family Welfare, Government of India.

Director, IHBAS.

FA & CAO, IHBAS.

## **REHABILITATION COMMITTEE**

### **Chairman**

Director, IHBAS

### **Members**

Director, Directorate of Social Welfare, Govt. of NCT of Delhi.

Nominee of Chief, Rehabilitation Services, Govt. of NCT of Delhi.

Joint Secretary, Ministry of Social Justice and Empowerment (Disability Division), GOI.

Director, Dte of Health Services, Govt. of NCT Delhi.

Dr. R. R. Singh, Director, Tata Institute of Social Sciences, Mumbai.

Dr. N.G. Desai, Professor & Head, Department of Psychiatry & MS, IHBAS, Delhi.

Dr. Kiran Bala, Associate Professor & Head, Department of Neurology, IHBAS, Delhi.

Nominee of the Chief Secy, Govt. of NCT of Delhi-cum-Chairperson Executive Council of IHBAS.

### **Co-opted Members**

Mrs. Bhavna Barmi, Mind Track.

Mrs. Parul Saxena, Director, SCMR & DF.

### **Member Secretary**

Dr. T.B. Singh, HOD Clinical Psychology, IHBAS.

## **BUILDING & WORKS COMMITTEE**

### **Chairperson**

Shri D.S. Negi, Principal Secretary (H&FW), Govt. of NCT of Delhi.

### **Members**

Shri Daljit Singh, Deputy Secretary, Finance (Expenditure), Govt. of NCT of Delhi.

Dr. Meena Gupta, Director, IHBAS

Shri O.P. Gaddhyan, Chief Engineer, PWD Zone-II, Govt. of NCT of Delhi.

Shri S. Majumdar, Chief Architect, D.G.H.S.

Dr. S.D. Sharma, Emeritus Professor, IHBAS

Shri D.K. Nigam, Sr. Architect, PWD Zone-II, Govt. of NCT of Delhi.

Prof. N.G. Desai, Medical Superintendent, IHBAS

Shri Alok Varma, Superintending Engineer, IHBAS

Shri Anil Bharadwaj, Sr. Accounts Officer, Officiating as FA&CAO, IHBAS

Dr. Kiran Bala, HOD (Neurology), IHBAS.

## **ACADEMIC COMMITTEE**

### **Chairperson**

Director, IHBAS

## **Members**

Director, IHBAS

Dr. R.C. Jiloha, Prof. & Head Psychiatry, G.B. Pant Hospital

Dr. S. Prabhakar, Prof. & Head Neurology, PGIMER, Chandigarh

Prof. V. Kumaraiah, Former Head, Deptt. of Clinical Psychology, NIMHANS, No.130, Ambika Nilaya, 100 Feet, Ring Road, Kuvempu Nagar, Bangalore-74.

Prof. R.R. Singh, Ex- Director, Tata Institute of Social Sciences, Mumbai, Flat No.2, Plot No.5, Uttaranchal Co-operative Group Housing Society, Patparganj, Delhi-92.

Dr. N.G. Desai, Prof. & Head Psychiatry & M.S, IHBAS

Dr. Sujata Chaturvedi, Addl. Prof., Department of Pathology, IHBAS

Dr. Uday Kumar Sinha, Assoc. Prof., Department of Clinical Psychology, IHBAS

Dr. Rajeev Thakur, Assoc. Prof., Department of Microbiology, IHBAS

## **Member Secretary**

Dr. Somnath Sengupta, Professor, Department of Psychiatry & DMS, IHBAS

## **ETHICS COMMITTEE**

### **Chairperson**

Prof. S.M. Channabasavanna, 194, 10<sup>th</sup> Cross, Wilson Garden, Bangalore-560027.

### **Members**

Professor M. Gourie Devi, Emeritus Professor (Neurology), IHBAS.

Drugs Controller of Delhi, Govt. of NCT of Delhi.

Dr. R.K. Chadda, Prof. of Psychiatry, AIIMS, New Delhi.

Dr. K.M. Prabhu, Head, Department of Biochemistry, UCMS, Delhi.

Mrs. Sona Khan, A/2 Oberoi Apartments, Shamnath Marg, Delhi.

Professor S.D. Seth, ICMR, Ansari Nagar, New Delhi

Professor Kusum Saigal, Ex-Principal, LHMC, D-125, Sector- 40, Noida.

Professor N.G. Desai, MS & HOD (Psychiatry), IHBAS.

Dr. T.B. Singh, HOD (Clinical Psychology), IHBAS.

Dr. Sangeeta Sharma, HOD (Neuropsychopharmacology), IHBAS.

## **ESTABLISHMENT COMMITTEE**

### **Chairperson**

Director, IHBAS

### **Members**

Additional Secretary (Finance), Govt. of NCT Delhi.

Additional Secretary (Health), Govt. of NCT Delhi.

Joint/Deputy Secretary (Services), Govt. of NCT Delhi.

Joint Director (Administration), IHBAS

## **SCIENTIFIC ADVISORY COMMITTEE**

### **Members**

Prof. PN Tandon, Prof. Emeritus, Neurosurgery, AIIMS, New Delhi.

Prof. S.D.Sharma, Emeritus Professor, IHBAS, Delhi.

Prof. J S Neki, Consultant Psychiatrist, Delhi.

Prof. NN Wig, Consultant Psychiatrist, Chandigarh.

Prof. A K Agarwal, Department of Psychiatry, KGMC, Lucknow.

Prof. R.R. Singh, Director, Tata Institute of Social Sciences, Deonar, Mumbai.

Dr. Manju Mehta, Addl. Professor of Clinical Psychology, AIIMS, New Delhi

Prof. J.S. Bapna

## **BOARD OF VISITORS**

### **Members**

Dr. Anil Mehra, Director, Health Services, Govt. of NCT of Delhi.

Prof. R.C. Jiloha, Head, Department of Psychiatry, G.B. Pant Hospital, New Delhi.

Prof. Anjali Gandhi, Professor of Social Work, Jamia Millia University, New Delhi.

Prof. Manju Mehta, Department of Psychiatry, AIIMS, New Delhi.

Prof. Vinod Puri, HOD, Neurology, MAMC, New Delhi.

Medical Superintendent, G.T.B. Hospital, Shahdara, Delhi.

Prof. Aruna Bhardwaj, Professor of Social Work, University of Delhi

Shri A.K. Sinha, Distt. Social welfare Officer, North West-I, Delhi  
(Ms.) Rupa Choudhury, Member, Delhi Legal Services Authority.  
(Ms.) Mukta Gupta, Member, Delhi Legal Services Authority  
(Ms.) Sangita Dhingra Sehgal – Member Secretary, Delhi Legal Services Authority – Special Invitee.

**Member Secretary**

Medical Superintendent, IHBAS, Delhi.

## AUDITORS REPORT FOR THE FINANCIAL YEAR 2005-2006

Balance Sheet as on 31.03.2006			
		(Amount in Rupees)	
Particulars	Schedule	AS ON 31.03.2006	AS ON 31.03.2005
<b><u>CORPUS /CAPITAL FUND AND LAIBILITIES</u></b>			
CORPUS /CAPITAL FUND		-	-
RESERVES AND SURPLUS	1	97,955,431.99	106,009,284.71
EARMARKED AND ENDOWMENT FUND	2	440,229,931.07	320,299,031.07
SECURED LOANS AND BORROWINGS		-	-
UNSECURED LOANS AND BORROWINGS		-	-
DEFERRED CREDIT LIABILITIES	3	3,415,409.73	2,492,783.73
CURRENT LIABILITIES AND PROVISIONS	4	55,498,009.64	44,226,659.64
<b>TOTAL</b>		<b>597,098,782.43</b>	<b>473,027,759.15</b>
<b><u>ASSETS</u></b>			
FIXED ASSETS	5	69,071,763.34	77,507,298.80
Capital Work in Progress	6	363,321,095.00	163,993,189.00
INVESTMENTS - FROM EARMARKED /ENDOWMENT FUNDS		-	-
INVESTMENTS - OTHERS		-	-
CURRENT ASSETS, LOAN, ADVANCE ETC.	7	164,705,924.09	231,527,271.35
<i>MISCELLANEOUS EXPENDITURE (Difference in Book)</i>		0	-
(to the extent not written off or adjusted)			
<b>TOTAL</b>		<b>597,098,782.43</b>	<b>473,027,759.15</b>
SIGNIFICANT ACCOUNTING POLICIES AND NOTES TO ACCOUNTS	13		

Sd/-  
(Anil Bhardwaj)  
Sr. Accounts Officer  
FA&CAO

Sd/-  
(Dr. Meena Gupta)  
Director

Sd/-  
**Auditor's Report**  
As per our report of even  
date attached  
for D.S. Rawat &  
Company  
Chartered Accountants  
Sd/-  
(D.S. Rawat)

Date: 11.09.2006  
Place: Delhi



**RECEIPTS & PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED ON 31/3/2006**

<b>RECEIPTS</b>	<b>FOR THE YEAR ENDED</b>	<b>FOR THE YEAR ENDED</b>
	<b>31.3.2006</b>	<b>31.3.2005</b>
<b><u>Opening Balance</u></b>	(Amount in Rs.)	(Amount in Rs.)
Cash in Hand	163,882.00	145,936.00
FCRA A/C with State Bank of India	1,299.96	1,277.82
Saving Bank A/c with SBI	6,696,739.27	22,776,492.82
Term Deposits with Bank	194,998,472.00	230,158,563.00
Saving Bank A/c with SBI (CPF)	87,492.05	14,878.44
Term Deposits with SBI (CPF)	19,657,098.00	17,172,785.00
Conference Fund (Saving A/C)	299,031.07	214,982.49
Imprest with Employees	17,400.00	16,800.00
<b>Total `A'</b>	<b>221,921,414.35</b>	<b>270,501,715.57</b>
Grant-in-Aid received from Govt of Delhi	250,000,000.00	180,000,000.00
<b>Gross Receipts for Funded Projects</b>		
RP-12/Deveopment of Strateties for Neuro..	476,719.00	713,886.00
HIV AIDS	300,000.00	-
Survey of Burden & Copying Strategies...	-	57,880.00
Rehabilitation Need Accessment	-	-
DMHP	2,073,700.00	3,956.00
Task Force Project of Suicidal Behaviour (RP 05)	1,629,175.00	1,059,914.00
STP-4(B)/ Project TCC	354,300.00	178,300.00
PTSD	-	-
CGHS (Net)	8,435.00	130.00
CGEGIS (Net)	1,470.00	1,134.00
Genetic Marker	-	37,050.00



UMHP (RP09)	715,458.00	683,147.00
RP-14	209,500.00	47,418.00
RP-13	628.00	-
RP-15	191,063.00	92,071.00
RP-17	14,010.00	215,000.00
HBA	16,750.00	-
RP-19	1,325,734.00	-
RP-20	836,708.00	-
RP-16	156,210.00	77,280.00
Interest on Conference Fund Account	7,388.00	7,548.58
Interest on Mobilization (advance)	1,062,959.00	2,052,326.00
Interest on Term Deposits & Saving Account	9,478,861.33	13,335,259.45
Interest on Term Deposits (CPF) & Saving A/c	1,424,836.00	1,248,991.61
Interest on Term Deposit in FCRA A/c	46.00	22.14
Miscellaneous Receipts	5,690,697.00	4,749,845.00
Earnest Money Deposits	2,985,807.00	3,126,884.00
Dismantling Work at IHBAS	-	-
Security Deposits	2,752,834.00	8,063,583.00
CPF Contributory/TDR Account	2,989,511.00	1,140,535.00
Secured advance	7,781,734.00	
Vehicle(sale)	47,000.00	
CT Scan Charges	27,500.00	56,100.00
Conference Fund (Net)	-	76,500.00
<b>Total `B'</b>	<b>292,559,033.33</b>	<b>217,024,760.78</b>
<b>Grand Total `A' + `B'</b>	<b>514,480,447.68</b>	<b>487,526,476.35</b>

<b><u>PAYMENTS</u></b>		
<b><u>Expenses</u></b>		
Administrative Services & Office Expenses	25,210,821.00	21,063,873.00
LSPC	594,738.00	-
Salary & other Benefits to Employees	63,526,688.00	54,966,456.00
Utilization/Expenditure against Funded Projects	7,360,579.00	5,484,414.00
Travelling Expenses	494,732.00	411,564.00
Material & Supply	28,400,058.00	20,722,896.00
Maintenance of Equipments	-	755,623.00
Publication & Periodicals	2,868,352.00	4,329,038.00
Diesel & Petrol P&M purchases	429,754.00	405,730.00 -
Legal & Professional Charges	483,395.00	127,940.00
Maintenance of Existing Building	11,992,581.00	13,596,313.00
Repairr M&E	704,098.00	
Renovation & SDLS	-	3,037,252.00
Foreign Service Contributions	-	745,292.00
Repairs of Motor Vehicles	91,311.00	46,434.00
Engineering Services	590,385.00	64,381.00
Rates & Taxes	318,602.00	388,988.00
<b><u>Assets &amp; Advances</u></b>		
Furniture	314,439.00	159,072.00
Equipment	1,430,325.00	28,527,897.00
Computers	1,579,423.00	253,992.00
Remodelling of IHBAS	199,327,906.00	102,692,631.00
Security Deposit	-	715,992.00
Vehicles	-	408,607.00
Plant and Machinery		1,851,366.00

	610,126.00	
Earnest Money Deposit	1,567,764.00	4,832,086.00
Conference Fund Net	76,488.00	-
CT Scan Charges	56,100.00	6,600.00
GPF	10,872.00	10,625.00
<b>Total `A'</b>	<b>348,039,537.00</b>	<b>265,605,062.00</b>
<b><u>Closing Balance</u></b>		
Cash in Hand	264,068.00	163,882.00
FCRA A/c with State Bank of India	1,345.96	1,299.96
Saving Bank A/c with SBI(19033)	11,326,524.60	6,696,739.27
Term Deposits with Banks	130,451,938.00	194,998,472.00
Saving Bank A/c with SBI (CPF19504)	159,193.05	87,492.05
CPF TDR	23,983,610.00	19,657,098.00
Conference Fund (Saving A/c)	229,931.07	299,031.07
Imprest with Employees	24,300.00	17,400.00
<b>Total `B'</b>	<b>166,440,910.68</b>	<b>221,921,414.35</b>
<b>Grand Total `A'+`B'</b>	<b>514,480,447.68</b>	<b>487,526,476.35</b>

Notes to Accounts as per Schedule-I  
attached

Sd/-  
(Anil Bhardwaj)  
Sr. Accounts Officer

Sd/-  
(Dr. MEENA GUPTA)  
Director

**Auditor's Report**

As per our report  
of even  
date attached

**For D.S. Rawat & Company**  
**Chartered**  
**Accountants**

Sd/-  
**D.S. Rawat**  
**Partner**

**Date : 11.09.2006**  
**Place : Delhi**

# INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED ON 31.03.2006

(Amount in Rupees)

Particulars	Schedule	FOR THE YEAR ENDED 31.03.2006	FOR THE YEAR ENDED 31.03.2005
<b><u>INCOME</u></b>			
Income from Sales/Services		-	-
Grants/Subsidies	8	130,000,000.00	100,000,000.00
Fees/Subscriptions		-	-
Income from Investment (Income on Invest. from earmarked/endow. Funds transferred to Funds		-	-
Income from Royalty, Publications etc.		-	-
Interest Earned	9	8,379,743.33	18,445,874.20
Other Income	10	5,737,697.01	4,999,087.00
Increase/(Decrease) in stock of finished goods and work-in-progress		-	-
<b>TOTAL (A)</b>		<b>144,117,440.34</b>	<b>123,444,961.20</b>
<b><u>EXPENDITURE</u></b>			
Establishment Expense	11	96,125,979.59	79,510,857.00
Other Administrative Expenses etc.	12	43,675,465.00	46,751,351.00
Expenditure on Grants, Subsidies etc.		-	-
Interest		-	-
Depreciation (Net total at the year-end - corresponding to Schedule 5)		12,369,848.46	13,780,644.20
<b>TOTAL (B)</b>		<b>152,171,293.05</b>	<b>140,042,852.20</b>
Balance being excess of Income over Expenditure (A-B)		(8,053,852.71)	(16,597,891.00)
Transfer to Special Reserve (Specify each)		-	
Transfer to/from General Reserve		-	
<b>BALANCE BEING SURPLUS/(DEFICIT) CARRIED TO CORPUS/CAPITAL FUND</b>		<b>(8,053,852.71)</b>	<b>(16,597,891.00)</b>

SIGNIFICANT ACCOUNTING POLICIES  
AND NOTES TO ACCOUNTS

13

Sd/-  
(Anil Bhardwaj)  
Sr. Accounts Officer  
FA&CAO  
Date: 11.09.2006  
Place: Delhi

Sd/-  
(Dr. Meena Gupta)  
Director

## Auditor's Report

As per our report of even  
date attached  
for D.S. Rawat & Company  
Chartered Accountants  
Sd/-  
(D.S. Rawat)  
Partner

### AUDITOR'S REPORT

We have audited the Balance Sheet of Institute of Human Behaviour and Allied Science, office at GT Road, Shahdara, Delhi – 110095 as at 31 March 2006 based on accrual system and also Income & Expenditure Account, Receipts and Payments Account for the year ended on that date. These financial statements are the responsibility of the institute's management. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in India. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion. We report as follows:

1. We have obtained all the information and explanations which to the best of our knowledge and belief which were necessary for the purpose of our audit.
2. In our opinion proper Books of Accounts as required by law have been kept by the Institute so far as appears for our examination of such books
3. The Balance Sheet and Income & Expenditure Account, Receipts and payments Account referred in this report are in agreement with the Book of Accounts.
4. a) No provision of gratuity, leave encashment for the employee has been made in the accounts. The amount of the same has not been ascertained.  
b) Fixed Assets register giving details of original cost of fixed assets, depreciation & location has not been maintained.
5. In our opinion and to the best of our information and according to the explanation given to us, read with the notes to accounts and subject to point 4(a) & 4(b) above, the impact of these on financial statement is not ascertained, give true and fair view:
  - (a) In case of Balance Sheet of the state of affairs as at 31<sup>st</sup> March 2006.
  - (b) In case of the Receipt & Payment Account of the Receipts and Payments of its accounting year ending on 31<sup>st</sup> March 2006.
  - (c) In case of Income and Expenditure Account of the deficit of its accounting year ending on 31<sup>st</sup> March 2006.

Date: 11-09-2006

Place : Delhi

For DS Rawat & Company  
Chartered Accountants

Sd/-  
(DS Rawat)  
Partner