



# ANNUAL REPORT

2007-2008



INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES  
DELHI – 110 095







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## DIRECTOR'S REPORT

### Highlights of major activities and achievements during the period

Institute of Human Behaviour and Allied Sciences (IHBAS) is one of the largest super specialties tertiary care centers in Delhi dedicated exclusively to neuropsychiatric and behavioural illnesses. In continuation with its progressive movement towards fulfillment of its objectives of providing high quality and super-specialty patient care, conducting basic and applied research and providing training in neuropsychiatry and behavioural sciences, this year has also seen new landmarks being achieved.

The calendar year of 2007 registered 2.6 lac (263152) patients in outpatient services out of which 12.5% were new cases. The number of patients receiving emergency services in various specialties increased by 22.7% over the previous year. The number of patients receiving indoor services also increased by 17.7%.

IHBAS has been contributing towards public awareness and prevention of mental health disorders through various community awareness programs. The department of Psychiatry along with DMHP Team celebrated the **World Mental Health Day** on October 10, 2007. 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.

On the occasion of **World No Tobacco Day** (31<sup>st</sup> May '07) the department of psychiatry organized awareness camps, poster competition, open discussion, and street plays to sensitize people about the health hazards of tobacco.

Besides the community awareness programmes, the department of Psychiatry has been actively involved in the training of General Physician's of Delhi. This initiative is a component of the Urban Mental Health Programme funded by ICMR. These trainings are to apprise the General Physician's regarding the identification, management and referral of patients of mental health problems.

The department of psychiatry organized a workshop for **HIV/AIDS counselors training curriculum** in collaboration with NACO from 2<sup>nd</sup> to 4<sup>th</sup> August, 2007.

An **Induction Training Programme of HIV/AIDs Counselors** (from 22<sup>nd</sup> Oct. to 3<sup>rd</sup> Nov. 2007) was organized by the department of psychiatry supported by National AIDS Control Organisation (NACO) and Delhi State AIDS Control Society.

Eminent psychiatrists, Dr. Manoj Kumar, Consultant, Forensic Psychiatry, St. Berard's Hospital, West London Mental health trust UK, and Dr Utpal Goswami, formerly Prof. & HOD, LHMC, Delhi, currently in Newcastle, UK were 'invited for Guest lectures at IHBAS on some current issues like "Emerging trends in forensic psychiatry in UK" and 'Recent advancement in bipolar disorder' respectively.

A Public Awareness programme was organized by the department of Neurology on the occasion of **World Epilepsy Day** on 17<sup>th</sup> November, 2007. Children living with epilepsy participated in painting competition & sports events. 'Epilepsy walk' was also organized in the campus to increase awareness among hospital staff and patients.

On the occasion of **World Stroke Day**, an awareness programme was organized on 21<sup>st</sup> June, 2007 by the department of Neurology.

To sensitize the community regarding **Parkinson's disease** and empower them with the knowledge pertaining to the disease and its self care, a camp was organized on 16<sup>th</sup> March 2008 at IHBAS.

In the department of of Neurology two days National Level Education Program "Movement Disorder-2007" was organized under the aegis of "Movement Disorder Society (MDS)". This educational programme was conducted by two international experts namely **Dr. Kapil D.Sethi from Augusta Ga, USA and Dr. Eduardo Tolosa from Barcelona, Spain** .The program was awarded 11 hours of CME accreditation by Delhi Medical Council.

A workshop on **Values in Healthcare: a spiritual approach** was conducted at IHBAS on 8<sup>th</sup> March, 2008. This was a modular training package developed and produced by a core team of health professionals for those involved in healthcare delivery. **Theme of the workshop was 'Physician Value Thyself & Heal Thyself'.**

It is worth appreciating that the faculty of IHBAS besides contributing towards the patient care, teaching and administrative duties, is also actively involved in the research – both in the basic and applied fields. The research programme run at IHBAS have been funded by reputed some National/International funding agencies viz. WHO, ICMR, DBT, Minsitry of Health and Family Welfare. Various clinical trials are also going on in the Institute which would contribute towards effective management of the diseases.



I feel proud to make a mention that Dr. Sunil Pradhan, an eminent Neurologist, servicing IHBAS as Professor & Head of Neurologist was felicitated by various awards viz. Pride of India Award : Indo-US Friends Association, 2007; Bharat Excellence Award: Friendship Forum of India, 2008; he was also felicitated by Hanuman Mandir Society, Aliganj, Lucknow, 2007.

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

The main objective of the institute is to provide tertiary care services and to mitigate stigma associated with mental illness. A total of six specialty clinics namely Drug Abuse Treatment and Rehabilitation Clinic, Neuro Behaviour Clinic, Movement Disorder Clinic, Marital Psychosexual Clinic and Epilepsy Clinic are run by the institute covering specialized needs of patients with various disorders. Besides running various specialized clinics, the institute also has Drug abuse treatment and rehabilitation centre that extends from detoxification to comprehensive relapse preventing strategies. Day Care Center is established to provide services to the follow – up patients from the OPD as well as from the wards. In day care centre patients are trained in social and vocational skills along with a structured working program for patients consisting of group sessions.

### **Major Achievements**

- Activation of 10 bedded Neurology Private Ward on the 2<sup>nd</sup> floor of Neurology Ward building, IHBAS.
- Creation of 10 new General Beds in the Department of Neurology.
- During this calendar year the department of Neurosurgery has started providing the Outdoor services .The Indoor services, ICU and operation theatre would also become functional in recent future.

**Dr D.C. Jain**  
*Director*



## **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:

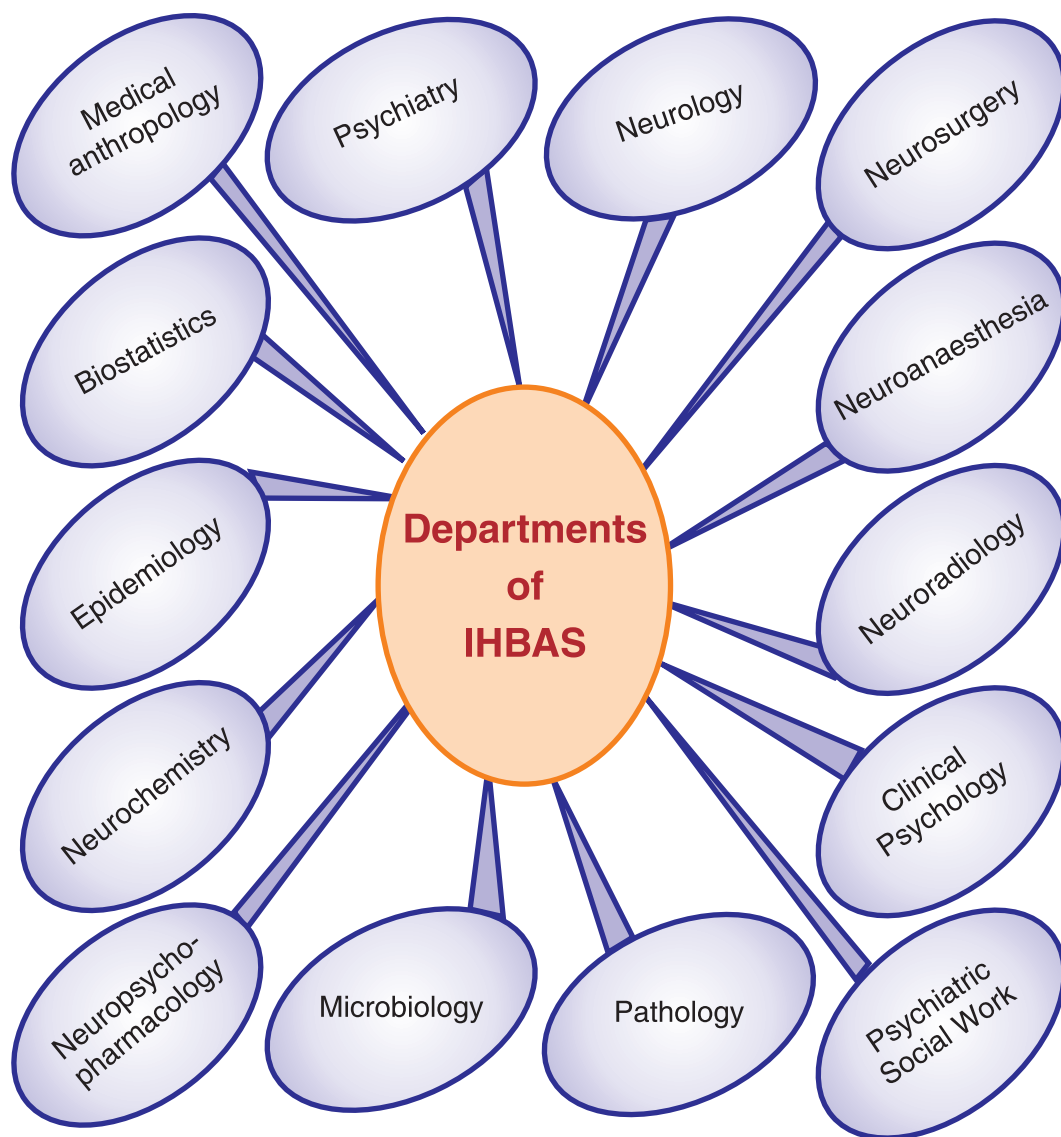
- To provide high quality super specialty care using state-of-the-art technology in psychiatry, neurology and behavioural sciences,
- To conduct research in the field of psychiatry, neurology and behavioural sciences,
- To provide comprehensive training at MD, DM, M.Phil. and Ph.D level in psychiatry, neurology 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 neighboring 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 staff of the following departments:





**Registration Counter**



**Computerised Registration**





**OPD Waiting Hall**



**Consultation OPD Room**



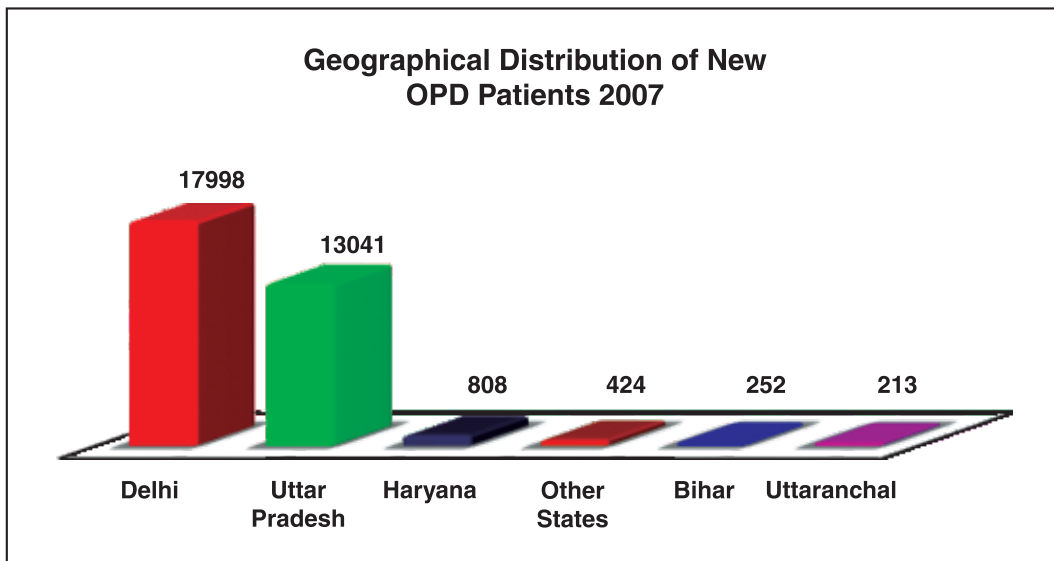
## INTRODUCTION

Institute of Human Behaviour & Allied Sciences is one of the largest super specialties tertiary care centers in Delhi for neurological and psychiatric illnesses 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 2007, 263152 patients availed themselves of the outpatient services comprising 32765 new and 230387 follow - up cases. Around 55% new cases were from Delhi and the rest from the neighboring states (see figures below). On an average, 892 patients attend the OPD per day, of which 781 patients are old and 111 are new. There are multiple registration counters in the OPD block to reduce the waiting time.



## **In - patient Services**

In the year under report, the total number of patients admitted was 3045. 70.5% of these were through OPD, 29.5% through emergency and rest were readmission cases.

## **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. 14467 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. During the year, 3527 children and adolescents attended 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. There is a rise in the patients attending this clinic of nearly 10.9% over the previous year.
- 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, total of 4850 patients availed the services through this clinic. There is a rise in the patients attending this clinic of nearly 14.2% over the previous year.
- 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 % was seen in patient attendance in the current year with 817 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, 14 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 1046 patients utilized the services of the clinic with increase of 67.9%.
- 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 13.5 % in attendance and 1276 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. 7164 patients attended this clinic during the year with increase of 39.6 % 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 36.6 % in patient attendance with 1104 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 psycho social problems, and they are guided by the clinical psychologists and psychiatric social workers. 4592 patients attended the clinic during the current year. The endeavor, essentially, is to remove the stigma and reduce the treatment gap in epilepsy.

### **Diagnostic Services**

The institute has well equipped laboratories providing specialized facilities for therapeutic drug monitoring, biochemical investigations for Inborn Error of Metabolism, histopathology of CNS tumours, nerves and muscle disorders and electrophysiological tests in addition to routine diagnostic investigations.

Radiology services in the form of 3.0 Tesla MRI, Color Doppler, Digital Subtraction Angiography, Ultrasound and X-Ray. As of now, IHBAS is the only government institute in Delhi to have a 3.0 Tesla MRI.

### **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 with 5435 patients attending the clinic. At Jahangirpuri, 12460 patients attended, while 4264 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, 5435 persons from the community attended the mobile clinic. IHBAS provides most of the medicines to the patients attending the clinic, free of cost.

#### **Outreach Community Services**

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





MRO Room



Library



Pharmacy



Kitchen

## 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, Indraprastha 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, Rufiada 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 patient's problems.

### **The other activities include :**

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

## 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. 333 patients visited the Day Care Center during the year.



## **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 4376 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.

## **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.

## **KITCHEN**

The hospital kitchen plays a very important and supportive role in providing patient care services. Kitchen catered to an average 225-230 inpatient per day in the calendar year 2007-08. Diets, as per the approved diet scale, are provided to the indoor patients. Complete nutritive requirements of the indoor patients are fulfilled through 3 main meals and 3 snacks time (Breakfast, Lunch, Dinner and Bed Tea, Mid-Morning Soup, Evening Tea respectively) daily providing adequate calories and proteins. Apart from the standard diets, kitchen also provided an average 70-80 numbers of therapeutic/special diets daily like high protein, low protein, liquid diets, soft diets, high carbohydrates diets, diabetic diets, salt restricted diets.

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

In addition to the above, Kitchen department organized special Dishes/Menus for all the indoor patients on various occasions such as festivals, picnics, eating out days through out the year – 2007-08.

## HOSPITAL STATISTICS AT A GLANCE

### OUT PATIENT STATISTICS

#### Department of Psychiatry

Psychiatry	2006 (no. of cases)	2007 (no. of cases)	% increase
Total	142309	156873	10.2
Old case	124622	136082	9.2
New case	17687	20791	17.5

#### Department of Neurology

Neurology	2006 (no. of cases)	2007 (no. of cases)	% increase
Total	83109	105991	27.5
Old case	73231	94114	28.5
New case	9878	11877	20.2

#### Department of Neurosurgery

Neurosurgery	2006 (no. of cases)	2007 (no. of cases)	% increase
Total	xxx	288	
Old case	xxx	191	
New case	xxx	97	

## IN PATIENT STATISTICS

### Department of Psychiatry

Psychiatry	2006 (no. of cases)	2007 (no. of cases)	% increase
Admission	971	1082	11.4
Discharge	962	1089	13.2
Bed Occupancy rate (%)	96	93	(↓)3.1

### Department of Neurology

Neurology	2006 (no. of cases)	2007 (no. of cases)	% increase
Admission	1617	1963	21.4
Discharge	1628	1911	17.4
Bed Occupancy rate (%)	82	88	7.31

### Emergency Services

Emergency Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Total	11787	14467	22.7
Psychiatry	8883	10913	22.9
Neurology	2904	3554	22.4



### Speciality Clinics Services

Speciality Clinics Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Mental Retardation Clinic	4247	4850	14.2
Child Adolescence Psychiatric Clinic	3180	3527	10.9
Neuro Behaviour Clinic	1124	1276	13.5
Movement Disorder Clinic	808	1104	36.6
Marital & Psychosexual Clinic	820	817	(↓)0.36
Tobacco Cessation Clinic	623	1046	67.9
Epilepsy Clinic	5884	4592	(↓)21.9
Drug Abuse Treatment & Rehabilitation Centre	5132	7164	39.6

### Clinical Psychology Services

Clinical Psychology Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Total Sessions Conducted	10071	16520	64
IQ Assessment	1910	3647	91

### Other Services

Other Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Physiotherapy Services	4402	4376	(↓)0.6
Occupational Therapy Services	1269	880	(↓)31
Psychiatric Social Work Services	5897	7599	29

### Community Outreach Clinics

Community Outreach Clinics	2006 (no. of cases)	2007 (no. of cases)	% increase
Jahangirpuri	14743	12460	(↓)15.5
Chhattarpur	6420	4264	(↓)33.6
Jama Masjid	3916	5435	38.8

### Laboratory Services

Laboratory Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Pathology	12112	14494	19.7
Neurochemistry	9961	12540	26
Microbiology	3636	4235	16.5
Neuropsychopharmacology	5652	6230	10.2

### Radiology Services

Radiology Services	2006 (no. of cases)	2007 (no. of cases)	% increase
X-Ray	3882	4433	14.2
Ultra Sound	1702	2533	49

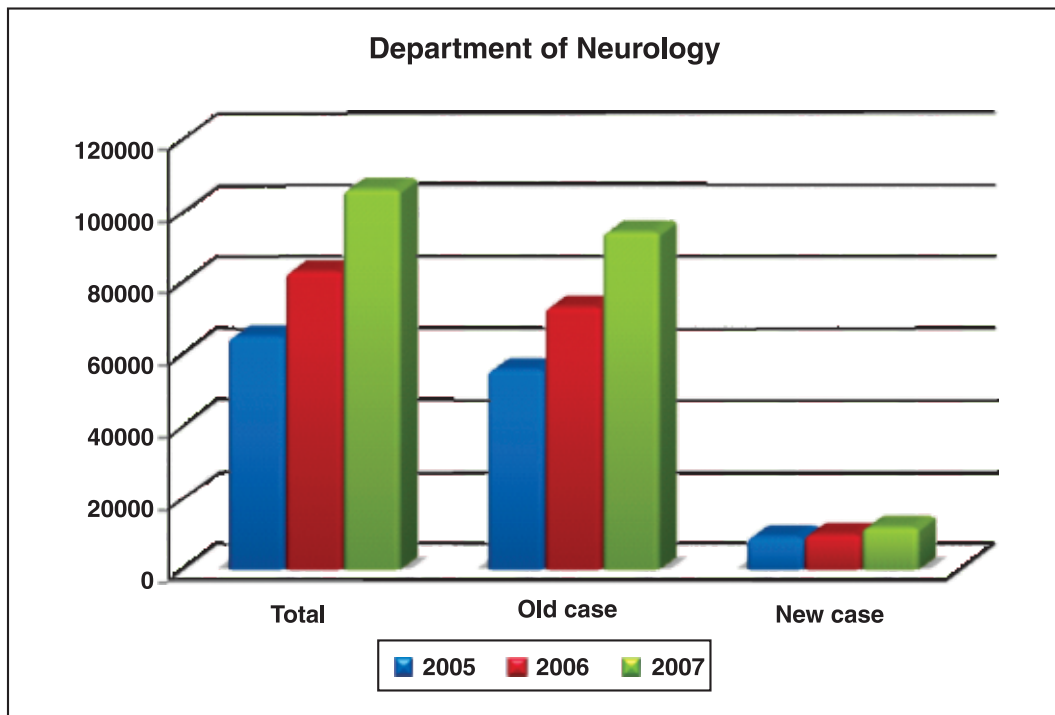
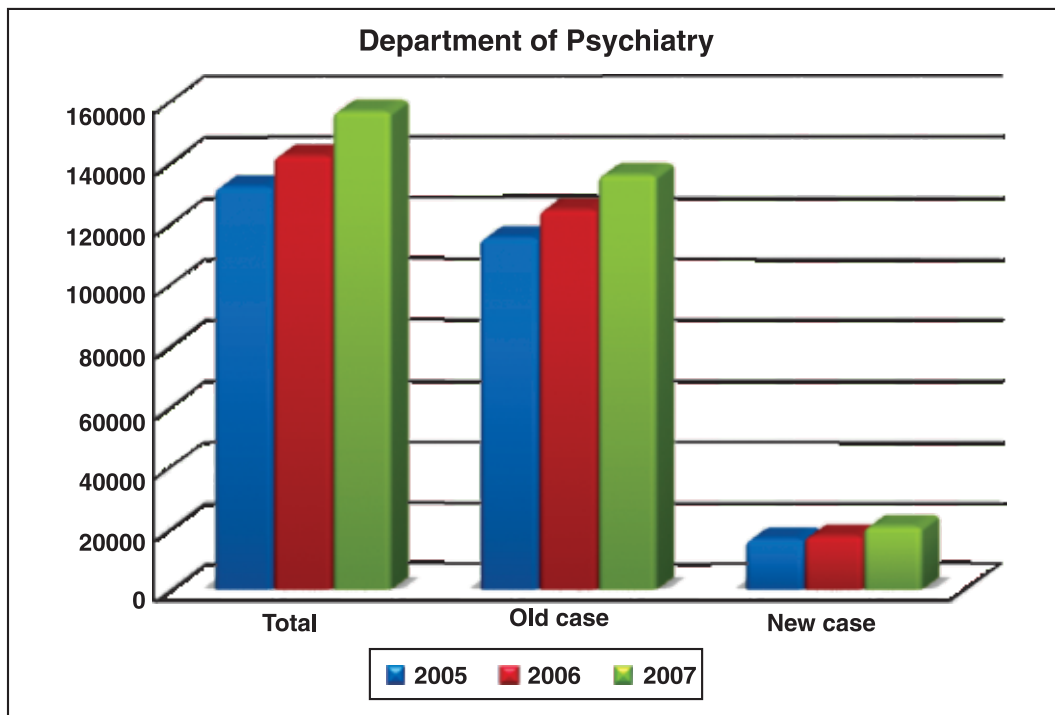
### ECT Services

ECT Services	2006 (no. of cases)	2007 (no. of cases)	% increase
Total	818	589	(?)34.4
Modified	818	589	(?)28
Direct	-	-	-

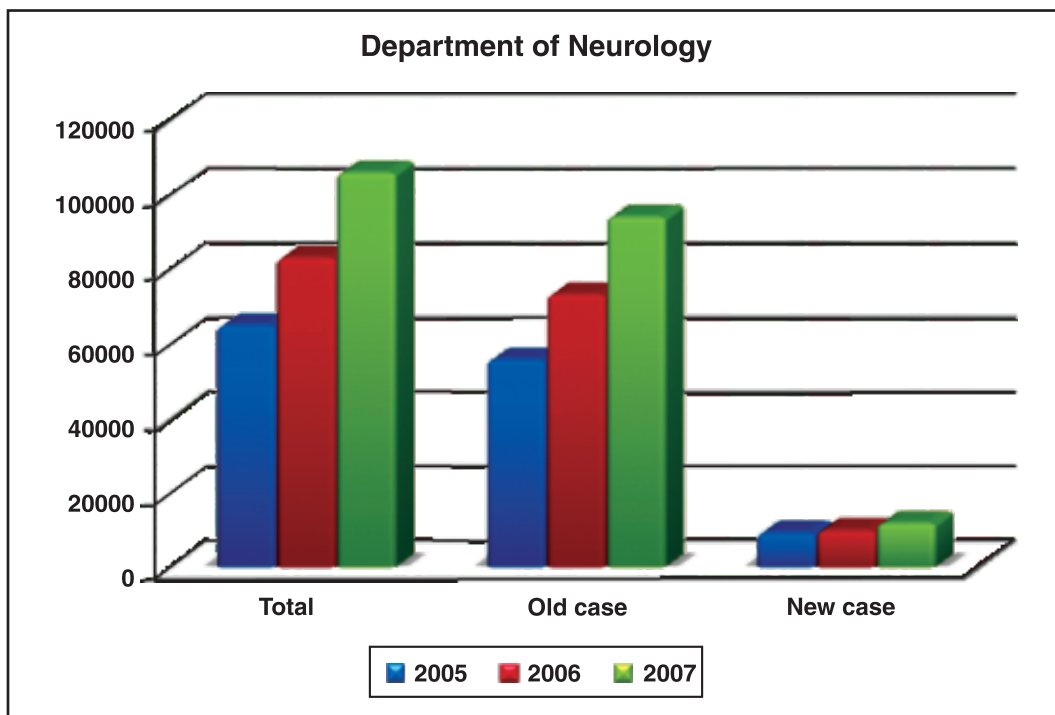
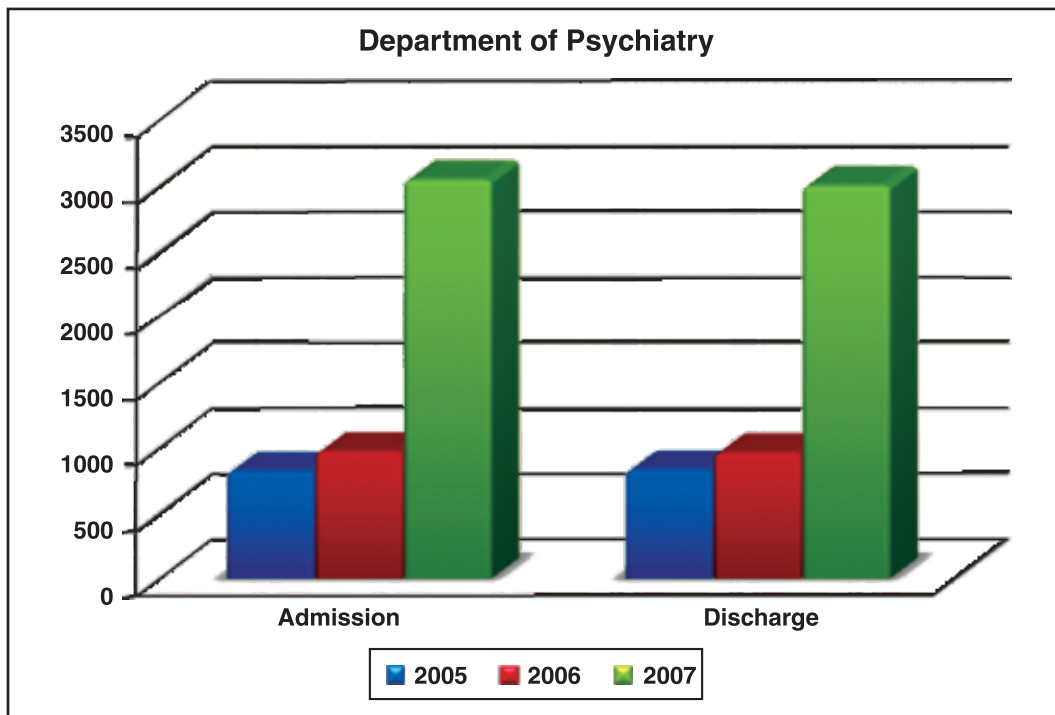
### Electrophysiology Services

Electrophysiology Services	2006 (no. of cases)	2007 (no. of cases)	% increase
ECG	670	717	7
EEG	1971	1907	(↓)3.3
EMG, NCV, VEP	515	643	25

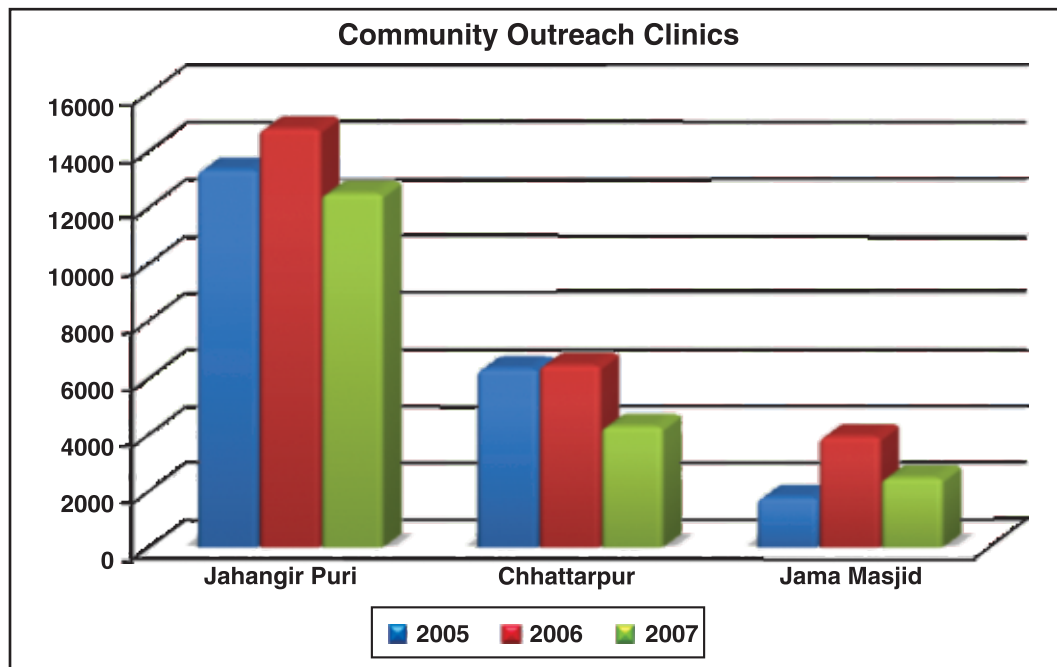
## Out-Patient Services



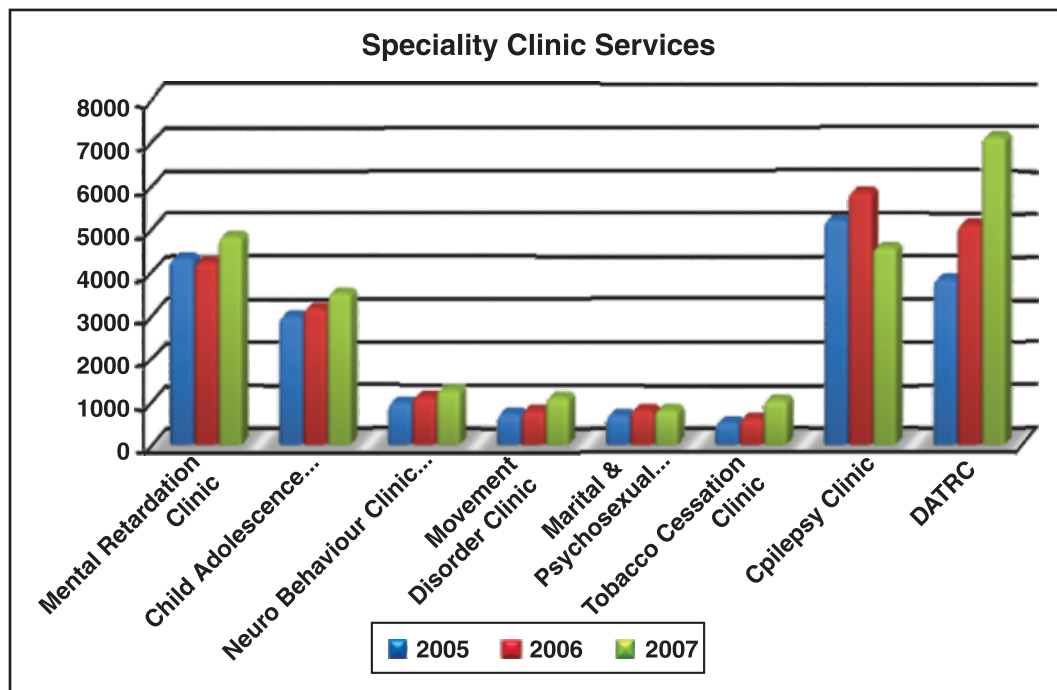
## In-Patient Services



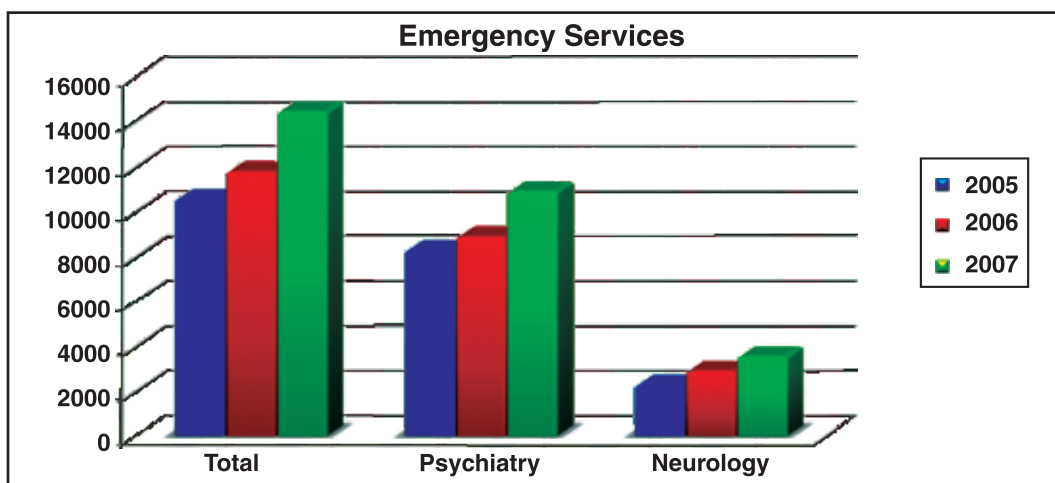
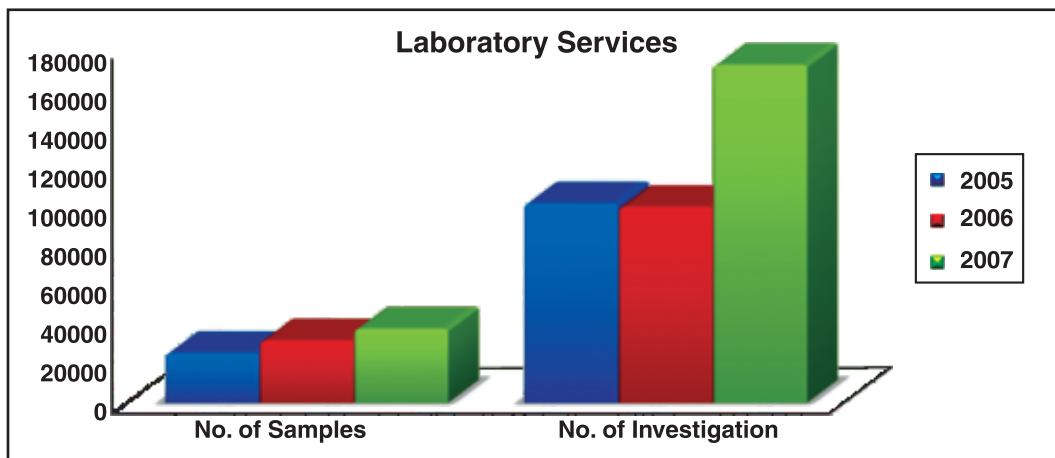
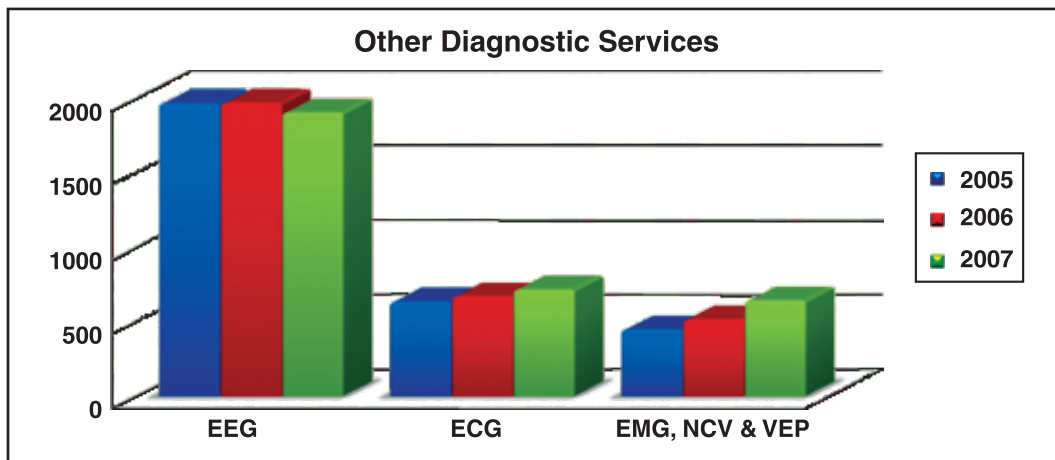
## Community Out-reach Clinics



## Speciality Clinic Services



## Electrophysiological Services



## LIST OF RESEARCH PROJECTS

### Department of Psychiatry

(Note: P.I. for all the STP's & RP's are/were Prof. N.G. Desai)

S. No.	Name of the STPs (Service & Training Programme)	Name of the Funding Agency	Name of the Co-Investigator
<b>Ongoing (Institute Mandate) – Assigned</b>			
1.	District Mental Health Programme Start From Year : 2000	MOH & FW, GOI	Dr. D.K. Gupta & all Dept. Faculty
<b>Ongoing (Investigator Driven)</b>			
1.	Tobacco Cessation Clinic (TCC) From Yr: 2001	WHO-SEARO	Dr. S.N. Sengupta Dr. U.K. Sinha Dr. Deepak Kumar Dr. Rupali P. Shivalkar
<b>Name of the RPs (Research Project)</b>			
<b>Completed</b>			
1.	Mental Health Problems & Services Needs in Tsunami Affected Population of Coastal Tamil Nadu.-Pilot	ICMR	Dr. D.K. Gupta Dr. Vijender Singh Dr. Jahanara M.G. Dr. C.B. Tripathi Dr. Sarbjeet Khurana
<b>Ongoing</b>			
1.	Urban Mental Health Problem & Their Service Needs From Year: 2004 (Coordinating Centre role)	ICMR (WHO during the pilot phase)	Dr. D.K. Gupta Dr. U.K. Sinha Dr. Deepak Kumar Dr. C.B. Tripathi Dr. Sarabjeet Khurana

<b>S. No.</b>	<b>Name of the STPs (Service &amp; Training Programme)</b>	<b>Name of the Funding Agency</b>	<b>Name of the Co-Investigator</b>
2.	Task Force Project on Suicide Behaviour From Year: 2004	ICMR	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 Year: 2005 (Coordinating Centre role)	ICMR	Dr. S.N. Sengupta 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 Year: 2003 Coordinating Centre	ICMR	Dr. D.K. Gupta Dr. U.K. Sinha Dr. Jahanara M. G. Dr. C.B. Tripathi Dr. Sarbjeet Khurana Mr. Anil Kumar
5.	A Phase 3, randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Asenapine in patients with acute mania From Year: 2005	Pfizer Ltd	Dr. S.N. Sengupta Dr. Deepak Kumar Dr. Rupali P. Shivalkar
6.	“Mental health needs assessment and service delivery models in Tsunami affected population of coastal Tamilnadu” - Main study	ICMR	Dr. D.K. Gupta Dr. Vijender Singh Dr. Jahanara M.G. Dr. C.B. Tripathi Dr. Sarbjeet Khurana
7.	Development of pharmacogenomics SNP database for critical candidate genes involved in drug response for Schizophrenia	CSIR	Dr. S.N. Sengupta Dr. Rajesh Kumar Dr. Saurabh Mehrotra



### Department of Neurology

S. No.	Name of the STPs (Service & Training Programme)	Name of the Funding Agency	Name of the Co-Investigator
<b>Ongoing Projects</b>			
1.	A pilot study of epidemiological correlates of dementia in rural areas around Lucknow. The project sanctioned by Council of Science & Technology (U.P.) Since 2007.	CST	Dr. Sunil Pradhan (PI)
2.	Characterization of neuromuscular disorders (muscular dystrophies/ myopathies) by NMR (nuclear magnetic resonance) spectroscopy. Since 2004	SGPGIMS, Lucknow	Dr. Sunil Pradhan (PI)
3.	Study of gene polymorphism and mutations in Alzheimer's disease and other dementias in a North Indian Cohort. Since 2005	DDU, Gorakhpur Univ.	Dr. Sunil Pradhan (PI)
4.	"A phase III, double-blind, placebo- controlled study to determine the efficacy and safety of a low (50 mg/day) and high (100 mg/day) dose of Safinamide, as add-on therapy, in patients with idiopathic Parkinson's disease with motor fluctuations, treated with a stable dose of levodopa and who may be receiving concomitant treatment with stable doses of dopamine agonist and/or an anticholinergic.	Clini Rx Gurgaon	Dr. Sunil Pradhan (PI)

S. No.	Name of the STPs (Service & Training Programme)	Name of the Funding Agency	Name of the Co-Investigator
5.	A Double-blind, Double-dummy, Placebo-controlled, randomized, three parallel groups study comparing the efficacy, safety and tolerability of Pramipexole Er versus Pramipexole IR administered orally over a 26-weeks maintenance phase in L-dopa+ treated with advanced Parkinson's Disease (PD)".	Pharmanet	Dr. Kiran Bala (PI)
6.	Double blind, Parallel-group comparison of 23mg Donepezil sustained release to 10 mg Donepezil immediate release in patients with moderate to severe Alzheimer's Disease.	ICON	Dr. Kiran Bala (Co-PI)
7.	A Phase III multi center placebo controlled double blind randomized parallel group study to establish the efficacy of Investigational drug administered as 1% nasal spray in the preventive treatment of common migraine	Lupin Pharma, Pune	Dr. Suman Kushwaha (PI)
8.	A Randomized, Multicentre, Double-Blind, Placebo-Controlled, Dose-Comparison Study to Determine the Efficacy and Safety of Investigational drug in Subjects with Relapsing-Remitting Multiple Sclerosis	Max Neeman	Dr. Suman Kushwaha (PI)
<b>Completed project</b>			
1.	Pharmacogenomics of first line anti epileptic drugs	ICMR	Prof. M Gourie-Devi (PI) Prof. Meena Gupta Dr. Kiran Bala Prof. Sangeeta

## **REPORT OF DEPARTMENTS**

### **DEPARTMENT OF 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 national Resource Centres for providing technical inputs and training under National Mental Health Programme (NMHP). The faculty has contributed to a variety of research and training related activities.

### **HOSPITAL BASED SERVICES**

The Department of Psychiatry have expanded the scope of various mental health care activities. The department of psychiatry provides both inpatient and outpatient care through general psychiatry OPD & specialty clinics. The department continues to provide quality care to the patients. A multidisciplinary team of specialists consisting of psychiatrists, clinical psychologists, psychiatric social workers and other paramedical staff provide comprehensive mental health care. Modern scientific evidence based therapeutic regimens are used to treat the patients. Admission in psychiatry wards is done voluntarily, on request of relatives or through court orders as per the provisions of the Mental Health Act, 1987. In addition a short Observation facility is available to deal with psychiatric emergencies round the clock for all days of the year. Institute has developed consultation- liaison services linkage with the University College of Medical Sciences and Guru Teg Bahadur Hospital for consultation from specialists

#### **General Outdoor Services**

The department continues to provide quality care to the patients. There have been Significant Increase in OPD Attendance (10% increase in 2007 as compared to 2006). On an average around 700 patients attend the general OPD per day including 90-100 new patients every day. Waiting time for patients in OPD have been reduced

significantly and currently satisfactory. Immediate attention to Violent, Aggressive, severely Disturbed Patient is being provided in OPD.

### **Specialty OPD Services**

Apart from routine OPDs in the morning hours, the specialty clinics in the department are provided for the patients who require comprehensive approach and special attention and are held for different psychiatric disorders at IHBAS, in the afternoon hours.

- **Child and Adolescent Psychiatric Clinic:** This clinic is held weekly on Monday to provide services to the psychiatric and behavioural problems of the 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 Disorder (ADHD), academic problems, conduct disorders, developmental delays, enuresis etc. If needed, parents are requested to involve themselves in the treatment process. Patient counseling services are a regular feature of this clinic.
- **Mental Retardation Clinic:** This clinic was started in December 1999 since then it is held on every Wednesday afternoon. It involves a comprehensive approach by a multidisciplinary team consisting of psychiatrists, clinical psychologists and psychiatric social workers. 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 serves an important need of such children for certification required for special schooling and disability benefits
- **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 which respond well to sex education and counseling. Other common disorders include impotence and premature ejaculation. Various treatment modulations are used such as medicines, counseling and behaviour therapy.
- **Tobacco Cessation Clinic:** IHBAS launched its tobacco cessation clinic on May 31, 2001. This clinic is part of a national tobacco initiative by ministry of health and family welfare, government of India and world health organization.

The Institute was recognized as the national coordinating and resource center for the project. This clinic is held on every Monday, Wednesday and Friday afternoon. On average of 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.

- **Drug Abuse Treatment Clinic:** This clinic is held on 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.) Majority of the patients come on their own or are brought by their family members. Such patients are evaluated and treated by psychiatrists, clinic psychologists and psychiatric social workers.

### **Emergency Services**

The institute provides round the clock emergency services in psychiatry with 10 bedded SOF (Short Observation Facility). A qualified psychiatrist in the form of Senior resident from psychiatry alongwith one junior resident is available 24 hours and the consultants are available on call. Patients in acute symptomatic state like suicidal, homicidal, violent, drug toxicity, catatonia, delirium etc. are being brought in emergency & is given treatment. On an average 30-40 Patients are seen per day in emergency. Average Length of Stay is 24-72hrs. in SOF in emergency. After that patient is either admitted in the ward or discharged as per the assessment.

### **Inpatient Services**

The inpatient care in psychiatry is undergoing continuous improvement qualitatively providing Better Living Conditions, Diversification of Services, Advanced Treatment Methods. The patients are housed in spacious wards. Recreational facilities are provided. Family members are encouraged to stay with the patients. Private room (AC/Non-AC) facility is also available. There is **utmost care of the human rights issues of all inpatients during their hospital stay.** The emphasis is laid on cleanliness and hygiene of the patients as well. Such patients require specialized nursing care for which nurses undergo regular training in neuropsychiatric care. The number of beds is progressively increasing in a phased manner. The average bed occupancy is over 90%. The overall death rate among admitted patients is less than one percent. Average Length of Stay (reduced to 3-4 weeks) have been Reduced significantly. Discharge Effectiveness Rate (95% for court referred cases). Number / proportion of long stay patients (60 at the end of 2008 i.e. ¼ of all psychiatry beds) by the active team effort.

The Forensic **Psychiatry Wards** deals with the Court referred cases and the recently started 10 bedded Psychiatry ICU setting is planned to be started soon which would be second of its kind after NIMHANS in India to provide intensive care for the psychiatric patients with acute medical conditions and those with high suicide, Homicide risk. In addition the Child and adolescent Psychiatry ward is being started to provide intensive therapy to the children with emotional and behavioural problems and those referred by the Juvenile Justice Board.

### **Forensic Psychiatry Services**

We have 20 bedded Forensic Psychiatry Ward in which court referred cases by reception order (mostly homeless mentally ill) or cases being referred from jail is being admitted and treated. In addition to above on an average 10 – 15 court correspondence per day and 8 – 10 court visits per month is being made by the psychiatry faculty or senior resident in the matters related to above and other issues being HOD(Psychiatry) as the designated MO I/C for psychiatry.

### **DRUG ABUSE TREATMENT AND REHABILITATION SERVICES (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.

### **Other Hospital services**

- o Caregivers Psychoeducation Group Meetings in OPD
- o Patient Staff Group Meetings (PSGM) monthly in wards
- o Standing Medical Board weekly
- o Disability Boards monthly

## COMMUNITY BASED SERVICES

### **Community Outreach clinics under District Mental Health Programme (DMHP)**

District Mental Health Programme (DMHP) under NMHP was initiated in the state of Delhi in the year 2000 (9th Five Year Plan) at South District (Chattarpur Village) under IHBAS as the Nodal Centre for the said programme. The Programme has been successfully running its outreach clinics (at Chattarpur and Jahangirpuri area, South District and North West Districts, respectively) covering two districts simultaneously. We are also providing outreach health services for homeless populations (at Jama Masjid) in collaboration with two NGOs. We have also developed an innovative “meta outreach” programme, which is carrying outreach services beyond outreach clinics. Information Education and Communication (IEC) activities form a regular feature of their programme, which has helped in sensitizing the community about mental health issues and de-stigmatizing the mental illness. We have so far trained 188 medical, paramedical and non-medical personnel across the state for early identification, management and referral.

With additional sanctioned three districts in 11th Five Year Plan, we will cover nine districts of the state and will be able to deliver outreach mental health services to the entire state. The South-West district to operate from Delhi Dispensary at Sector-12, Dwarka will be shortly functional.

Clinics are held regularly at Jahangirpuri and Chattarpur, and mobile health clinic for homeless near Jama Masjid, received overwhelming response. At Jahangirpuri, 12516 patients attended, while 4134 patients attended the outreach clinic at Chattarpur village in 2007. 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.

### **Outreach Clinic for Homeless populations:**

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 2007, 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.

Mental health and alcohol drug abuse treatment services being provided at this outreach clinic has been 'well integrated' as a part of the community outreach health services. This clinic has been brought to the recognition at the national level for NMHP/MoH & FW the mental health issues and the service need for homeless population.

### **Schedule of Outreach Community Clinics**

- Chhatarpur Clinic – Every Monday/Thursday mornings
- Jahangirpuri Clinic – Every Wednesday/Friday mornings
- Mobile health Clinic for homeless near Jama masjid – Every Monday/Thursday evenings

### **OTHER COMMUNITY BASED SERVICES**

#### **(a) Awareness and diagnostic camps**

In order to enhance the level of awareness about common psychiatric disorders and overall mental health of general population, mental health awareness and diagnostic camps are being organized (every month) in six field areas viz. Jahangirpuri, Chhatarpur, Ramprastha, Dilshad Garden, Sunder Nagri & Nand Nagri.

Some of the activities undertaken during these campaigns were:

- Pamphlets distribution,
- Poster Exhibitions,
- Puppet shows,
- Street plays,



- Awareness March in communities,
- Competitions: Poster making, chart making, slogan and essay writing etc.,
- Film shows, &
- Lectures on common mental disorders by mental health professional
- For these campaign, printing of IECT material (posters and pamphlets) on common mental disorder was also carried out

**(b) Mental health week**

Mental health awareness-cum-diagnostic camps, exhibition on mental health interactive sessions with NGO workers, and community workers and interactive session with adolescent group are being organized in the first week of October to celebrate the Mental Health Day on 10th October in various communities located in different districts of Delhi including Nand Nagari, Sundar Nagri, Jhangirpuri, Dilshad Garden, Bhati mines-Chattarpur and Sundar Nagari. As demanded by the community leaders, key persons in the community, members of RWAs in the second annual meeting of community contact programme, these camps are now being organized on regular basis (Last Saturday of every month). Recently DMHP, IHBAS has organized mental health awareness camps in various dispensaries located in different districts covering all locations of Delhi from 10th to 16th October 2007, to celebrate World Mental Health Day on 10th October 2006 in order to promote mental health.

**(c) Community Contact Programme**

This programme was initiated with community leaders from six field areas of Delhi. A meeting of community leaders from six community areas across Delhi including Dilshad Garden, Nand Nagari, Ramprasta, Jahangirpuri, Chattarpur and Preet Vihar are on the Mental Health Day, (10th October) with the following objectives:

- To understand community knowledge and perception about the mental illness.
- To understand the need for the community contact programme
- To plan for future community mental health programmes
- To address the issue for road maps to bilateral co-operation

#### **(d) Community Lectures**

To enhance the level of mental health awareness, community lectures are being organized on regular interval in various communities in collaboration with NGOs working in respective communities. The lectures covers awareness on general mental health problems to specialized talks e.g. Depression, Childhood Problems, Mental Retardation, Epilepsy, Drug Abuse etc.

### **TEACHING AND TRAINING**

#### **Formal PG courses**

IHBAS introduced a post-graduate course in psychiatry, under the University of Delhi with the first batch of two students joining in May, 2003. Department of psychiatry has conducted the final MD(Psychiatry) examination in 2007 and MCI inspection for MD course has been done simultaneously and got the MCI Recognition of D (Psychiatry) course in 2007. it has brought formal recognition for the Institute as “teaching” centre and for faculty as “teachers” recognized by University of Delhi. Presently, there are 6 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.

#### **Other teaching activities**

The department is also actively involved in the teaching and 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.

#### **Training activities**

- Training is also provide to the General Practitioners (GPs) in mental health
- Training for medical officers and paramedical health professionals is being provided under DMHP
- Training for HIV counselors has recently been started.
- The department also organizes academic activities like symposia and CME programmes for psychiatrists, general practitioners and health professionals

### **RESEARCH**

The following research projects are going on in the department

**(a) ICMR Task Force Project on Suicide Behaviour**

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.

**Activities carried out**

After the completion of the Prevalence Component of the main study, the Analytic Component was initiated in October 2005. This component of the main study is being conducted in the purposively selected two communities of Nand Nagari (lower SES) and Dilshad Garden (middle SES). A sample of 2000 respondents (1000 from each colony) was interviewed administering Stage-I instruments (GHQ-12 and SRB -Suicide Related Behavior tool). Those screened positive (either GHQ score = 2 or SRB score = 1 i.e. ideators or both positive) were also administered Stage-II instruments (ICMR Psycho-Social Stress Questionnaire, ICMR Life Event Scale, Beck's Hopelessness Scale, Social Integration Assessment Schedule, Family Integration Assessment Schedule). All the ideators were also administered Life History Protocol (LHP) for ideators. Moreover, 10% of the non ideators were selected randomly from the sub sample and administered LHP for non ideators.

All the ideators from both the colonies are being followed up six monthly, with Stage-I and Stage –II instruments along with LHP follow up version since last two years. Further the identified non-ideators (10% of the sample) are also being followed up six monthly for the last two years with SRB questionnaire and LHP as per response (i.e. if SRB positive then LHP follow up version is administered; and if SRB negative then LHP for non Ideators is administered).

It was found that the overall Prevalence of suicidal ideation in the two colonies studied was 6.3% (n = 125), with 8.8% in Nand Nagari (lower SES) and 3.7% in Dilshad Garden (middle SES) Among the ideators 63.2% had death wish (I wish I were killed somehow), 32.8% had suicidal wish (I wish I could kill myself) and 4% had suicidal intent (I will / shall kill myself). Further, among the ideators Psychiatric disorder was present in 66.9% (n = 84) and 30.4 % (n = 41) had no Psychiatric disorder.

At present, fourth follow-up (six monthly) is in progress. As per schedule the study is satisfactorily in progress.

**(b) ICMR Multi-Site Task Force Project on “Urban Mental Health Problems & Service Needs” under the Principal Investigatorship of Dr. Nimesh G. Desai**

Pilot Study (January, 2001 – June, 2004) jointly supported by WHO – ICMR

**Main Study (July, 2004 – June, 2009)**

This ICMR project is running at Delhi, Chennai & Lucknow with IHBAS, Delhi as the Coordinating centre. 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 study was planned and initiated to provide base line data to formulate need based effective Mental Health service.

The findings of the Pilot Study have been published in Indian Journal of Psychiatry, 2004. This paper was presented at ANCIPS, Mysore in January, 2004 Titled as “Urban Mental Health Service in India: How complete or incomplete?” and was rewarded as the

**Marfatia Award winning paper**

Qualified General Practitioners (total of 40 GPs in three rounds) were trained in the field of Psychiatry under the G.P. Training Programme. The programme was formulated in such a way that equal weightage was given for lecture delivery, case demonstration and discussion with GPs.

These sessions were found to be statistically significant, suggesting the success of the Training imparted.

Under this study, the prevalence rate of psychiatric morbidity in total population is 59 per thousand and 48 per thousand for common mental disorders. Depression is found to be the most common diagnosis in all the three cities.

Depression Intervention Module for General Practitioners was developed for the first time.

For the first time, Mental Health perspective has been incorporated with the domestic violence module.

In-depth Interviews (IDI) and Focused Group Discussion (FGD) on Common Mental Disorder (CMDs) was conducted successfully in all the three Socio-Economic Strata of the community. These are useful for focused research and to develop relevant research hypothesis, to develop appropriate message for health education.

The finding of the project may be used by the Government of India for policy decision which may help to sensitize the policy makers to implement health service programmes like strengthening Mental Health services and Human Resource development, Social Network Integration for General Health and Mental Health etc.

The budget sanctioned by the ICMR for the financial year 2007–2008 is Rs.15,60,188.00

**(c) Multi Centre ICMR Task Force Project on “Mental Health Service Needs and Service Delivery Models in the Disaster (Earthquake) Affected Population in Gujarat”**

**Commenced on 15th March, 2003**

Under the Principal Investigator ship 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 centers in Gujarat and 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 IHBAS being the coordinating centre has been providing the technical support to all the centers including training of the fields 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 and technical information etc.

The Principal Investigator, Senior Faculty Members (Co-Investigators of the Project) and research staff of coordinating centre frequently visited Gujarat centers 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 epidemiological data was collected from urban, rural communities and from various hospitals/ health centers.

The findings of this study will show the clear picture of 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 to find out the most suitable, effective and acceptable model for the delivery of mental health services to fulfill the needs of earthquake affected population.

It will be 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 work has completed at two Gujarat Centers; Ahmedabad and Rajkot in March 2008 and report of Ahmedabad and Rajkot two centers will be submitted to ICMR. The work at third centre Bhuj will continue till March 2009.

During past one year i.e. 2007-08, the Principal Investigator, Co-Investigator and senior research staff of the coordinating centre frequently visited Gujarat centre to help research staff to conduct QRM activities and to collect the information from various agencies regarding the services and models used to deliver the services (Mental Health and Psychosocial Support) to the affected communities during and after the earthquake. The Gujarat centers were helped by the coordinating centre in preparation and enhancement of reports of their respective centers.

Several meetings and joint exercises of all centers and experts were conducted/ organized by the coordinating centers in Delhi, Ahmedabad and Bhuj. In those meetings PIs and Research Staff of all centres work jointly regarding QRM



data analysis, enhancement of reports and guidelines to collect the information regarding the various service delivery models used in earthquake affected areas to deliver the mental health and psychosocial services in the disaster (earthquake) affected communities during the post earthquake period.

The Project will be completed in March 2009.

**(d) “NICED-IHBAS-RIMS Collaboratives Study on HIV/AIDS and Drug Abuse in Manipur”**

HIV is a major public health problem in India and it is estimated that close to 4-5 millions are already infected with the virus in this country. The majority of HIV transmission among adults is through heterosexual route and sharing of needles and syringes among IDUs dominate transmission in north-eastern states of India, some provinces of China, Nepal and Vietnam. Manipur is the worst affected state within the north-eastern states of India in the HIV infections.

This project was started in March 2005 at two field centers namely RIMS, Imphal and NICED, Kolkata and IHBAS, Delhi as the coordinating centre for the project. The project was aimed towards studying the syndromal and sub-syndromal mental health morbidity among identified cases, to study the risk awareness and risk behaviour of HIV transmission among the identified cases, to study the coping patterns among HIV infected IDU cases and their partners, to develop and test the counseling module for management of identified cases those are not on ART.

The mental health component data has been collected by the RIMS, Manipur centre, where as the lab Component data has been collected by NICED, Kolkata centre. The work for compilation of data and final analysis is being carried out by IHBAS centre, the report is likely to be submitted by 2009.

Genotype and phenotype correlation and pharmacogenomic study in schizophrenia is a multi-site collaborative project which has been initiated with IGIB, Delhi funded by CSLR. IHBAS with its multi-disciplinary faculty interest and expertise as well as clinical material available has entered the project to enrich the study sample and results. The study will provide substantial inputs to examine the genetic correlation in different people suffering from schizophrenia.

**(e) “Mental Health Needs Assessment and Service Delivery Models in Tsunami Affected Population of Coastal Tamilnadu” (Date of start: 01.11.2007) Objectives of the project:**

**A. Core Objectives (Objectives for both sites)**

1. a) To study the prevalence of Psychiatric morbidity  
b) To study psychological problems in Tsunami affected population in Tamil Nadu according to different levels of severity of Tsunami disaster.
2. To follow up the study subjects of the pilot phase longitudinally for Psychiatric morbidity, psychological problems.
3. To study the coping styles and response patterns of the Tsunami affected people of Tamil Nadu.
4. To study the psychiatric morbidity, psychosocial problems, coping patterns and associated factors in targeted population viz. bereaved people in Tsunami affected area us Tamil Nadu.

**B. Site specific Objectives:** In addition to the about stated core objectives each site will have following site specific objectives.

1. To study the Psychiatric morbidity and psychological problems of specific population in Tsunami affected area in Tamil Nadu at specific sites as follows-
  - a. Orphan Children (200-Nagapattinam)
  - b. School children (200 each-Chennai and Nagapattinam)
  - c. Women – (100 each-Chennai and Nagapattinam)
  - d. Elderly (200-Chennai)
2. To study the Psychological problems and needs of relief providers in Tsunami affected areas of Tamil Nadu (at Chennai & Nagapattinam sites).

**Methodology: Study Design – Salient Points**

- It will be community based epidemiological study in a representative sample at each of the two sites. Sample size is given in table below. The sample will be selected from urban and rural population with the different levels of severity of Tsunami.

- Besides Epidemiological study, the study of specific population groups will also be carried out.
- A combination of various methods like cross sectional survey and longitudinal follow up study will be used in the study.
- Beside primary data collected by project staff and investigators, appropriate secondary data will also be obtained.
- Both quantitative and qualitative research methods will be used in the study.
- Six monthly follow up will be done for longitudinal study.
- There will not be any control group because of non-availability of comparable population group at these sites.

### **Summary on progress**

The study is being conducted in the disaster affected population in the coastal areas of Tamil Nadu, having two field centres: Chennai and Nagapattinam and IHBAS, Delhi as the coordinating centre for the project. The study started in Nov. 2007 about two and half years after the Tsunami disaster.

### **Details of the Activities Undertaken By IHBAS Team**

Since this study has followed the pilot project on mental health aspects of Tsunami, IHBAS has been involved in overall planning of the project which included having frequent meetings with field centers and ICMR, Delhi; preparing the protocol of the study, ensuring proper support as well as involvement of the state health machinery.

On 10th August 2007, IHBAS team arranged for a meeting at ICMR, Delhi to discuss about starting of the project. The meeting was attended by project consultants, teams from both the field sites, IHBAS team and ICMR team. In the meeting it was discussed that both the field centres need to be committed and ready for their full involvement. It was also discussed that before starting the project their should be a meeting with the state health administration of Tamilnadu to ensure their wholehearted support to the project.

On 8th September 2007, a meeting was arranged at Chennai for planning and coordination with the state Govt. health administration. The meeting was attended by the senior officials from Tamilnadu state govt. health department, teams from Tamilnadu field sites, ICMR team and IHBAS team. In the meeting usefulness of the study was discussed and the group made following Recommendations:

- A strong need for integration with and cooperation by State Government for carrying out the study and a persistent commitment by the State Government machinery was recommended.
- It was discussed that the different sections of Health Department and other departments of Government of Tamilnadu will provide all cooperation and assistance to the research team and the technical input of the IHBAS Team will be given entire consideration by the state in its programme planning.
- The Group strongly recommended that the study should be started as early as possible to benefit the affected community.

There has been a regular communication with the PIs of both the field centers before initiation of the study regarding feasibility of the study and its technical aspects.

Yes - An award paper titled “Mental Health Needs Assessment and Service Delivery Models in Tsunami affected population of coastal TamilNadu” was presented at ANCIPS 2007 at Chennai and was awarded Marfatia’s award.

**(f) “Development of Pharmacogenomics Snp Database for Critical Candidate Genes Involved in Drug Response for Schizophrenia”**

It is Multi-Site Collaborative Project started in October, 2007

**Participating Institutions :**

- IGIB, Delhi
- IHBAS, Delhi
- NIMHANS, Bangalore
- MAHE, Manipal

**Funding Agencies :** CSIR, DBT

**Objectives :**

- Identify potential positional candidate genes through pathway analysis of genes localized at linkage regions reported in schizophrenia and bipolar disorder
- Select genes as potential biological candidates in schizophrenia and bipolar disorder on the basis of antipsychotic drugs mechanism of action
- Genotype SNPs, rationally selected both on the basis of their potential effect on protein structure as well as on the basis of their distribution along with the length of the gene, in patient samples including control subjects as well as cases of schizophrenia and bipolar disorder towards identifying most promising disease susceptibility candidates.

- Develop drug specific SNP panel for personalized predictive therapy (medicine) for schizophrenia in Indian population.

#### **Activities till now :**

- Subjects are being recruited from the clinical services of the Department of Psychiatry of IHBAS, Delhi both from out-patients clinic and in-patient wards
- Approx. 10 – 15 patients per month are being planned to be recruited with two third subjects with diagnosis of schizophrenia and one third with Bipolar Disorder.
- Patients assessment is being done at IHBAS. After that blood sample collection is being done at IHBAS then samples are being sent to IGIB, Delhi for genomic study.
- Till now 38 samples have been selected.

#### **Clinical Drug Trials:**

##### **(i) Phase III, Randomized, Placebo-Controlled, Double-Blind Trial Evaluating the Safety and Efficacy of Sublingual Asenapine in Patients with an Acute Mania 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.

There are three protocols of this drug trial. Initially for three weeks (A7501004) 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 7 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 [QD]).

Protocol A7501004 has been completed total 14 patients screened out of 14 patients, 10 randomized and 4 screened failed during the study period. Protocol A7501006 also have been completed, 5 patients screened and all 5 patients randomized. Protocol A7501007 is ongoing total 3 patients screened, out of three 2 patients is continuing the study one patient dropout.

**(ii) 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 :**

It is a multicentre project which was started in October, 2005 and sponsored by Pfizer Ltd. It is a multicentric project. Dr. Nimesh G.Desai, Professor & Head, Department of Psychiatry is the Principal Investigator, and Co-Investigators are Dr. Somnath Sengupta, Dr. Deepak Kumar and Dr. Rupali P. Shivalkar. The project has been started in July, 2006 and is still continuing.

There are two protocols of this drug trial. Initially for twelve weeks (A7501008) subjects will be randomly assigned to Asenapine or placebo treatment 1:1 ratio. The double-blinded trial initiated on day 1 with placebo or Asenapine 5 mg BID, combined with continued with continued open-label treatment with the subject's mood stabilizer. Thereafter, treatment is continued with placebo or flexible dose Asenapine (5 or 10 mg BID), along with the concomitant mood stabilizer. Subjects must remain confined to an inpatient research facility for at least 7 days (through day 7), but may be subsequently discharged if deemed clinically stable by the investigator. Those who complete the initial twelve weeks would be enrolled and given the drug for forty weeks (A7501009).

**Participation and Contribution of Department of Psychiatry in Policy Making Bodies**

**Working Group on National Mental Health Programme (NMHP)**

IHBAS is one of the three technical resource centres of NMHP. HOD (Psychiatry) is the member of the steering committee of working group on NMHP which is involved in formulating policies related to mental health in India.

**National Disaster Management Authority (NDMA)**

HOD (Psychiatry) have been member of steering group of NDMA to formulate policy and guidelines for National Disaster Management for Medical Preparedness and Mass Casualties Management (NDMG – MPMCM) and for Mental Health Services and Psychosocial Care (NDMG – MHSPC).



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

**(a) World Mental Health Day Celebration (October 10, 2007)**

The department of Psychiatry along with DMHP Team celebrated the World Mental Health Day on October 10, 2007. 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.

**(b) World No Tobacco Day (31st May'07)**

In the year 2007-2008 awareness and diagnostic camps were organized in collaboration with District Mental Health Program. Liaison was established with NGOs- "Adhaar" and Nav Umang Yuva Sangathan in East Delhi area to organize camps and street plays. On the occasion of World No Tobacco Day (31st May'07) awareness camps, poster competition, Open discussion, and street plays were organized with the objective to sensitize people about the health hazards of tobacco.

**(c) General Physician's Training in Mental Health**

(from 14th April 2007 to 19th April 2007)

Training under Urban Mental Health Programme funded by Indian Council of Medical Research organized at IHBAS, Delhi and delivered training to General Physicians on mental health topics which included delivering a lecture presentation, followed by discussion on the presentation and case vignettes;

**(d) National AIDS Control Organization (NACO)'s Dissemination Workshop on HIV / AIDS Counselors' Training Curriculum**

(from 2nd to 4th August 2007)

Organized jointly by IHBAS and NACO at IHBAS, Delhi.

**(e) Induction Training Programme of HIV / AIDS Counselors**

(From 22nd of Oct.2007 to 3rd Nov. 2007)

Held at IHBAS, Delhi and supported by National AIDS Control Organization (NACO) and Delhi State AIDS Control Society.

**Guest lectures organized at IHBAS**

- "Emerging trends in forensic psychiatry in UK" by Dr. Manoj Kumar, Consultant, Forensic Psychiatry, St. Bernard's Hospital, West London mental health trust UK on 19th April 2007

- ‘Recent advancement in bipolar disorder’ by Dr Utpal Goswami, formerly Prof.&HOD, LHMC, Delhi, Currently in Newcastle, UK.

### Symposia /Workshop/ Conference/ Training/ CME/Presentation

#### Dr. Nimesh G. Desai

- **Attended** Core Group Meeting of National Disaster Management Authority(NDMA) on “Medical Preparedness & Mass Casualties Management” held on 26th & 27th April, 2007
- **Attended** MD (Psychiatry) Examination as an External Examiner at PGIMS, Chandigarh, on 7th & 8th May, 2007.
- **Attended** an Indo-US workshop on “Innovation in the Collection, Analysis and Use of Public Health Data” organized by ICMR at Shimla on 29th -30th May, 2007.
- **Attended** Steering Group Meeting on “Psychosocial Care and Mental Health Services” of National Disaster Management Authority(NDMA) at Armed Force Medical College(AFMC), Pune on 15th June, 2009.
- **Participated** Steering Group Meeting on Psychosocial Care & Mental Health Services of National Disaster Management Authority (NDMA) at Bangalore on 17th July, 2007
- **Attended** a joint meeting /exercise for QRM analysis & interpretation to review the progress work done under the ICMR funded Project on “Mental Health Service Needs and Service Delivery Models in the Dessert (Earthquake) Affected Population in Gujarat at Ahmedabad on 28th July, 2007
- **Attended** 1st International Conference of Asian Psychiatrists at GOA on 4th & 5th August, 2007.
- **Attended** a meeting on ICMR Task Force Project on Mental Health Needs Assessment and Service Delivery Modules in Tsunami affected population of Costal Tamil Nadu” at Chennai on 8th September, 2007.
- **Attended** Annual General Body Meeting of Indian Alcohol Policy Alliance at Chennai on 13th September, 2007.
- **Deliver** a Lecture at Osmania University on the topic “Mental Health Issues with Yong People and Implementing GHQ-12 in field” at Hyderabad on 22nd September, 2007.

- **Attended** Review Meeting of Principal Investigators & Co-Investigator of Project titled “NICED-IHBAS-RIMS collaborative study on HIV/AIDS & Drug Abuse in Manipur on 9th October, 2007
- **Attended** Annual conference of IPS West Zone and National IPS Task Force on Suicide on 13th October, 2007 at Nagpur, Maharashtra.
- **Attended** QRM Meeting to Review the progress work of Multi-Site Task Force Project on “Mental Health Service Needs and Service Delivery Models in the Dessert (Earthquake) Affected Population in Gujarat on 20th October, 2007
- **Participated** in 3rd International Conference of South Asian Federation of Psychiatric Association from 2nd to 4th November, 2007.
- **Attended** 8th Annual National Conference of Indian Association of Private Psychiatry(IAPP) on 16th -17th November, 2007 at Bhubneswar, Orissa.
- **Attended** Commonwealth Medical Conference as a Guest Speaker on 24th & 25th November, 2007 at Chennai.
- **Attended** MD(Psychiatry) Examination as an External Examiner at BHU, Varanasi, on 23rd November, 2007.
- **Attended** Annual Conference of Delhi Psychiatric Society-2007 on 7th & 8th December, 2007 at Bhimtal(Nainital), Uttaranchal.
- **Attended** QRM Meeting to Review the progress work of Multi-Site Task Force Project on “Mental Health Service Needs and Service Delivery Models in the Dessert (Earthquake) Affected Population in Gujarat on 30th December, 2007.
- **Attended** meeting for Review of HIV/AIDS Counseling activities of NACO at Deepam Educational Society for Health (DESH), Chennai on 1st & 2nd February, 2008.
- **Attended** QRM data analysis and to Review the progress work of ICMR Multi-Site Task Force Project on “Mental Health Service Needs and Service Delivery Models in the Dessert (Earthquake) Affected Population in Gujarat on 9th to 11th February, 2008.
- **Attended** Doctoral Viva-voce Examination at Tata Institute of Social Sciences (TISS), Mumbai on 14th March, 2008.
- **Visited** Ahmedabad for review the overall progress of Project work including the preparation of draft report for the ICMR Multi-Site Task Force Project on “Mental Health Service Needs and Service Delivery Models in the Dessert (Earthquake) Affected Population in Gujarat” on 28th March, 2008.

#### **Dr. Somnath Sengupta**

- **Panelist** in a session on Prediction of Response and Treatment Resistance In Psychiatry, Midterm CME, Indian Psychiatric Society (North Zone), Manesar, Haryana, 22nd April, 2007.
- **Presented** a paper 'A study of violence in psychiatric disorders in acute care', in the 5th European congress on violence in clinical psychiatry, Amsterdam, October 24 - 26, 2007.

#### **Dr. Dhanesh K. Gupta**

- **Participated** in 2nd notional level "Dissemination Workshop on HIV/AIDS Counselors" Training Curriculum (2006) organized by IHBAS, Delhi on the behalf of National AIDS Control Organization from 2nd to 4th August, 2007.
- **Participated** as trainer in General Physician's Training in Mental Health under Urban Mental Health Programme funded by ICMR organized at IHBAS, Delhi and delivered training to General Physicians on mental health which included delivering a lecture presentation , followed by discussion on the presentation and case vignettes; from 14th April - 19th April 2007.

#### **Dr Deepak Kumar**

- **Promoted** as Associate Professor of Psychiatry in July 2007.
- **Participated** as trainer in General Physician's Training in Mental Health under Urban Mental Health Programme funded by ICMR organized at IHBAS, Delhi and delivered training to General Physicians on mental health which included delivering a lecture presentation , followed by discussion on the presentation and case vignettes; from 14th April - 19th April 2007.
- **Participated** as Discussant in a symposia titled "Unresolved issues in Psychopharmacology" during the Mid Term CME, Indian Psychiatric Society (North Zone), Manesar, Haryana, 22nd April, 2007.
- **Presented** scientific paper entitled "Depression in medical Specialties" at Medicine Update-2007 at MAMC, New Delhi in Dec, 2007. The paper was co-authored with NG Desai, DK Gupta and Sarbjeet Khurana.
- **Nominated** as an Inspector by the SMHA (State Mental Health Authority) for mental health facilities for granting licenses in state of Delhi under MHA-1987.

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

- **Participated** in 2nd notional level "Dissemination Workshop on HIV/AIDS Counselors" Training Curriculum (2006) organized by IHBAS, Delhi on the

behalf of National AIDS Control Organization from 2nd to 4th August, 2007.

- **Presented** a paper entitled “Social & Behavioral Science (SBS) Issues of Traffic Safety” at Indo-US workshop at Hotel Hyatt Regency Delhi on 29th August, 2007.
- **Presented** paper entitled “Over view of Alcohol and related health problem” in a symposium organized by Indian Alcohol Policy Alliance, Indian Medical Association (IMA), East Delhi Branch and IHBAS at IMA, East Delhi Branch Building, Karkardooma on 22nd Nov., 2007.
- **Presented** paper entitled “Neuropsychiatry comorbidity in HIV/AIDS” in workshop for orientation and skill enhancement programme in HIV & AIDS for CISF personnel from 12th to 14th February, 2007 and 19th to 21st February, 2007 at Institute of Human Behaviour & Allied Sciences, Dilshad Garden, Delhi-95.
- **Visited** Manipur as a Co-Investigator in a project entitled “NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse” from 21st to 23rd September, 2007 to conduct Focus Group Discussion (FGD) with IDU (HIV positive), their spouses and NGO Representatives/ Health workers and Resource persons as a strategy to develop counseling module for IDU with HIV positive
- **Participated** in the proposal writing for round 7 of Global Fund for AIDS, Tuberculosis and Malaria from 15th to 24th May, 2007 at IHBAS.

#### **Dr. Rupali P. Shivalkar**

- **Presented** a paper ‘Externalizing Disorders: A Review’ in A Symposium on “Towards ICD 11” at the Annual National conference Indian Association of Child and Adolescent mental Health 2007, Co authored with Dr S N Sengupta.
- **Presented** a paper “Drug abuse profile of homeless patients in an outreach clinic in Delhi, India: Implications for public health interventions” at NIDA Forum 2008; co authored with Dr D K Gupta, Dr N G Desai, Paramjeet Kaur, Anupama Kumari.
- **Attended** Sensitization programme for NGO workers and Crime against women Cell personnel on mental health intervention in cases of domestic violence.

#### **Dr. Vijender Singh**

- **Participated** as trainer in General Physician’s Training in Mental Health under Urban Mental Health Programme funded by Indian Council of Medical Research

organized at IHBAS, Delhi and delivered training to General Physicians on two topics 'psychiatric problems of elderly' and 'Psycho-sexual problems in general practice' which included delivering a lecture presentation, followed by discussion on the presentation and case vignettes; from 14th April 2007 to 19th April 2007.

- **Attended** 60th Annual National Conference of Indian Psychiatric Society held at Kolkata, India in Jan.2008 and participated in scientific programmes.

## **Professional Affiliations**

### **Editorship**

- Dr. Desai continued as Hon'ble Editor of Indian Journal of Psychiatry.
- Dr Deepak Kumar continued as Hon. Deputy Editor of the Indian Journal of Psychiatry (IJP).
- Dr Rupali Shivalker continued as Hon'ble Deputy Editor of the Indian Journal of Psychiatry (IJP).

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

- Sengupta S.N., Maiti K. and Desai N.G (2007). A study of violence in psychiatric disorders in acute care, full paper in the book of "Proceedings of The 5th European Congress on Violence in Clinical Psychiatry", eds. Patrick Callaghan, Tom Palmsteirna, Henk Nijman and Nico Oud, KAVANAH, Amsterdam, 212-219, October 24-26
- Sengupta S.N. and Nath J., Mental Health, Textbook of Preventive and Social Medicine, (2007) second edition, Gupta P and Ghai O. P. CBS Publishers and Distributors, Delhi, 646-662.
- Desai, N.G., Nambi, S., Shah, B., Singh, R., Kumar, A., Jahanara, M.G., Venkateshan, J., Singh V, Gupta, D.K. (2008) Tsunami and Mental Health: A Report on Pilot Study of Mental Health Needs Assessment and Service Delivery Models in Tsunami Affected Population of Coastal Tamil Nadu submitted by IHBAS, Delhi to ICMR HQs Delhi.
- "Externalizing Disorders: A Review" in Indian Journal of Child and Adolescent Psychiatry, (2007) Rupali Shivalkar and S N Sengupta.
- Report on "Situational Analysis of Homeless women in Delhi with special reference to mental health and psychosocial aspects" sponsored by National Commission for Women, India. (2007). N G Desai, Paramjeet Kaur, Rupali Shivalkar, M G Jahanara, Sanjay kumar, C B Tripathi, Karabi M G Majumdar, S. Chakraborti.





**Neurology Ward**



**Neurology ICU**



## 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 28% over the previous year. 11877 new patients were registered during 2007. 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 3554 patients with neurological emergency this year. The inpatient facility consists of 40 beds. There were 1963 inpatient admissions this year. All types of neurology patients are admitted and managed regularly. The number of admissions increased by 21.4% as compared to the previous year.

A 10-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, Huntingtons 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. Important components in the management of dementia are occupational therapy and Cognitive retraining which are regularly given to the patients as a part of their management. Dementia awareness programs are also held regularly. There is 13.5% 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 36.6% in the calendar year. Botulinum toxin injection as a mode of therapy for dystonia patients is regularly given in this clinic. 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 for 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 22% decline increase in the attendance of 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, 862 new patients attended the clinic. Special attention is given to the patients of Fragile X-Syndrome with appropriate genetic counseling 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 Residents (Junior & Senior) 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.

## **RESEARCH**

### **Dr. Sunil Pradhan (as Principal Investigator)**

#### **On-going Research Projects**

1. A pilot study of epidemiological correlates of dementia in rural areas around Lucknow. The project sanctioned by Council of Science & Technology (U.P.) in 2007.
2. Characterization of neuromuscular disorders (muscular dystrophies / myopathies) by NMR (nuclear magnetic resonance) spectroscopy. Synopsis submitted for the partial fulfillment of Ph.D. by Niraj Kumar Srivastava at Sanjay Gandhi PGI of Medical Sciences, Lucknow – 2004 – still continuing.
3. Study of gene polymorphism and mutations in Alzheimer's disease and other dementias in a North Indian Cohort. Synopsis submitted for the partial fulfillment of Ph.D. by Miss Pratima Pandey at DDU Gorakhpur University, Gorakhpur – 2005 – still continuing.
4. Project titled "A phase III, double-blind, placebo-controlled study to determine the efficacy and safety of a low (50 mg/day) and high (100 mg/day) dose of Safinamide, as add-on therapy, in patients with idiopathic Parkinson's disease with motor fluctuations, treated with a stable dose of levodopa and who may be receiving concomitant treatment with stable doses of dopamine agonist and/or an anticholinergic.
5. An international, randomized, double-blind, parallel group, placebo-controlled, flexible dose study: evaluation of the safety and efficacy of Brivaracetam in subjects (> 16 to 70 years old) suffering from localization-related to generalized epilepsy.

### **Research Projects Completed**

- Assay of mono amine oxidase-B activity in platelets of patients with primary headache disorders. Singh HO, Singh MM, Maheshwari PK, Pradhan S, Agarwal AK, Khanna VK, Pursnani ML, Singh JB (2002-2005).
- Outcome of single CT enhancing lesions with special reference to optimisation of duration of antiepileptic therapy. Kumar M, Govil YC, Pradhan S, Garg RK, Kumar S, Agnihotri A (2001-2005).
- Role of *Compylobacter jejuni* in Guillain Barre' Syndrome. Prasad KN, Pradhan S, Ayyagari A (2001-2006).
- Assay of mono amine oxidase-B activity in platelets of patients with primary headache disorders. Singh HO, Singh MM, Maheshwari PK, Pradhan S, Agarwal AK, Khanna VK, Pursnani ML, Singh JB (2002-2005).

### **DR. KIRAN BALA**

#### **On-going Research Projects (as Principal Investigator)**

- A Double-blind, Double-dummy, Placebo-controlled, randomized, three parallel groups study comparing the efficacy, safety and tolerability of Pramipexole Er versus Pramipexole IR administered orally over a 26- weeks maintenance phase in L-dopa+ treated with advanced Parkinson's Disease (PD)".

#### **On-going Research Projects (as Co-investigator)**

- Double blind, Parallel-group comparison of 23mg Donepezil sustained release to 10 mg Donepezil immediate release in patients with moderate to severe Alzheimer's Disease.

#### **Completed Research Project**

- Pharmacogenomics of First Line Anti Epileptic Drugs (AEDs).

### **DR. SUMAN KHUSHWAHA**

#### **Research Projects (as Principal Investigator)**

- A Phase III multi center placebo controlled double blind randomized parallel group study to establish the efficacy of Investigational drug administered as 1% nasal spray in the preventive treatment of common migraine.
- A Multicentre, Randomized, Double-blind, Placebo and Entacapone-controlled, Parallel group Study of the Efficacy, Safety and Tolerability of Investigational drug in Levodopa treated Parkinson's disease Patients with Motor Fluctuations.

- Double-Blind, Parallel-Group Comparison of two different formulation of drug in Patients with Moderate to Severe Alzheimer's disease.
- A Randomized, Multicentre, Double-Blind, Placebo- Controlled, Dose-Comparison Study to Determine the Efficacy and Safety of Investigational drug in Subjects with Relapsing-Remitting Multiple Sclerosis

#### **Dr. Vibhor Pardasani**

##### **Ongoing Research Projects(as a Principal Investigator):**

- A study of epidemiology of morningness/eveningness chronotypes and its influence on lifestyle regularity & academic performance among medical undergraduates.

##### **On-going Research Projects (as Co-investigator)**

- Phenytoin and Valproate or Valproate and Phenytoin: A comparative randomized trial of two parenteral antiepileptic regimens in the management of Convulsive Status Epilepticus under P.I. Dr. Pradhan.
- A study of psychological correlates and quality of life with headache type, occurrence and severity in women with Tension type Headache, Migraine and healthy controls. (M.Phil. thesis).

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

Epilepsy Awareness Programme: Public Awareness Program was organized on the occasion of World Epilepsy Day on 17th November, 2007, to update the knowledge about epilepsy. Talks were delivered by faculty members focusing on various social issues related to epilepsy. Children Participated in Painting competition & Sports events. Epilepsy walk was organized in campus to increase awareness among hospital staff and patients.

World Stroke Day: Public Awareness Programme was organized on 21st June, 2007 on the occasion of World Stroke Day. Professor Subhash Kaul, Hyderabad has presented the lecture on Management of Ischemic Stroke in tertiary care hospital stroke Unit. Dr Suman Kushwaha had briefed the audience regarding the future stroke programme at IHBAS. Dr. V.N. Mishra was the Organizing Secretary of the programme. Interactive Session was held for the general public.

Movement Disorder Society Visiting Professors Program on 23rd & 24th November, 2007: Two days National Level Education Program “Movement Disorder-2007” at IHBAS under the aegis of “Movement Disorder Society (MDS)” which is an International Professional Society of clinicians, scientists, and other healthcare professionals working on Parkinson’s disease and related Movement Disorders. This educational programme was conducted by two international experts namely Dr. Kapil D.Sethi from Augusta Ga, USA and Dr. Eduardo Tolosa from Barcelona, Spain designated by the Movement Disorder Society. The program was awarded 11 hours of CME accreditation by Delhi Medical Council. The delegates appreciated the knowledge and skills of both the experts and it was an educative program in real sense for all the delegates.

Camp for the patients suffering from Parkinson’s Disease on 16th March 2008 at IHBAS: The camp was organized with the initiative to increase the awareness of Parkinsons Disease in community. The patients were evaluated in detail by a team of neurologist, psychologist, physiotherapist, Occupational therapist & Social worker.

Workshop on Values in Healthcare: a spiritual approach: One day workshop on Values in Healthcare: a spiritual approach (VIHASA) at IHBAS on 8th March, 2008 from 10:00 A.M to 4:30 P.M. This workshop is a modular training package developed and produced by a core team of health professionals for those involved in healthcare delivery. Values in Healthcare addresses an important gap in personal and team development for healthcare professionals by taking a fresh, values-based approach to their learning and practice. Theme of the workshop was ‘Physician Value Thyself & Heal Thyself’. The workshop was conducted by international faculty Dr.Astrid Bendomir, MRCOG,CCST (Obstetrician and Gynecologist) currently Breast Surgery Fellow, Aberdeen Royal Infirmary, Scotland and Ms B.K. Ranjana, National Coordinator, VIHASA from India. The workshop was inaugurated by Shri Vivek Rae, Principal Secretary (H&FW), GNCT of Delhi. The workshop was attended by 10 Nurses & 34 doctors of different hospitals including IHBAS, GTB, SDN, Chacha Nehru Bal Chikitsalya & Baba Sahib Ambedkar Hospitals.

Basic Life Support Training Program organized by IHBAS at MAMC: The Department of Neurology, IHBAS in collaboration with the department of Anesthesia, Maulana Azad Medical College organized Basic Life Support course for the medical, nursing and para-medical staff of IHBAS in April, 2008. A six hours training module was administered which included discussion of theoretical aspects, dramatization of clinical situations and imparting of on-hands resuscitation skills with the help of dummies & audio-visual aids. Around two hundred staff members participated actively in the course and learned valuable life-saving skills.

### **Guest Lecture**

- Dr. Sunao Kaneko, Professor (Neuro-psychiatry) from Japan was invited in the department of Neurology to deliver a lecture on Epilepsy.

### **Other activities**

- Visit of IHBAS by members & student of 3rd year Physiotherapy of Integral University
- Year round voluntary neurological health camps were organized in Dilshad Garden, Maujpur, Sainik Enclave and Janakpuri.

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

#### **Dr. Sunil Pradhan**

- Attended a meeting on Clinical Drug Trial on Multiple sclerosis from 27th-29th January, 2008 at Budapest, Hungary.
- Attended an International Workshop on Epilepsy on 22-24th February, 2008 at G.B. Pant Hospital, Delhi.
- Attended an awareness programme on Parkinson's Diseases- World Parkinson's Day on 12th April, 2008 at G.B. Pant Hospital, New Delhi
- Lecture delivered on "A maneuver & constellation of clinical signs in Muscular dystrophies" in DNA meeting held on 20th October, 2007 at IHBAS.

#### **Inclusion in International Biographies**

- Biographee – Marquis Who's Who in Asia, 1st edition, 2007.
- Biographee – Asia Pacific Who's Who (Vol. VII), Rifacimento International - 2007.
- Biographee – Asian Admirable Achievers (Vol. I), Rifacimento International– pp. 399, 2007.

#### **Dr Kiran Bala**

- Attended 56th Annual Conference of Neurological Society of India from 14-17th December, 2007 at Hotel Jaypee Palace and International Convention Centre, Agra.



- Attended Joint Annual Conference of IEA & IES from 3rd-4th October, 2007 at Mumbai.
- Attended Xth Annual conference of Delhi Neurological Association 2008 from 16th-17th February, 2008.
- Attended 4th Asia Pacific Conference against Stroke APCAS-2007 from 30th March-1st April, 2007 under the aegis of Asia Pacific Stroke Association, Indian Stroke Association, World Stroke Association, New Delhi.
- Guest lecture delivered on “Rational Drug Therapy in elderly” in Training Programme for Nurses on Rational Use of Medicines Committee Room, G.B. Pant Hospital, New Delhi on 25th February, 2008.
- Session chaired on Brain Imaging organized by Centre for Linguistics, Jawaharlal Nehru University, University of Utrecht, Netherlands from 14-15th March, 2008 at Jawaharlal Nehru University, Delhi
- Guest lecture delivered on Acute Ischemic Stroke: Pre-hospital and Emergency Medical Treatment in Training Programme for Doctors on Rational Use of Medicines on 29th March, 2008 at Ahalya Bai School of Nursing LNJP Hospital, Delhi.

#### **Dr Suman Kushwaha**

- Attended International Conference of Alzheimer’s Association on Prevention of Dementia, June 9-12, 2007 Washington, D.C. and the abstracts published in the abstract book of the Association were
  - \* Alzheimer’s & Dementia;
  - \* Therapeutic intervention in Alzheimer’s disease, Kushwaha S;
  - \* Serum Copper in Alzheimer’s Disease; Agrawal R., Kushwaha S;
  - \* Vascular Risk Factors for Alzheimer’s Disease, Gupta M., Kushwaha S., Bala K., Mittal M.

#### **Dr. Vijay Nath Mishra**

- Attended International Workshop on Epilepsy at G.B. Pant Hospital, New Delhi on February 22nd -24th, 2008.

- Organized Stroke symposium, as organizing secretary at IHBAS on 23rd June, 2007.
- Attended International Workshop on Epilepsy at G.B. Pant Hospital, New Delhi on February 22nd – 24th, 2008.
- Attended DNAICON-08 (10th Annual Conference of Delhi Neurological Association) at Maulana Azad Medical College, New Delhi on February 16th - 17th 2008.

#### **Dr. Vibhor Pardasani**

- Attended ECON 2007 [the 8th Joint Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society] at Mumbai on 3rd -4th October 2007.
- Attended International Workshop on Epilepsy at G.B. Pant Hospital, New Delhi on February 22nd – 24th, 2008.
- Attended DNAICON-08 (10th Annual Conference of Delhi Neurological Association) at Maulana Azad Medical College, New Delhi on February 16th - 17th 2008.
- Presented a paper “Adrenoleukodystrophy presenting as acute visual loss”. At IANCON [15th Annual Conference of the Indian Academy of Neurology] at Mumbai on October 4th– 7th, 2007.

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

#### **Dr. Sunil Pradhan**

Pride of India Award: Indo-US Friends Association, 2007.

- Felicitated by Hanuman Mandir Society, Aliganj, Lucknow, 2007.
- Bharat Excellence Award: Friendship Forum of India, 2008.

#### **Dr. Vijay Nath Mishra**

- Initiated neuromuscular clinic at IHBAS and also Neuromuscular Newsletter.
- Became 1st Office bearer (Executive member) from IHBAS in Delhi Neurological Association.

- Became member of Organizing Committee of 1st Mid term DNA Conference at Russian Center, New Delhi in 2007.
- Became founder Head of Department of Neurology, NEIGRIHMS.
- Awarded by South Asia Foundation for providing voluntarily medical / healthcare to the remotest area of Delhi.

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

#### **Dr. Sunil Pradhan**

- Sinha S, Prasad KN, Jain D, Pandey CM, Jha S, Pradhan S. Preceding infections and anti-ganglioside antibodies in patients with Guillain-Barré syndrome: a single centre prospective case-control study. Clin Microbiol Infect 2007; 13: 334-337.
- Pandey P, Pradhan S, Mittal B. Presenilin gene predisposes for degenerative but not vascular dementia: a North Indian population based study. Dement Geriatr Cogn Disord. 2007; 24: 151-161.
- Pradhan S. Shank sign in myotonic dystrophy type-1. J Clin Neurosci 2007; 14: 27-32.
- Pradhan S, Yadav RK, Mishra VN. Toxoplasma meningoencephalitis in HIV-seronegative patients: clinical patterns, imaging features and treatment outcome. Trans R Soc Trop Med Hyg. 2007; 101: 25-33.
- Pradhan S, Yadav R. Invasive aspergillosis of the brain: improvement with lyposomal Amphoterecin B and itraconazole. Neurology India 2007; 55: 289-290.
- Pradhan S. An extra hill in a poly-hill sign in a patient with facioscapulohumeral dystrophy. Neurology India 2007; 55: 436-437.
- Niraj Kumar Srivastava, Pradhan S, Balraj Mittal, Raj Kumar, Chandra Mani Pandey and G.A.Nagana Gowda. Novel correlative equations for complete estimation of human tissue lipids following their partial destruction by PCA pre-treatment: High-resolution 1H-NMR based study. NMR in Biomedicine. 2007; 21; 89-100.
- Pradhan S. Diamond on quadriceps sign in dysferlinopathy. Neurology 2008; 70; 322.

- Prasad A, Gupta RK, Pradhan S, Tripathi M, Pandey CM, Prasad KN. What triggers seizures in neurocysticercosis? A MRI based study in pig farming community from a district of North India. *Paramidol Int* 2008; 57:166-171.
- Prasad A, Prasad KN, Yadav A, Gupta RK, Pradhan S, Jha S, Tripathi M, Hussain-M. Lymphocytic transformation test: a new method for the diagnosis of neurosysticercosis. *Diagn microbial infect Dir* 2008 (Feb 11. Epub ahead of publication).

#### **Dr. Kiran Bala**

- Uncommon Neurological Presentation due to Non-Ketotic Hyperglycemia (NKH) Report of two cases, Suman Kushwaha, Meena Gupta, Kiran Bala, *Delhi Psychiatry Journal*, April, 2007.
- Sangeeta Sharma, Sukriti Joshi, Suman Khushwaha, Kiran Bala. Quackery Masquerading as Complementary and Alternative Medicine (CAM) in Patients with Epilepsy. *Complementary Health Practice Review* 2007 (accepted for publication).

#### **Dr. Suman Kushwaha**

- Uncommon Neurological Presentation due to Non-Ketotic Hyperglycemia (NKH) Report of two cases, Suman Kushwaha, Meena Gupta, Kiran Bala, *Delhi Psychiatry Journal*, April 2007.
- Neuropsychiatry manifestations of dementia, Meena Gupta, Suman Kushwaha, *Amity Journal of Behaviour and forensic sciences*, Vol 2, May – June 2006.
- Biomarkers in Alzheimer's disease, Review article, R Agarwal, S Kushwaha. *Indian Journal of Med biochemistry* vol 10 2006.
- Quackery Masquerading as Complementary & Alternative Medicine in patients with epilepsy, *Complementary Health Practice review* vol 12 2007, S Sharma, S Joshi, S Kushwaha, K Bala.

#### **Dr. Vijay Nath Mishra**

- Recent progress in Alzheimer's and Parkinson's disease. Shukla S, Mishra VN, Chaturvedi RK. *Journal of Neuroanatomy*. 35 (1); 178: Jan 2008.

- Neural Development and Stem cells. 2nd Edition. Chaturvedi RK, Shukla S, Mishra VN. Journal of Neuroanatomy 34(1); 65 – 66: Sep 2007.
- Pradhan S, Yadav RK, Mishra VN. Toxoplasma meningoencephalitis in HIV-seronegative patients: clinical patterns, imaging features and treatment outcome. Trans R Soc Trop Med Hyg. 2007; 101: 25-33.

**Dr. Vibhor Pardasani**

- Abnormal sleep-wake cycles in patients with tuberculous meningitis: A case-control study. Journal of Neurological Sciences 2008 Feb 20.
- Fatal subacute necrotising brainstem encephalitis in a young man due to a rare parasitic (Balamuthia) infection. Practical Neurology 2008 April; 8(2) : 112-7.

## **NEUROSURGERY**

The department came into existence in April 2007 with the joining of one Associate Professor, Dr. P.K. Upadhyay and two Assistant Professors, Dr. V.K.S. Gautam and Dr. Deepak Kumar Jha. The department is headed by Dr. P.K. Upadhyay. Under his supervision and guidance Neurosurgery department started the outdoor patient services in July 2007. Neurosurgery OT, ICU and Ward are would be ready for services in near future.

### **Hospital Services**

The outdoor patient services are run on all six days of the week in the morning hours. Each faculty representing one unit is presently running its OPD twice a week. OPD is run all six days in a week in the morning hours.

### **Speciality Clinics**

The speciality clinics are not run separately at present as the department is in the development phase. All cases of special diagnosis are seen during the OPD hours. In near future the department plans to run the speciality clinics in the afternoons.

### **Teaching and Training**

Bed side teaching & operative training in operation theatre and clinical examinations of patients in OPD, is done for the resident doctors (both graduates and post graduates)

Regular lectures and seminars are conducted once a week as a part of the departmental activity.

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

#### **Dr. P.K. Upadyaya**

- Attended public awareness programme on the occasion of World Stroke day at IHBAS on 21st June, 2007.
- Attended a visiting Professors program of Movement disorder society on 23rd and 24th Nov, 2007 at IHBAS, Delhi.

- Presented three papers/poster, one of the posters got 2nd prize at Annual Conference of Delhi Neurological Association – 10th DNA CON-2008 on 16th and 17th Feb. 2008 at New Delhi
- Attended monthly meeting of DNA on 1st Sept., 2007 at IHBAS.
- Attended workshop –values in health care : spiritual approach at IHBAS on 8th March 2008

#### **Dr. Deepak Kumar Jha**

- Attended Annual Conference of Delhi Neurological Association – 10th DNA CON-2008 on 16th and 17th Feb., 2008 at New Delhi
- Attended Neurocon 2007, Agra, Dec' 07 and presented three papers in the conference.
  - Giant Cervical Lipoma with Cervico-medullary (CM) Epidural Extension: A Case Report.
  - Outcome of spontaneous brain stem haemorrhage.
  - Endoscopic third ventriculostomy in paediatric population with TBM. Hydrocephalus: outcome assessment and review of literature
- Attended 9th Annual workshop of Microneurosurgery, AIIMS, New Delhi, Aug' 2007.
- Attended UPNEUROCON- 2007 (Aug), Fortis, Noida

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

#### **Dr. P.K. Upadhyaya**

- Organized INDO –USA training programme lecture by Prof. S. Mishra of USA in 2007.
- Organizing Secretary of CME on GBM at Intercontinental Hotel Delhi in 2007.
- Organizing Secretary CME on Spinal Dysraphism at G. B. Pant hospital, MAMC Delhi in, 2007.
- Organizing secretary CME on congenital deformity of head and skull in 2007.
- Organizing secretary CME on Management of deep vein thrombosis in 2007.
- Organizing secretary CME on neuralgic pain and its management in 2007.
- Organizing secretary CME on operative techniques of craniopharyngioma in 2007.



### **Special Grants/Assistance/ Honours/Distinctions Received**

#### **Dr. P.K. Upadyaya**

- Elected as Executive committee member of Delhi Neurological association, State chapter of Neurological association of India.
- Nominated as referee of the Journal of Indian medical association (JIMA) of India.

#### **Dr. V.K.S. Gautam**

- International member of Congress of Neurological Surgeons, USA and CNS University of Neurosurgery, USA.
- Life Member of Neurological Society of India (NSI- GNS 66).
- International member for Dystonia Medical Research Foundation, USA.
- Member of the interview board of Sushruta Trauma Center, and Lok Nayak Hospital, Govt. of NCT of Delhi.

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

#### **Dr. P.K. Upadyaya**

- Upadyaya P.K., Srivastava Ashok K. Simultaneous EDH in supra as well as infra tentorial compartment, Ind Journal of Neuro trauma, June 2007.
- Upadhyay P K, Sinha S 'Traumatic orbitomoxillary encephalocels', Ind Journal of Neuro trauma. Dec 2007.

#### **Dr. Deepak Kumar Jha**

- Sharma KC, Singh H, Gupta V, Mishra V, Mittal MK, Murarka A, Singh A, Jha D. Giant Cervical Lipoma with Cervico-medullary (CM) Epidural Extension: A Case Report. *Pediatr Neurosurg* 2008;44(3):258-60. Epub 2008 Mar 27.
- Husain M, Rastogi M, Jha DK, Husain N, Gupta RK. Endoscopic transaqueductal removal of fourth ventricular neurocysticercosis with an angiographic catheter. *Neurosurgery*. 2007 Apr;60(4 Suppl 2):249-53.
- Jha D, Mishra V, Choudhary A, Khatri P, Tiwari R, Sural A, Kumar S. Factors affecting Outcome of Neuroendoscopy in Patients with Tuberculous Meningitis Hydrocephalus (TBMH): A Preliminary Study. *Surg Neurol* 2007 Jul;68(1):35-41; discussion 41-2.
- Jha D, Khatri P, Choudhary A, Sethi R, Kumar S. Endoscopic Third Ventriculostomy (ETV) in Prepontine-Suprasellar Tuberculoma with Tuberculous Meningitis Hydrocephalus (TBMH): A Case Report". *Pediatr Neurosurg* 2007;43(1):42-6.

## NEUROANAESTHESIOLOGY

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

### HOSPITAL SERVICES

#### Clinical Activity

- PAC: All the patients undergoing for any procedure under the effect of anesthetic agent are screened in pre anesthetic checkup to rule out any problem that can be hazardous during anesthesia. It also helps in to find out any contraindication for the procedure. During year 2007 total 90 patients were seen in PAC.
- ECT: Electroconvulsive therapy is a treatment for the severe depression. It may be carried out to apply current in conscious patients (Direct ECT) or in anaesthetized patient (Modified ECT). Total 589 MECT were given under anesthetic effect during 2007.
- Narcoanalysis: This is an interview of a patient under the effect of Inj Thiopentone. Total two patients under went such procedure.
- ICU Care & ventilatory support to critically ill patients: Frequently many patients in Neuro-ICU require ventilatory support to maintain the respiration and we have to modern ICU-ventilators. Many a time's help of anaesthetist is required in neurology to put I.V.Line/ central line, to perform lumbar punctures, to put Ryle's Tube etc.

#### Teaching and Training

- Regarding care of ventilatory patient, ventilator setting to a critically ill patient.
- To nursing staff of neuro ICU-regarding care of ventilator, care of critically ill patients.

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

- Attended a workshop on LMA at MAMC, New Delhi on 9th July, 2007.

- Attended a course on emergency sonography at JPN Apex Trauma Center, AIIMS, New Delhi from 18th Jan., 2008 to 20th Jan., 2008.
- Attended IXth Annual Conference of the Indian Society of Neuroanaesthesiology & Critical Care at Hyderabad from 8th Feb., 2008 to 10th Feb., 2008.
- Attended advanced airway workshop on Fiberscope Guided Intubation at MAMC, New Delhi on 2nd March, 2008.

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

- Jain MK. "Alternative to Succinylcholine for ECT in Neuroleptic Malignant Syndrome Patients: Can Atracurium be Safe?". Journal of Anesthesiology Clinical Pharmacology (in press).
- Narayan VB, Jain MK. "Anaesthetic management for ECT: A Review". Journal of Anesthesiology Clinical Pharmacology (in press).
- Jain MK, Venugopal M, Tripathi CB. Use of Proseal LMA (PLMA) for Laparoscopic Cholecystectomies: an ABG analysis. Journal of Anesthesiology Clinical Pharmacology.

## **NEURORADIOLOGY**

Department of Neuroradiology has state of the art machines for Digital X-Ray, Ultrasound, Colour Doppler, and Digital Angiography. For the last one year there has been an increase in patient in-flow in the department. The Institute has also state of the art 3 Tesla MRI Machines, under Bhagidari Scheme which has been performing all the MRI sequences including MR Spectroscopy, Diffusion Tensor and Functional MRI.

### **Hospital Services**

Radiological Investigations performed during the year were:

- X-ray facilities: Presently, X-rays are being performed on Shimadzu 1000 mA, X-ray machine. During the year, 4433 X-rays have been performed.
- Ultrasound, Echo and Color-Doppler: 2533 ultrasound and Doppler examinations have been performed in the calendar year.
- MRI: The supervision and reporting of MRI scans of IHBAS patients done at Focus Imaging Center is being done by radiology faculty and residents of the institute. Daily 10-15 patients of IHBAS (inpatients and outpatients) undergo MR scanning at Focus Imaging Center.

### **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.

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

#### **Dr Rima Kumari**

- Attended Tharang – Annual conference of Kerala state chapter of IRIA held from 28th to 30th March 2008 at Trivandrum, Kerala.

- Presented a paper on 'Diffusion Tensor Imaging and T2 Relaxometry in medial temporal lobe Epilepsy on 3T MRI' in the European Congress of Radiology (ECR) organized by the European Society of Radiology (ESR) in Vienna, Austria, March 7th-11th, 2008.
- Presented a paper on 'CNS Tuberculosis: Spectrum of Imaging Findings on 3T MRI in the European Congress of Radiology (ECR)' organized by the European Society of Radiology (ESR) in Vienna, Austria, March 7th-11th, 2008.

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

##### **Dr Rima Kumari**

- Chaturvedi S, Kumari R et al. Medullomyoblastoma with calcification- A Case Report. Neuropathology 2007.
- Chaturvedi S, Kumari R et al. Rhabdoid meningioma with cranial nerve involvement: case report of a child. Clinical Neuropathology, Vol.27 – No.4/ 2008 (248-251).

## 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 neuropsychological assessment and rehabilitation, Child guidance services, Counseling in the area of Marital and Psychosexual problems, Early detection, evaluation and intervention for the children with Mental Retardation, Autism, Learning Disability and rehabilitation services to the persons with severe mental illness.

The Clinical Psychology Department is also playing a leading role in teaching and training of M.Phil.(Clinical Psychology) trainees to develop the manpower in the area of mental health. It also extends its services and training programs for other departments and agencies inside and outside IHBAS.

### 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. Total 16520 sessions were conducted in the current year (Psychodiagnostics - 2474, Psychotherapeutic - 10399, IQ Assessment - 3647).

### Specialty Clinics

Services are also provided by Clinical Psychology Department in various Specialty Clinics of IHBAS. Services provided in some of the clinics during the Year 2007 are given below:

Name of the Clinic	No. of Sessions Conducted
Child and adolescent clinics	999
Mental Retardation Clinic	1971
Marital Psychosexual Clinic	272
DATRC	238

## 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 Faculty of Medical Sciences, University of Delhi. Two batches have qualified their exams and are placed successfully in the field. Admission to fourth batch (2007-2009) was given in September 2007 and their course has commenced from October 2007.

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; for their orientation training thorough exposure to the areas like case history taking, clinical interview, psychological assessment and therapeutic interventions.

**I.Q. Certification of Persons with Mental Retardation:** This service of IQ Certification commenced in the month of April 2006 by the institute considering the urgent need of certification which helps the persons with mental retardation in admission to special school for availing concession and facilities like income tax benefits to the caregivers, concession in railway & road transport charges. Earlier process of certification used to be markedly delayed, causing inconvenience to the clients attending our OPD & MR Clinic. Clinical Psychologist is an authorized professional to certify IQ by Ministry of Social Justice & Empowerment, Government of India. This does not relate to disability certification.

Disability certificate with regard to mental retardation (whenever required) is issued by a Medical Board constituted by the institute as per the orders of Government of NCT of Delhi.

## RESEARCH

### Dr. Tej Bahadur Singh

- **Main Investigator and Supervisor** (as main guide) of ICMR funded Research project & SRF: Mr. Vijander Singh's research work "Attitude, Anxiety and caregiver's burden of the relatives of the ICU patients who are allowed to meet and not allowed to meet" (ongoing) at IHBAS.

**Supervised five research works for M. Phil. Dissertations. The supervised M. Phil. dissertations are:**

- Psychosocial Burden and Quality of Life in Parents having Children with Thalassemia



- Personality Dynamics in Patients with Tension Type Headache
- A Study of Neuropsychological Dysfunctions in Depressive Adults
- Neuropsychological assessment of Executive functions in Obsessive Compulsive disorder
- Parental attitude of Parents of the Mentally Retarded Individuals towards the normal siblings of the mentally retarded

**Dr. Uday Kumar Sinha**

- Co-investigator in two ICMR supported research projects at IHBAS. One of them is on mental health morbidity in earthquake affected population of Gujarat and the second is on mental health needs of urban community & mental health service delivery.
- Supervised four research works for M. Phil. Dissertations. The supervised M. Phil. dissertations are
  - Psychological management of insomnia in patients suffering from Depression
  - Perceived Expressed Emotions and Behavioral problems in individuals with Epilepsy
  - Long term Psychological disturbances in earthquake affected children and adolescents
  - Neuropsychological impairment in Dementia

**Dr. Vibha Sharma**

- Co-investigator in a research project (Drug trial) on Alzheimer's patients running in Neurology Department
- Supervised four research works for M. Phil. Dissertations. The supervised M. Phil. dissertations are:
  - Efficacy of Cognitive retraining techniques for enhancing cognitive and scholastic performance among children
  - A Comparative Study of the concept of Object Relations in Dissociative Patients and normals
  - A Comparative Study of Emotional Intelligence, Self Esteem and Alexithymia between Alcohol and Cannabis Dependence patients
  - Emotional Intelligence and Coping with depression and Anxiety in Customer Care Executives in Call Centres

## Symposia/ Workshops/ Conference/ Training/ CME

### Dr. Tej Bahadur Singh

- **Invited to chair** a session of International Conference on Psychology in Mental Health; Journey of a profession: Prospects and Challenges; NIMHANS, Bangalore on 28th July, 2007.
- **Invited to chair** C.S.Kang Oration Award of the National Annual Conference of the Indian Association of Clinical Psychologists at Department of Psychology, University of Calcutta; from 7th to 9th January, 2008.
- **Invited to chair** the Psycho Award session of Annual Conference of Indian Association of Clinical Psychologists, 7th – 9th Jan, 2007
- **Invited to chair** an academic session “Therapeutic application of SIS & Rorschach test” of the National Annual Conference of the Indian Association of Clinical Psychologists at Department of Psychology ,University of Calcutta; from 7th to 9th January,2008.
- **Invited to chair** the Psycho Award session of Annual Conference of Indian Association of Clinical Psychologists, 7th – 9th Jan, 2007.
- **Invited to deliver** Keynote address in the valedictory session of 11th International and 42nd National Conference of ‘Indian Association of Applied Psychology’ at Jamia Milia Islamia, New Delhi on 15th – 17th Feb, 2007.
- **Delivered a lecture** on ‘Violence and Society: Indian Perspective’ First’ France-India meet on Psychiatry, Psycho-analysis and Psycho-therapy on 28th February, 2007
- **Resource person** in Integrated training course of Special Educators at ‘National Institute for the visually Handicapped’ Dehradun from 21st to 23rd January, 2008
- **Resource Person** in National Seminar on Yoga Therapy for Psychiatric and Neurological disorders and delivered a lecture on ‘Yoga and Mental Health’ on 2nd March, 2007.
- **Resource Person** in Faculty Enrichment Programme of UGC and delivered keynote address on Applications of Neuro-psychology and delivered a lecture on ‘Thematic apperception test as a diagnostic tool’ on 25th March, 2007 at R.G.P.G. college, Meerut.

- **Resource Person** in International Conference on Neurology and Rehabilitation at New Delhi on 9th & 10th March, 2007.
- **Resource person** in the third and final meeting as invited expert of the 'Steering Committee on Social Welfare and other special groups' constituted by Planning Commission: Government of India' at Yojana Bhawan , on 4th May 2007.
- **Inspected** 'Sweekar Institute of Rehabilitation', Secunderabad as visiting expert nominated by Rehabilitation Council of India, for the recognition of M.Phil. Clinical Psychology Training Programme on 28th and 29th March, 2008.

#### **Dr. Uday Kumar Sinha**

- **Training faculty** in two, one month Mental Health Counseling training programs of BSF personnel at IHBAS in the month of October and November 2007.
- **Resource person** in the Mental Health Training Programs for General Practitioners under Urban Mental Health Project at IHBAS.
- **Resource person** in Dissemination Workshop on NACO Training Module jointly organized by NACO and IHBAS in the month of August 2007.
- **Training Faculty** in 12 days HIV/AIDS Counselors Training Program based on NACO training module organized by IHBAS and supported by NACO/ DSACS in the month of October 2007.
- **Resource person** as well as delivered lecture on 'Psychological assessment and management of child sex abuse' in a symposium on Child Sex Abuse organized during the National annual conference of Indian association of Clinical Psychologists, organized by the Department of Psychology, University of Calcutta in the month of January 2008.
- **Presented a paper** entitled 'Mental Health Approach to Behavioral Risk Factors of Non-Communicable Diseases (NCD): Development of a Brief Assessment Tool for Mental Health Survey in Urban Community' in International conference on Psychology and Mental Health organized by NIMHANS, Bangalore in the month of July 2007.
- **Presented a research** paper entitled 'Therapeutic use of stories with emotionally disturbed adolescents: a process analysis' in the National annual conference of Indian association of Clinical Psychologists, organized by the Department of Psychology, University of Calcutta in the month of January 2008. This paper received best paper award for the given session.

- **Co-authored** a research paper entitled 'Emotional processing and adjustment pattern in depressives' presented in the National annual conference of Indian association of Clinical Psychologists, organized by the Department of Psychology, University of Calcutta in the month of January 2008. This paper too received best paper award for the session.
- **Co-authored** a research paper entitled 'Psychotherapy with adult survivor of child sex abuse' presented in the National annual conference of Indian association of Clinical Psychologists, organized by the Department of Psychology, University of Calcutta in the month of January 2008.
- **Co-authored** a research paper entitled 'Non-pharmacological management of insomnia' presented in the National seminar on Lifestyle changes and challenges for human development: multidisciplinary perspectives, organized by the Department of Psychology, Barkatullah University, Bhopal in the month of March 2008.
- **Chaired** a poster presentation session on Adolescents mental health in International conference on Psychology and Mental Health organized by NIMHANS, Bangalore in the month of July 2007.
- **Chaired** two scientific sessions on 'Children and disability' and 'Clinical case studies' in the National annual conference of Indian association of Clinical Psychologists, organized by the Department of Psychology, University of Calcutta in the month of January 2008.
- **Attended** National Health Summit on Corporate Health organized by Ministry of Health & Family Welfare, Govt. of India and ASSOCHAM, India in the month of April 2007
- **Attended** ICMR Expert Group Meeting held at Ahmedabad on mental health research project in earthquake affected population of Gujarat in the month of February 2008
- **Member** of the team of inspectors under SMHA, paid visit to Ganga Ram Hospital as a for the purpose of licensing in-patient psychiatric services in the month of May 2007.
- **Participated** in the process of evaluation of more than fifty psychiatry inpatients of Raheja's Psychiatric Hospital for deciding the need and nature of their long term care as a co-opted member of the Special Medical Board set-up for the purpose in the month of May-June 2007.

- **Coordinated and managed** field training of M. A. Psychology students of Delhi University and Jamia Millia Islamia at IHBAS.
- Has been **instrumental** in the development of Behavior Therapy Unit under the Department of Clinical Psychology.

#### **Dr. Vibha Sharma**

- **Participated** in International Workshop on “Ethics of Mental Illness Research and Genetic Epidemiology”, organized by department of Psychiatry, Dr. Ram Manohar Lohia Hospital, New Delhi on July, 5th, 2007.
- **Participated** in “Autism Training Workshop for Delhi Government Doctors”, organized by Department of Pediatrics, Maulana Azad Medical College, New Delhi on July, 18th & 19th, 2007.
- **Participated** in “International Conference on Psychology in Mental health”, organized by department of Mental Health and Social Psychology, NIMHANS, Bangalore, from 26th to 28th July 2007.
- **Attended** a Meeting for Reviewing the Course Curriculum of M.Phil Clinical Psychology, organized by Rehabilitation Council of India, held at Manipal University, Manipal, during December, 17th to 19th, 2007.
- **Presented** a paper “Treating Abnormality versus Promoting Normality: the process of Psychotherapy”, in National Annual Conference of Indian Association of Clinical Psychologists, hosted by Department of Psychology, University of Calcutta, during January 7th to 9th, 2007.
- **Chaired** a scientific session on Scale Construction in National Annual Conference of Indian Association of Clinical Psychologists, hosted by Department of Psychology, University of Calcutta, during January 7th to 9th, 2007.

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

#### **Dr. Uday Kumar Sinha**

- Guest lectures, took a series of lectures for PG Diploma students of Counseling Psychology, Department of Psychology, Jamia Millia Islamia in the area of Practical Counseling Skills and Counseling with specific populations.

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

#### Dr. Tej Bahadur Singh

- Taken over charge of 'President of Indian Association of Clinical Psychology' for two years term on 9th January, 2008.
- **Member Editorial Board:** Disability & Impairments; An interdisciplinary research Journal. Akshat Publications ;New Delhi
- **Member Editorial Board:** International Journal of Rehabilitation Research (U.K.); the official Journal of the European Federation for Research in Rehabilitation. Lippincott Williams & Wilkins, London.

#### Dr. Uday Kumar Sinha

- **Member of Editorial Board in the Editorial Board of Pakistan Journal of Professional Psychology:** Research and Practice in the year 2007.
- **Reviewed article** on domestic violence submitted for publication in Pakistan Journal of Professional Psychology: Research and Practice in the year 2007.
- **Reviewed article** on 'Test anxious students with reference to attribution style, parenting style and daily hassles' submitted for publication in e-journal of Indian Association of Child & Adolescent Mental Health in the year 2007.

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

#### Dr. Tej Bahadur Singh

- Rakesh K. Chadda, **Tej B. Singh** & Kalyan K. Ganguly (2007): Caregiver burden and coping: A prospective study of relationship between burden and coping in caregivers of patients with schizophrenia and bipolar affective disorder. **Social Psychiatry & Psychiatric Epidemiology**, **42**, 923-930.
- Kumar D, Sharma V & **Singh T.B.** (2007): A study of mental health among customer care executives in call centres. **Amity Journal of Behavioural and Forensic Sciences**; **3**, 2, 19-27.
- Vibha Sharma, Tej Bahadur Singh & Smita Srivastava (2007): Yoga and cognitive behaviour therapy for improving adolescent mental health. **Proceedings of National seminar on yoga therapy for psychiatric and neurological disorders**. MDNIY & NIMHANS, 77-86.

#### Dr. Vibha Sharma

- Verma S., **Sharma V. & Verma P.** (2007): Mental wellbeing, academic anxiety and emotional intelligence in school children. In *Mindscapes: Global Perspectives on Psychology in Mental Health*, published by NIMHANS, Bangalore.
- Kumar D, **Sharma V. & Singh T.B.** (2007): A study of mental health among customer care executives in call centres. **Amity Journal of Behavioural and Forensic Sciences**; 3, 2, 19-27.
- Sharma V., Singh T.B. & Srivastava S.(2007): Yoga and cognitive behaviour therapy for improving adolescent mental health. **Proceedings of National seminar on yoga therapy for psychiatric and neurological disorders.** MDNIY & NIMHANS, 77-86.

#### Achievements of Clinical Psychologists

#### Dr. Ruchi Verma

- Have been on the **panel of consultants** and invited as a **resource person** to deliver lectures and to conduct workshops in the area of Stress Management, Developmental Psychology and Therapeutic approaches at NIPCCD (Delhi), Delhi University, Jamia Millia University and a few renowned Public Schools in Delhi. Also a **panelist** at the Cancer Sahyog (A unit of Indian Cancer Society) and involved in their public awareness programmes.

#### Research, Publications and Presentations:

- **Presented** a paper Mental Health and Coping Styles of Women and their parents seeking separation/divorce Varma R., Singh T.B., in International Conference On Psychology In Mental Health held at Nimhans, Bangalore from 26 to 28th July 2007.
- **Presented a paper** on “Homosexual identity formation, psychological well being and efficacy of Cognitive Behaviour Therapy in Homosexual adults”. Sadiza J., Shanker R.V., in 4th Asia Pacific Conference on Reproductive and Sexual Health at Hyderabad held on 29th -31st Oct 2007.
- **Presented a paper** on “A holistic intervention approach for the Neuropsychological Rehabilitation in Hemiparesis”: A case report. Malhotra S., Sadiza J., Shanker R.V., in NACIACP, 2008 held at Kolkata from 7th– 9th Jan 2008.



- **Participated** in two days workshop on “Neuropsychology, Brain Signature Profiling and related Aspects” held in the month of March 2008 at AMITY University.
- **Delivered lectures** as visiting faculty for PGDC in Clinical Psychology conducted by Jamia University.
- **Attended XXXVI** Annual National Conference of Clinical Psychologist held at Kolkata in January 2008 and presented an original scientific paper titled “Behavioural and Neuropsychological correlate of TOM in Patients with Frontal and Non-frontal lesion.

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

##### **Research, Publications and Presentations:**

- **Kaloiya, GS.** Grover, N., Singh, SB & Singh, TB (2007). Symptom Presentation in Obsessive Compulsive Disorder. Psychological Studies. 2, 149-153.
- **Presented** a paper on “Cognitive Behaviour Group Therapy in Obsessive-Compulsive Disorder.” in International conference on Psychology in Mental Health, held at NIMHANS, Bangalore between 26 & 28 July, 2007.
- **Chaired** the session “R K Young Scientist Award” during the XXXIV National Annual Conference of Indian Association of Clinical Psychologists (NACIACP 2008) organized by Dept. of Psychology, K.U. held at Kolkata between 7 & 9 January 2008.
- **Participated** in the International Symposium on “Obsessive Compulsive Disorder,” organised by NIMHANS, Bangalore between 10 & 11 November, 2007.
- **Participated** in XXXIV National Annual Conference of Indian Association of Clinical Psychologists held at Kolkata between 7 & 9 January 2008.
- **Resource person** and delivered lectures on “Psychological Assessment” for the students of PG Diploma in Counselling Psychology (session 2007- 2008) at Jamia Millia Islamia (Central University), Delhi between Nov. 2007 and Feb 2008.

## **PSYCHIATRIC SOCIAL WORK**

The department of Psychiatric Social Work is dedicated to service for the welfare and self-fulfilment of human beings; to the development and disciplined use of scientific knowledge regarding human behaviour and society; to the development of resources to meet individual, family, group and societal needs and aspirations; to the enhancement and improvement of the quality of life of people; and to the achievement of social justice.

The department strives to promote social change by empowering people. We enable all people to develop to their full potential, enrich their lives, and prevent dysfunction through problem solving and serving as change agents in society and in the lives of the individuals, families and communities we serve.

Our core values are based on respect for the equality, worth and dignity of all people.

We address the barriers, inequities and injustices that exist in society in respect of the mentally ill and the disabled. We respond to crises and emergencies as well as to everyday personal and social problems by utilizing a variety of skills, techniques, and activities by focusing on persons and their environments. Social work interventions range from primarily person-focused psychosocial processes to involvement in social policy, planning and development. These include counselling, clinical social work, group work, and family treatment and therapy as well as efforts to help people obtain services and resources in the community.

### **Hospital Services**

The Department of Psychiatric Social Work actively engages in providing psychosocial care to patients and their family members both visiting the out-patient department as well as those admitted as in-patients. The Department provides a range of services such as Case Work and Group Work services, Family Intervention, Rehabilitation and other services like referral and liaison with various government and non-government organizations for the welfare of patients and their family members. In the year 2007-2008, the department provided Case Work services which includes Psycho education, Life Skills Training and Crisis Intervention to 7,599 patients; Group Work Services to 2,746 patients and Family Intervention in the form of family assistance, counselling and Home Visits to 5,471 family members.

Similarly, psychiatric rehabilitation services were provided to 6,433 patients and referral and liaison services to 1,214 patients and families. Other services such as Income and Disability Assessment were provided to a total 1,597 patients during the said year.

### **Specialty Clinics**

The department also provides the above services to patients and family members visiting the Speciality Clinics such as Drug Addiction and Rehabilitation, Mental Retardation, Child guidance Clinic, Dementia Clinic, Epilepsy Clinic and Movement Disorder Clinic run at the Institute. Services were provided to 3,415 patients and family members visiting these speciality clinics during the year 2007-2008.

### **Teaching and Training**

The department provides Field Work and Block Placement training to Postgraduate and Graduate students of Social Work from various Institutes or Universities all over India. Nearly 25 students have undergone their training in the Department for the year 2007-2008

## **RESEARCH**

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

- Co-investigator in the ICMR Project, “A Multi Centre Task Force Study on Mental Health Needs Assessment and Service Delivery Models in the Disaster Affected Population of Gujarat” since February 2005 till date.

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

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

- **Nominated** as a member of the Steering group committee on Mental Health and Psycho- Social Support of the National Disaster Management Authority, Government of India to prepare the National Guidelines on Psycho social support and mental health services in disasters.
- Was **re-elected** as the Additional Secretary of the Indian Society of Professional Social Workers, in January 2008.
- **Presented** a paper “Crafting a Mindset for Social Work - Role of Educators” in the 26th Annual National Conference of Indian Society of Professional Social Workers held in Mangalore from 28th – 30th January, 2008.

- **Attended** the National Conference on “Social Work Education and Inclusive Development” held at Tata Institute of Social Sciences, Mumbai from 14th to 16th March, 2008.
- Conducted a series of Guest Lectures on ‘Theory and practice of counseling and Psychotherapy’ as part of the non credit course on counseling for post graduate students of Social Work of the University of Delhi from September 2007 to March 2008.
- Was invited as Resource person for an orientation lecture on ‘Social Work and Mental Health’ at B.R. Ambedkar College, in the department of Social Work in August 2007.

#### **Sangeeta Kumari**

- Sangeeta Kumari had participated in the “International Seminar on Gerontology : A Global Concern” organized by Department of Adult, Continuing Education & Extension, University of Delhi from 29th Feb. to 1st March, 2008 at University of Delhi.
- Sangeeta Kumari has co-authored a scientific paper titled “Knowledge, Attitude and Perception (KAP) of parents / guardians of children with Epilepsy”. The paper was presented in 3rd National Mental Health Conference in Collaboration with UNICEF on “The Emerging Trends in Mental Health of Children and Adolescents” held from 13th -15th September, 2007 at Amity University Campus, NOIDA.

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

- Pravin B. Yannawar presented scientific paper titled “Psychiatric Rehabilitation of the chronically mentally ill patient! Where to go?” in the 26th Annual National Conference of Professional Social Workers held during 28-30th January at Mangalore, Karnataka.

#### **Ravi Kishan Jha**

- Ravi Kishan Jha participated and coordinated in organizing “Workshop on Stroke” held on 20th June 2007, at IHBAS, Delhi.
- Ravi Kishan Jha participated in “National Symposium on Stroke” held on 23rd June 2007, at IHBAS, Delhi.
- Ravi Kishan Jha coordinated the “Public Awareness Programme on Epilepsy” the occasion of World Epilepsy Day on 17th November, 2007, at IHBAS, Delhi.

- Ravi Kishan Jha participated in “Movement Disorder Society Visiting Professor Programme” under the aegis of ‘International Society for Parkinson’s disease and other movement Disorders’, held on 23rd -24th November, 2007, at IHBAS, Delhi.
- Ravi Kishan Jha has co-authored a paper titled “Clinical Characteristics and Outcome in Conversion Disorders: a Centre based study” presented in 26th Annual National Conference of Indian Society for professional Social Work, held on 28th -30th January, 2008, at Mangalore, Karnataka, India .
- Ravi Kishan Jha participated in the “International Seminar on Gerontology : A Global Concern” organized by Department of Adult, Continuing Education & Extension, University of Delhi from 29th Feb. to 1st March, 2008 at University of Delhi.

#### **Saswati Chakraborti**

- Saswati Chakraborti participated in an annual event “NGO MEET” on 16th February, 2008, organized by Department of Social Work, Bhim Rao Ambedkar College.
- Saswati Chakraborti presented a Paper in the Award Category on “Deinstitutionalization of persons with mental illness: strengthening social network” at the 26th Annual Conference of Indian Society of Professional Social Work held at Mangalore from 28th -30th January, 2008.

#### **Dr. Sampa Sinha**

- Dr. Sampa Sinha presented a scientific paper titled “Assessment of the quality of life of the caregivers’ of schizophrenia or bipolar affective disorder current episode ‘mania’ patients” on 3rd International Conference of Somatic Inkblot Society (ICSIS), held in RINPAS, Ranchi, Jharkhand during 8th -10th February 2008.

#### **Dr. Sushma Kumari**

- Dr. Sushma Kumari coordinated the workshop on “Stroke” held on 20th June 2007, at IHBAS, Delhi.
- Dr. Sushma Kumari participated in “National Stroke Symposium” held on 23rd June 2007, at IHBAS, Delhi.
- Dr. Sushma Kumari participated in Movement Disorder Society Visiting Professor Programme under the Aegis of International Society for Parkinson’s

disease and other movement Disorders, held on 23rd -24th November, 2007, at IHBAS, Delhi.

- Dr. Sushma Kumari coordinated the “Public awareness programme on Epilepsy” on the occasion of World Epilepsy Day on 17th November, 2007, at IHBAS, Delhi.
- Dr. Sushma Kumari presented a paper titled “ Clinical Characteristics and Outcome in Conversion Disorders: a Centre based study” in 26th Annual National Conference of Indian Society for professional Social Work, held on 28th -30th January, 2008, at Mangalore, Karnataka, India .
- Dr. Sushma Kumari participated in a one day workshop on “Values in Healthcare: a spiritual approach” held on 8th March 2008, at IHBAS, Delhi.

### **Himanshu Kumar Singh**

- Himanshu Kumar Singh has presented a paper titled” Knowledge, Attitude and Perception(KAP) of parents / guardians of children with Epilepsy” in 3rd National Mental Health Conference in Collaboration with UNICEF on “The Emerging Trends in Mental Health of Children and Adolescents” held from 13th -15th September, 2007 at Amity University Campus, NOIDA.
- Himanshu Kumar Singh participated in the “International Seminar on Gerontology : A Global Concern” organized by the Department of Adult, Continuing Education & Extension, University of Delhi from 29th Feb. to 1st March, 2008 at University of Delhi.
- Himanshu Kumar Singh and Ravi Kishan Jha coordinated the “Public Awareness Programme cum Free check-up Camp for Parkinson’s disease” held on 16th March, 2008, at IHBAS, Delhi.
- Himanshu Kumar.Singh participated in an annual Meet of N G O “Aadaan Pradaan” on 2nd August 2007, organized by C B R, North India, Delhi.
- Himanshu Kumar.Singh co-authored an article titled “High Prevalence of Type 2 Diabetes mellitus in Affluent Urban Indians” published by Elsevier.
- Himanshu Kumar.Singh co-authored an article titled “Prevalence and Risk Factors of Pre-hypertension and Hypertension in an Affluent North Indian Population” published by Elsevier

**Abdul Arshad Naaz**

- Abdul Arshad Naaz coordinated a National “Dissemination Workshop on HIV/AIDS Counsellor’s Training Curriculum for Trainers” organized at IHBAS by National AIDS Control Organization (Ministry of Health & Family Welfare, Government of India) from 2nd -4th August, 2007.

**Awards**

Ms. Sushma Kumari, was awarded Doctoral Degree (2007) for the thesis titled, “Impact of Socio-vocational Rehabilitation on Social Behavior of Chronic Schizophrenic in-patients” submitted to Ranchi University, Jharkhand.





**Neurochemistry Lab**



**Microbiology Lab**



**Pathology Lab**



**Neuropsychopharmacology Lab**

## **NEUROCHEMISTRY**

The Neurochemistry Department was established with the objectives to provide routine and specialised investigative facilities in the management of neuro-psychiatry disorders with main emphasis on Molecular Genetics and Proteonomics and to conduct research & training in the collaboration with National & International institutions of repute in the field of neuro-sciences. In the present financial year, department has started fully automated Nutritional laboratory with introduction of new tests- vitamin B12 and folic acid. To further improve the quality, thyroid function tests are now being conducted on fully automated Chemiluminiscent analyser. In continuation to this, department has also started the process of setting up the Neurogenetics laboratory to provide state of art diagnostic facilities based on molecular genetics and proteonomics.

### **Hospital Services**

The Department extends various biochemical investigations to patients attending IHBAS for treatment. During the year 1,29,462 tests were done on 12,540 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 ceruloplasmin in blood and calcium, phosphates, copper, ceruloplasmin and screening for aminoacidurias, in urine. New investigations introduced this year are vitamin B12 and folic acid.

### **Teaching & Training**

The department is actively participating in the teaching and training of lab staff and senior resident. It is also involved in training of MLT and B.Sc (Biotechnology) students.

## **RESEARCH**

CSIR funded research project- An Integrative Biology Approach in Deciphering Genotype Phenotype Correlation for Human Complex Disorders” in collaboration with department of Psychiatry, IHBAS and Institute of Genomic and Integrated

Biology, Delhi. The Principal investigator is Dr. N. G. Desai and Co-investigators are Dr Rachna Agarwal, Dr Neelam Chhillar, Dr Rajesh Kumar and Dr Saurabh Mehrotra. Duration of project is 3 years and it started in 2008.

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

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

- 34th National Conference of Association of Clinical Biochemists of India organized by Escorts Heart Institute & Research Centre at India Habitat Centre, New Delhi, December 17- 20, 2007.
- International Conference on Prevention of Dementia organized by Alzheimer's Association, Washington, USA and presented a paper on 'Serum Copper in Alzheimer's Disease'.
- 4th Annual QC Meet organized by Bio-Rad Lab (India) Pvt. Ltd. and Quality Council of India, Delhi, September 11, 2007.
- Molecular Update organized by the department of Biochemistry, Maulana Azad Medical College, New Delhi, March 28-29, 2008.
- Training attended on 'Molecular Cytogenetics (Rapid Aneuploidy Diagnosis by FISH)' organized by the Department of Reproductive Biology, AIIMS, New Delhi, August 20-22, 2007.

## MICROBIOLOGY

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

A total of 6322 microbiological investigations were carried out during the year 2007-2008. The various diagnostic tests consisted of 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 exudates. Culture for *M. tuberculosis* was also performed for diagnosis of CNS, pulmonary and extrapulmonary tuberculosis. The immunological and serological tests consisted of test for rheumatoid factor (RF), Antistreptolysin-O (ASO), C-reactive proteins (CRP), Widal test, tests for syphilis (RPR & TPHA), test for *Plasmodium falciparum* antigen detection, antigen detection for *Cryptococcus neoformans* 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 and Western blot.

The department was shifted in the diagnostic block of new building of IHBAS and became fully operational there. New automated diagnostic modality like BACTEC MGIT 960 culture was started for early diagnosis of Tuberculous Meningitis along with anti tubercular drug susceptibility testing. Molecular Microbiology Laboratory was made a fully functional unit. Test for HIV viral load monitoring on Real Time PCR platform was standardized and validated.

The department has been regularly participating in External Quality Assurance (EQA) programme 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 has been instrumental in customizing and implementing the Biomedical Waste Management (BWM) at IHBAS. Dr. Rajeev Thakur being the nodal officer for BWM, coordinated the regulatory requirements of DPCC and monitored 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 process of NABH accreditation at IHBAS started in 2008. Dr. Rajeev Thakur was designated as one of the nodal officers for NABH accreditation as well as chairperson for Hospital Infection Control (HIC).

The department took part in hospital infection control programme by doing laboratory surveillance of various catheter related infections as well as by surveillance of environmental samples from 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. In addition the department carried out teaching and training activities in BWM and prevention and control of hospital acquired infections.

## **RESEARCH**

### **Dr. Rajeev Thakur (As Principal Investigator)**

- Detection of Extended Spectrum Beta Lactamase (ESBL) producing Esch. coli and its antimicrobial susceptibility pattern in urinary isolates. (In-house funded project, Co-investigator- Dr. Smita Sarma and Dr. Suman Kushwaha).
- Prevalence of HIV and associated cryptococcal CNS infection in patients of meningitis/meningoencephalitis (In-house funded project, Co-investigator- Dr. Smita Sarma and Dr. Suman Kushwaha).

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

### **Dr. Rajeev Thakur**

- Participated in quarterly meets of Delhi Chapters of Indian Association of Medical Microbiologists (IAMM) and Hospital Infection Society of India (HISI) during the year.
- Attended 5th European Congress on Tropical Medicine and International Health, May 24-28, 2007, Amsterdam the Netherlands.

- Attended International Conference on Opportunistic Pathogens in AIDS (ICOPA), January 27-29, 2008, AIIMS, New Delhi.

#### **Special Grants/assistance/Achievements/Honours/Distinctions Received**

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

- Nodal officer for NABH accreditation
- Chairperson for Hospital Infection Control (HIC) committee.

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

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

- Prevalence of extended spectrum beta lactamase producing urinary isolates of E.coli and their susceptibility pattern in neurology setting of a tertiary care hospital. R. Thakur, K. Bala and M. Gupta. The Abstracts of the 5th European Congress on Tropical Medicine and International Health, May 24-28, 2007, Amsterdam the Netherlands published in European Journal of Tropical Medicine & International Health May 2007; 12(1): 158.
- Prevalence of HIV and associated cryptococcal CNS infection in the neurology setting of a tertiary care hospital. Rajeev Thakur, Smita Sarma and Suman Kushwaha. The Abstracts of international Conference on Opportunistic Pathogens in AIDS (ICOPA), January 27-29, 2008, AIIMS, New Delhi.



## **PATHOLOGY**

The department is well equipped to provide all necessary diagnostic support for investigations pertaining to hematology, exfoliative and aspiration cytology and histopathology. Emphasis is given to quality assurance and regular teaching-training of departmental staff. The department has the most advanced automated instruments and trained manpower to offer quality results.

### **Hospital Services**

During the year 27950 investigations were conducted on 14494 samples. Approximately 145 referred samples were also received from other government hospitals. Facilities for the following tests are available: Hematology- Hemogram with ESR, cell counts, packed cell volume, mean corpuscular volume, mean corpuscular hemoglobin, mean corpuscular hemoglobin concentration, erythrocyte sedimentation rate, reticulocyte count, osmotic fragility test, sickling test, screening for G6PD deficiency, blood group, bleeding and clotting time, blood and bone marrow examination; Cytology- Fine Needle Aspiration Cytology, & body fluid analysis (Urine, CSF, pleural and ascetic fluid); Histopathology- diagnostic facilities for neuromuscular disorders and CNS tumours. This includes enzyme and immunohistochemistry. Efforts are on to standardize in-situ- hybridization. In collaboration with the dept. of Neurochemistry, Western Blotting technique is also to be started.

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

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

- Attended the National workshop on Molecular Cytogenetics: Rapid Aneuploidy Diagnosis by Fluorescent In-situ Hybridisation, AIIMS, New Delhi, August 20-22, 2007.
- Attended the 22nd Annual Conference of Indian Association of Pathologists and Microbiologists (Delhi Chapter), AIIMS, New Delhi, 28 Apr 2007.
- Presented a poster: Chaturvedi S, Gupta Sanjeev, Singhal Shweta, Kumari Rima. Medullomyoblastoma with calcification: a case report. In: 22nd Annual Conference of Indian Association of Pathologists and Microbiologists (Delhi Chapter), AIIMS, New Delhi, 28 Apr 2007.

**Dr. Anshu Gupta**

- Attended the National Hematology Update-VII, AIIMS New Delhi, 23-24 Feb 2008.

**Research Publications (Books/Monographs/Chapters in Books/Research)****Dr. Sujata Chaturvedi**

- Chaturvedi S, Gupta S, Singhal S, Kumari R. Medullomyoblastoma with calcification: a case report. Neuropathology 2008; 28: 93-7.
- Chaturvedi S, Dua R, Singhal S, Kumari R. Rhabdoid Meningioma with cranial nerve involvement: case report of a child. Clinical Neuropathology 2008; 27: 248-51.
- Pant I, Chaturvedi S, Suri V, Dua R. Choroid Plexus Papilloma with Cytologic differential diagnosis: a case report. J Cytol 2007; 24: 89-91.

**Dr. Anshu Gupta**

- Gupta A, Singh U, Singh P, Kundu ZS, Gupta S. An unusual case report of giant cell tumour of iliac bone. In Press, Cytopathology, 2008.
- S Sunita, Gupta A, Chada P, Arora B. Prostatic stromal proliferation of uncertain malignant potential (PSPUMP) : a case report. Indian J Pathol Microbiol 2007; 50: 826-28.
- Gupta A, Mathur S K, Chada Pradeep Reddy, B. Arora. Testicular granulosa cell tumour – a case report. Indian J Pathol Microbiol. 2008; 51: 405-6.
- Gupta A, Singh U, Singh P, Kundu ZS, Gupta S. Fine needle aspiration of a huge pelvic mass involving the iliac bone. Cytopathology. In Press, 2007.

## 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 toxicity, drug interactions, compliance related problems in patients suffering from epilepsy drug interaction. It is also equipped with all necessary instruments viz. High-Pressure Liquid Chromatography with UV and EC detector, automated analyzer and electrolyte analyzer besides other basic equipments.

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. During the year 7323 tests were done compared to 6488 tests last year.

### RESEARCH

**Dr. Sangeeta Sharma**

#### **Ongoing Projects (as Co-investigator)**

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 funded by CSIR is completed. 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 commenced in August 2005. The aims and objectives of the present study were: 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 was to find out the potential utility of genotyping for the genes prior to initiation of therapy with these agents. The specific objectives were: To assess the seizure control with first line AEDs; To assess the side-effect profile; To estimate drug levels of AEDs in blood; To study the known SNPs in selected genes involved in transport and metabolism of the drug. A total of 400 patients suffering from epilepsy attending IHBAS were enrolled in the project. Baseline evaluation (clinical and biochemical) and genotype evaluation of all the patients has been completed.

### **Co-supervisor for Ph.D course**

Thesis entitled “Health Seeking Behaviour among the JJ clusters of Delhi pertaining to ARI among children” registered in Anthropology registered under University of Delhi November 27, 2006.

### **Co-supervisor for MD course**

Thesis entitled “Effect of carbamazepine therapy on vitamin D and parathyroid status in ambulatory children with partial epilepsy” registered in Department of Paediatrics, GTB Hospital registered under University of Delhi October 2007.

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

- Organizing Secretary for a Training Workshop for Nurses on “Promoting Rational use of Drugs held on February 26-27, 2008.

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

### **Dr. Sangeeta Sharma**

### **State Level Training Programmes for Medical Officers and Senior Consultants**

- Invited lecture on the Newer Treatment Strategies in the Treatment of Neuralgia in International Congress on Neurology and Rehabilitation (ICNR) held on March 9-10, 2007 at Delhi.
- Resource person for a workshop on “Measures to ensure the availability of the medicines at hospitals/health centers organized by National Institute of Health & Family Welfare and WHO (Country Office INDIA) held on November 23, 2007.
- Invited lecture on “Publications emanating from Clinical Trials” in the workshop organized by ICMR and AHERF at Apollo Hospital held on November 5-6, 2007.
- Resource person for series of training programmes for doctors “Promoting rational use of Drugs” jointly organized by Directorate of Health Services, Government of NCT of Delhi & DSPRUD February 29, 2008, March 8, 2008, March 15, 2008 and March 29, 2008
- Resource person for training programme for prescribers on “Promotion of Rational Use of Drugs” jointly organized by Bihar Voluntary Health Association

and Department of Health & Family Welfare, Government of Bihar, February 6-8, 2008, Patna.

- Resource person for training programme for prescribers on “Promotion of Rational Use of Drugs” jointly organized by Office of the Director Postal Staff College India, Ministry of Communications and IT, Government of India held from March 17-19, 2008 at Ghaziabad, Uttar Pradesh.
- Resource person for training programme for prescribers on “Promotion of Rational Use of Drugs” jointly organized by Directorate of Health Services, Uttar Pradesh, CREATE, CORDAID and DSPRUD, October 17-19, 2007 at Chitrakoot, Uttar Pradesh
- Resource person for training programme for prescribers on “Promotion of Rational Use of Drugs” jointly organized by Directorate of Health Services, Uttar Pradesh, CREATE, CORDAID and DSPRUD, September 24-26, 2007 at Lucknow, Uttar Pradesh
- Resource person for training programme for Master trainers on “Rational use of Drugs and Standard Treatment Protocols” jointly organized by DSPRUD and Uttaranchal Health and Family Welfare Society held on August 16-18, 2007 at Dehradun, Uttarakhand.
- Resource person for training programme for CMOs on “Drug Policy and rational Use of Drugs” jointly organized by DSPRUD and Uttaranchal Health and Family Welfare Society held on July 31 and August 1, 2007 at Dehradun, Uttarakhand.
- Resource person for training programme for doctors on “Standard Treatment Protocols” organized by Rajasthan Society for Promotion of Rational Use of Drugs and World Bank, April 13-15, 2007 at Jaipur, Rajasthan.

#### **State Level Training Programmes for Pharmacists**

- Resource person for workshop for pharmacists on “Good dispensing practices and good store management practices” jointly organized by Directorate of Health Services, Government of NCT of Delhi & DSPRUD held on March 25-26, 2008.
- Resource person for workshops for pharmacists on “Good dispensing practices and good store management practices” organized by Directorate of Health Services, Government of NCT of Delhi & DSPRUD held on December 11, 13, and 17, 2007.

- Resource person for workshops for pharmacists on “Good dispensing practices and good store management practices” organized by Directorate of Health Services held on October 15 and 16, 2007.

### **State Level Training Programmes for Nurses**

- Resource person for training programme for Nurses on “Promotion of Rational Use of Drugs” jointly organized by DSPRUD and Directorate of Health Services, Government of NCT of Delhi, February 26-27, 2008, Maulana Azad Medical College, New Delhi.

### **Special grants/assistance/ Honours/Distinctions Received**

#### **Dr. Sangeeta Sharma Serving as**

- Guest Faculty, Department of Pharmacology, Maulana Azad Medical College, New Delhi from October 2007 to till date.
- Member Secretary, Committee for Selection of Essential Drugs, Government of NCT of Delhi (since 2003).
- Member Secretary, Institutional Ethics Committee, IHBAS (since May 2006).
- Member, American College of Clinical Pharmacology, New York, USA, 2007 Research Publications (Books/Monographs/Chapters in Books/Research)

#### **Books**

- Promoting Rational Use of Drugs: A Manual for Nurses. Gupta U, Sharma S, Gurbani NK (eds) published by Delhi Society for Promotion of Rational Use Of Drugs 2008.

#### **Articles**

- Anand KS, Sangeeta Sharma. Quality of Life in Migraine. Drug Development and Research 2007 (under print).
- Sangeeta Sharma, Sukriti Joshi, Suman Khushwaha, Kiran Bala. Quackery Masquerading as Complementary and Alternative Medicine (CAM) in Patients with Epilepsy. Complementary Health Practice Review 2007; 12: 139-143.

## **EPIDEMIOLOGY**

Epidemiology department at IHBAS is presently represented by one Assistant Professor and the department is providing support to various clinical and preclinical departments. There are number of projects undergoing in the institute as well as protocols and thesis of MD Psychiatry, M Phil Clinical Psychology & DNB Neurology. It hence appeared imperative to develop an epidemiology lab with few computers which would be instrumental to develop and store the research protocols and analyze the data. As per the global burden of diseases, the psychiatric disorders are going to rise in near future and become one of the major contributors of burden of diseases in the world; hence keeping a check on the trend is also essential. Such trends in neuropsychiatry would be displayed in epidemiology lab.

### **Hospital Services**

#### **Community Services**

The department conducted :

- Community awareness programs of epilepsy to generate confidence in children suffering from Epilepsy in the adjoining areas of IHBAS, in collaboration with the Neurology department.

### **Teaching and Training**

#### **Dr Sarbjeet Khurana**

- Involved in teaching and training of basic and applied aspects of epidemiology to the students of M.Phil Clinical Psychology and research staff in community projects.
- One of the Trainer for Qualitative Research Methodology for the research staff of the multicentric (Delhi,Chennai, Lucknow) projects run at IHBAS.

### **RESEARCH**

#### **Dr. Sarbjeet Khurana**

Co-investigator in the following projects:

- Urban mental health problems and their service needs - A Multicentric ICMR Task Force Project.



- Mental health service needs and service delivery models in the disaster affected population in Gujarat-- a Multicentric ICMR Task Force Project.
- The Prevalence of epilepsy, factors responsible for treatment gap in epilepsy. Funded by IAE.
- Mental health problems & service needs in the Tsunami affected population of coastal Tamilnadu - An ICMR Task Force Project.
- Children with Epilepsy: School Awareness Program – funded by IAE

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

#### **Dr. Sarbjeet Khurana**

- Attended a workshop, 'National Workshop for the development of Curriculum for three short-term training courses on Health Promotion & Health Education'. from 27th to 31st August 2007
- Attended review meeting of Multicentric ICMR task force project entitled 'Urban mental health problems and their service needs', held at ICMR headquarters, New Delhi, on 10th August 2007.
- Attended a meeting at DHS headquarters, Delhi, to discuss regarding supply of CPA medicines and surgical consumables, on 11th August 2007.
- Attended a review meeting of Multicentric ICMR task force project entitled 'Mental Health Service Needs and Service Delivery Models in the Disaster Affected Population in Gujarat', held at IHBAS, Delhi-95, on 17TH September 2007

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

- Lal P, Malhotra R, Khurana S, Malhotra C. Oct 2007 'Prenatal sex determination: Knowledge, Beliefs and Practices among pregnant women of a rural area of Delhi'. The Indian Practitioner.Vol.60 No. 10: 626-629

## 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 analyze data pertaining to mental health and neurosciences.

### Teaching and Training

Dr. C.B. Tripathi is 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. He also supervised four M.Phil. (Clinical Psychology) and one M'D (Psychiatry) thesis.

### Professional Affiliation

Dr. C.B. Tripathi is the Statistical consultant of Indian Journal of Psychiatry.

## RESEARCH

### Dr. C.B. Tripathi

- **M. D. (Psychiatry) Thesis Supervised as Co-supervisor**
  - Supervised thesis entitled ***“A Study of Relationship of Insight with Level of Functioning, Quality of Life and Disability in Patients with Schizophrenia”***.
- **M. D. (Psychiatry) Thesis under Supervision as Co-supervisor**
  - Supervising **M.D. (Psychiatry)** thesis entitled ***“A Study on Relationship of Level of Insight with Level of Functioning and Perceived Burden in Schizophrenia & their family”***

- Supervising **M.D. (Psychiatry)** thesis entitled ***“A Study of Mental and Behavioral Problems in Children of the Female Patients with Schizophrenia”***
- **Involvement in Research Projects as Co- investigator**
  - ICMR multi-centre Task force Project entitled **“Urban Mental Health Problem & Service Needs”**.
  - ICMR Task force Project entitled ***“Suicide Related Behaviour”***
  - ICMR multi-centre Task force Project entitled ***“Mental Health Services Needs and Service Delivery Models in the Disaster affected population in Gujarat”***

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

- **Presented** a research Paper entitled ***“A Study on Risk Factors Associated With Mental Illness: A Logistic Regression Approach”*** in XXIX annual conference of Indian Association for the Study of Population & National Seminar on Recent Statistical Techniques for Data analysis held at Department of Statistics, Banaras Hindu University (BHU), Varanasi during Oct.26-28, 2007.
- **Attended** a review meeting of multi centric ICMR Task Force Project entitled ***“Suicide Related Behaviour”*** held at ICMR head quarter, New Delhi, on July 20, 2007.
- **Attended** review meeting of multi centric ICMR Task Force Project entitled ***“Urban Mental Health Problems and Their Service Needs”***, held at ICMR head quarter, New Delhi, on Aug. 10, 2007.
- **Visited** Lucknow centre as a Co-Investigator of multi centric ICMR Task Force Project entitled ***“Urban Mental Health Problems and Their Service Needs”***, on Oct. 04, 2007, for effective co-ordination and supervision of field work.

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

- Worked as Statistical consultant of Indian Journal of Psychiatry. Reviewed many research papers, submitted for publication, during this period.

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

- Aggarwal R, Kushwaha S, **Tripathi CB**, Singh Neeraj, Chhillar Neelam. *Serum Copper in Alzheimer's Disease and Vascular Dementia*. Indian Journal of Clinical Biochemistry 2008; Vol.23, No.4 :369-374.
- Sinha UK, Desai NG, Gupta DK, **Tripathi CB**, Sisodia A, Kumar J, Shah B, Mathur Prashant. *Development of Psychological Risk Factors Questionnaire (PRFQ)*. Psychological Studies 2008; Vol. 53, No.2:146-149
- **Tripathi CB**, Prem Chandra, Pandey N, Roy N. Meta analysis: *What, Why and How*. Statistics in Transition-new series 2007; Vol. 8, No. 2: 887-901.
- Sharma S, Joshi S, Mukherji S, Bala K, **Tripathi CB**. *Therapeutic Drug Monitoring: Clinical Utility in Neuropsychiatry Practice and Experiences*. American Journal of Therapeutics (in press).
- Jain MK, Venugopal M, **Tripathi CB**. *Use of Proseal LMA (PLMA) for Laparoscopic Cholecystectomies: an ABG analysis*. Journal of Anesthesiology Clinical Pharmacology (in press).

## **MEDICAL ANTHROPOLOGY**

Medical Anthropology deals with the application of anthropological understanding and methods to address the issues of health, sickness and suffering of human beings. As a sub-discipline, medical anthropology extends her work to biological anthropologists, ethnologists, psychologists, physicians, psychiatrists, nurses and other health professional's work. In this sense it draws upon social, cultural, and biological anthropology to better understand those factors which influence health and well being, the experience and distribution of neuro-psychiatric illnesses and other diseases, the prevention and treatment of sickness, healing processes, the social relations of therapy management, and the cultural importance and utilization of pluralistic medical systems. Since the discipline, it draws upon many different theoretical approaches. It is as attentive to popular health culture as bio-scientific epidemiology and the social construction of knowledge. Medical anthropologists examine how the health of individuals, larger social formations, and the environment are affected by interrelationships between human beings and other species; cultural norms and social institutions; micro and macro politics; and forces of globalization as each of these affects local worlds. As a body of knowledge, it owes a considerable debate to other disciplines which include biomedicine, development and local area studies, psychotherapy and psychoanalysis etc.

Department is carrying out the academic as well as clinical activities since April 2006 and continue to work in the Medical Anthropology OPD of neurology patients population focusing on Popular health culture and domestic health care practices for Neuro-psychiatric Diseases e.g. Epilepsy and Dementia.

In order to strengthen activities the department has started a process of establishing the linkage with experts available in Delhi for exchange of information of common interest with Department of Anthropology, Delhi University ,Centre of Social Medicine and Community Health, JNU; National Institute of Health and Family Welfare, Munirka; Central Health Education and Bureau, Voluntary Health Association of India, Council of Social Development, Delhi; Department of Anthropology, University of Mysore, ICSSR and others. Department proposes to start M.Phil. and Ph.D. in Medical anthropology in near future.

## Hospital Services

The department of being an integral part of the multidisciplinary team has given the inputs for the management of patients of behavioral disorders and neurological disorders i.e. epilepsy, dementia. The department is planning to initiate training programme for the public health awareness on mental illness.

## Teaching and Training

Department is involved in teaching M. Phil. students of Clinical Psychology in the Institute and helping the Ph D students from South Asia Institute-Department of Anthropology, University of Heidelberg, Germany and Department of Anthropology, Washington University in St Louis, USA for their Ph D program in Medical anthropology.

## RESEARCH

### Department has designed and initiated two research projects

- ***Anthropological Study of Epilepsy specific Beliefs, Attitudes and Behavior in urban Slums and Rural Communities of NCR, Delhi: A pilot study.*** Department has initiated this study in collaboration with the Department of Neurology. Data collection in Neurology OPD has been started to determine the prevailing trend in the population attending OPD.
- ***Children with Epilepsy: School awareness programme.*** A school awareness program for the children had been prepared in collaboration with department of Epidemiology and Neurology. Program has already begun to assess the prevailing understanding of epilepsy among the school teachers and students of East Delhi.

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

- ***Attended National seminar on Policies and Issues in Bio-development of Scheduled Tribes***, from 26 to 27 November 2007 organized by Anthropological Association, Mysore, in Anthropological Survey of India (ASI) Southern Regional Centre, Mysore, Karnataka. Chaired one of the technical session on the Tribal Health and Health Policy where six papers were presented on interesting themes.

- **Presented** a paper *“People Living with Epilepsy(PLWE)-some experiences from OPD patients”* by jointly with Kiran Bala, Sushma Kumari and Ravi K Jha” in National Conference on Medical Anthropology and Health sciences from 28 to 30 November 2007 organized by Society for Indian Medical Anthropology(SIMA), Mysore at Anthropological Survey of India (AnSI), Southern Regional Centre, Mysore, Karnataka.
- **Attended** *National Seminar on Gerontology: A Global Concern* from 29 February to 1st March 2008 organized by Department of Adult Education, Continuing Education and Extension, University of Delhi, Delhi.
- Took **Invited lecture** on *“Rights to Family Environment and Alternate care”* between in HIPA, Sector-18, Gurgaon, Haryana on 25th September.2007.
- Took **Invited lecture** on *‘Child Rights to Survival-Basic Health and Rights to Development -Education’* (Art.28&29) ,in HIPA, Sector-18, Gurgaon, Haryana on 25th September 2007.
- Took **Invited lecture** on *“Non –institutional care of the children and the Rights of the every child to the Family”* in the **Two Days State Level Orientation Programme on “Adoption” for Class I/II officers of the State** organized in collaboration with CARA, Ministry of Women and Child Development, GOI from 28-29 February 2008 in HIPA, Sector-18, Gurgaon, Haryana.
- Took **Invited lecture** on *Mental Illnesses and Family Support: Cultural perspective* for Post- graduate students of Child Development as well as of Food Sciences and Nutrition, DOS in Food Sciences and Nutrition, University of Mysore, Manasagangotri, Mysore on 29th Nov., 2007.



## **LIBRARY AND INFORMATION CENTRE**

The Library and Information Center continues to be an essential component of the institute's outstanding research and education mission. It provides information and caters to the study needs of the faculty members, Doctors, Researchers and students. It is a most lively place in the institute providing a safe, comfortable and friendly environment that enables learning and advancement of knowledge to promote research activities.

### **Library Services**

The library continued its efforts to improve services and facilities to support the research, teaching and learning endeavors of faculty, students and staff. It aims to provide easy access to highly quality information and to increase the awareness and availability of services. 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

### **Collection and Management**

Library has developed an update collection of books, periodicals, annual reports in the field of mental health Neuro & Allied sciences. Library has approx. 10,000 volumes comprising books, journals and non-books material in the field of Psychiatry, Neurology, Clinical Psychology and other related fields. The newly acquired documents approx. 425 have been classified catalogued and kept ready for use. Library subscribed approx. 127 scientific journals during the period.

### **Resource Sharing**

Exchange programme were established with different national and international institutions such as National Brain Research Center (NBRC), National Institute on

Drug Abuse (NIDA), World Health Organization (WHO), NIMHANS, NML etc. to retrieve update information in related subject fields. Consolidation of Information Technology internet and networking facility with British Council Library (BCL) and DELNET has under taken to facilitate the users.

### **Automation & Digital Resources**

The Library & Information Center provides web-based access of information to over 40 full text journals .LibSys software has been acquired and installed for the automation of library activities. The process for inputting data in LibSYS is under process. Library & Information 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.

### **Reference, Consultation & Circulation**

The main task of reference service is to connect users with right information. It provides necessary assistance to the users with right information or document of their choice. The library issued 4500 books and other documents to its members during the year. 13101 users visited consulted the library during the period. In addition to members, 2527 readers from different institutes, medical colleges and universities i.e. from UCMS & GTB Hospital, School of Social Sciences, School of Psychology, Univ. of Delhi, Univ. of Jamia Millia Islamia, New Delhi, Kashi Vidyapeeth University, Varanasi, B.H.U. Varanasi and Guru Jambheshwar University, Hissar, M.J.P. Rohilkhand University, Bareilly (U. P.), were consulted the library during the year. Physical verification of library holdings were also carried out.

### **Binding Work & Photocopy Service**

Back volumes of journals were processed for binding and bound journals technically processed for easy access to the users during the period. Photocopy facilities has contracted out to the private agency on nominal charges to enhance the capability of reprographic services to internal and external users of library.

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

- Dr. S. K. Pandey, Lib. & Doc. Officer, IHBAS has participated in the National convention of MLAI held at A.N Magadh Medical College Gaya, on 3-6th Dec. 2007.
- Dr. S. K. Pandey, Lib. & Doc. Officer, IHBAS has attended one day seminar on "Management of E-resources "held at Govt. Medical College & Hospital, Chandigarh, on 16th April 2007.

## **ENGINEERING DEPARTMENT**

Engineering Department of the Institute is having its full-fledged setup to cater the infrastructural requirements of the Institute.

The Department is headed by Superintending Engineer, who is also the Project Manager of the Remodelling Project. The Engineering Department consists of two divisions – Civil and Electrical, each headed by Executive Engineer. The Civil as well as Electrical Engineering Division has two subdivisions headed by Assistant Engineers.

Horticulture unit is headed by Assistant Director and has developed Nursery, Herbal Garden, Net & Poly Houses and maintaining the horticulture of the institute.

## GENERAL INFORMATION

### PRESENT STAFF AT IHBAS (AS ON 31.03.2008)

Sl. No.	Name of the Post	No. of posts available	No. of posts filled
1.	Director	01	01
2.	Emeritus Professors	02	02
3.	Addl. Medical Superintendent	01	-
4.	Joint Director (Admn.)	01	01
5.	FA & CAO	01	-
6.	Professor (Medical & Non Medical)	14	06
	i) Psychiatry (Medical)	03	02
	ii) Neurology	01	01
	iii) Clinical Psychology	01	01
	iv) Pathology	01	01
	v) Microbiology	01	01
	vi) Neuropsychopharmacology	01	01
	vii) Neuro Chemistry	01	-
	viii) Neuro Anaesthesia	01	-
	ix) Psychiatry Social Worker	01	-
	x) Neuro Surgery	01	-
	xi) Radiology	01	-
	xii) Human Behaviour	01	-
7.	Addl. Professor (Medical & Non Medical)	09	-
	i) Psychiatry	04	-
	ii) Clinical Psychology	01	-
	iii) Neurology	01	01
	iv) Neuro Surgery	01	-
	v) Neuro Anaesthesia	01	-
	vi) Psychiatry Social Worker	01	-

<b>Sl. No.</b>	<b>Name of the Post</b>	<b>No. of posts available</b>	<b>No. of posts filled</b>
8.	Associate Professor (Medical & Non Medical)	21	-
	i) Psychiatry	08	01
	ii) Neurology	03	01
	iii) Neuro Radiology	01	-
	iv) Pathology	01	01
	v) Medical Anthropology	01	-
	vi) Neuro Chemistry	01	01
	vii) Clinical Psychology	01	01
	viii) Neuro Surgery	01	01
	ix) Neuro Anaesthesia	01	-
	x) Neuro Psychopharmacology	01	-
	xi) Psychiatry Social Worker	-	-
	xii) Psychiatric Nursing Deptt.	01	-
	xiii) Microbiology	01	-
9.	Asst. Professor (Medical & Non Medical)	44	
	i) Psychiatry	15	03
	ii) Neurology	06	03
	iii) Clinical Psychology	03	01
	iv) Psychiatry Social Worker	02	01
	v) Neuropsychopharmacology	01	-
	vi) Neuro Radiology	02	01
	vii) Neuro Chemistry	01	01
	viii) Microbiology	01	-
	ix) Bio-statistics	01	01
	x) Epidemiology	01	01
	xi) Pathology	01	01
	xii) Med. Anthropology	01	01

<b>Sl. No.</b>	<b>Name of the Post</b>	<b>No. of posts available</b>	<b>No. of posts filled</b>
	xiii) Neuro Anaesthesia	02	01
	xiv) Neuro Surgery	02	02
	xv) Psychiatric Nursing	01	-
	xvi) Social Work (Human Behaviour)	01	-
	Psychology (Human Behaviour)	01	-
	Social and Cultural Anthropology	01	-
	(Human Behaviour)	01	-
	Education (Human Behaviour)	01	-
10.	Project Engineer (Superintending Engineer)	01	01
11.	Administrative Officer	02	02
12.	Executive Engineer (Civil)	01	-
13.	Executive Engineer (Elect.)	01	-
14.	Library Cum Doc. Officer	01	01
15.	Research Officer (Yoga)	01	-
16.	System Analyst	01	-
17.	Clinical Psychologist	13	11
18.	Psychiatric Social Worker	13	08
19.	Post Doctoral Fellow	02	-
20.	Research Associate	02	-
21.	Senior Resident	68	28
22.	Junior Resident	80	32
23.	Sr. Research Fellow	02	01
24.	Accounts Officer	02	02
25.	Programmer	01	01
26.	Demonstrator (non-Medical)	01	01

<b>Sl. No.</b>	<b>Name of the Post</b>	<b>No. of posts available</b>	<b>No. of posts filled</b>
27.	Asst. Admn. Officer	03	-
28.	Asst. Research Officer (Yoga)	01	-
29.	Senior Physiotherapy	01	01
30.	Asst. Engineer (Civil)	02	02
31.	Asst. Engineer (Electrical)	02	02
32.	Asst. Director (Horticulture)	01	-
33.	Senior PA/PS	01	01
34.	Asst. A/c Officer	02	02
35.	Asst. Librarian (Gr.-I)	01	-
36.	Dy. Nursing Supdt.	01	-
37.	Asst. Nursing Supdt.	09	02
38.	Sister Tutor	01	-
39.	MSW	02 (outsource)	02
40.	PRO	01 (outsource)	-
41.	Sr. Dietician	01	-
42.	Documentation Asst. (Lib. Gr.-II)	01	01
43.	Medical Record Officer	01	01
44.	Medical Record Supervisor	01	-
45.	Junior Engineer (Civil)	02	01
46.	Junior Engineer (Elect.)	02	-
47.	Sectional Officer (Horticulture)	01	01
48.	Sr. Pharmacist	02	01
49.	Dietician	01	01
50.	Asstt. Dietician	01	-



<b>Sl. No.</b>	<b>Name of the Post</b>	<b>No. of posts available</b>	<b>No. of posts filled</b>
51.	Assistant	16	03
52.	Sr. Steno	04	03
53.	Asstt. Sister Tutor	01	-
54.	Nursing Sister	41	23
55.	Health Education Technical Officer	01	-
56.	Computer Asstt.	02	02
57.	Occupational Therapist	06	06
58.	Physiotherapist	01	01
59.	Library Asst. (Gr.-III)	03	02
60.	Staff Nurse	233	183
61.	Statistical Asstt.	01	-
62.	Senior Technician	02	-
63.	Technical Asstt.	01	-
64.	CSSD Technician	01	-
65.	Central Gas pipe line Technician	01	01
66.	Research Asst. (Yoga)	01	-
67.	Speech Therapist	01	01
68.	ICU Technician	05	01
69.	OT Technician	03	-
70.	Jr. Physiotherapist	02	02
71.	Jr. Medical Record Officer	01	-
72.	Medical Record Technician	01	-
73.	Photographer	01	-
74.	Artist	01	01

<b>Sl. No.</b>	<b>Name of the Post</b>	<b>No. of posts available</b>	<b>No. of posts filled</b>
75.	Pharmacist	08	08
76.	UDC	06	04
77.	Medical Record Clerk In-Charge	01	-
78.	Psycho Clinic cum Lab Asst.	01 (outsource)	01
79.	EEG Technician	02	02
80.	Electro-Physiology Technician	02	01
81.	X-ray Technician	02	02
82.	Lab Technician	09	04
83.	Jr. Stenographer	10	04
84.	Data Entry Operator	11	03
85.	Lab. Assistant	18	16
86.	Radiographer	04	01
87.	LDC	15	-
88.	LDC/MR Clerk	01	-
89.	Registration Clerk	03	-
90.	Telephone Operator	04	-
91.	Projectionist	01	01
92.	Lab Attendant	15	Outsource
93.	Library Attendant	01	Outsource
94.	Occupational Therapy Attendant	04	03
95.	Cook	10	10
96.	Nursing Orderly	03	Outsource
97.	Class IV (D)	07	Outsource

## FACULTY

### Director

Dr. A.K. Agarwal

### Emeritus Professors

Prof. S.D. Sharma (Psychiatry)

Prof. M. Gourie-Devi (Neurology)

### Professors

Prof. Nimesh G. Desai

Dr. Somnath Sengupta (Psychiatry)

Dr. Tej Bahadur Singh (Clinical Psychology)

Dr. Sunil Pradhan, (Neurology) & MS

Dr. Sujata Chaturvedi (Pathology)

Dr. Sangeeta Sharma (Neuropsychopharmacology)

Dr. Rajiv Thakur (Microbiology)

### Additional Professor

Dr. Kiran Bala (Neurology)

Dr. Dhanesh Kumar Gupta (Psychiatry) & DMS

### Associate Professors

Dr. Uday Kumar Sinha (Clinical Psychology)

Dr. Neelam Chhillar (Neuro Chemistry)

Dr. Anshu Gupta (Pathology)

Dr. P.K. Upadhyay, (Neurosurgery)

Dr. Deepak Kumar (Psychiatry)

Dr. Suman Seryam Kushwaha (Neurology)

### Assistant Professors

Dr. Rachna Agarwal (Neurochemistry)

Dr. Vibha Sharma (Clinical Psychology)

Dr. Jahanara M. Gajindragad (Psychiatric Social Work)

Dr. Sarbjeet Khurana (Epidemiology)

Dr. Mukul Kumar Jain (Neuroanesthesia)

Dr. C. B. Tripathi (Biostatistics)

Dr. V. N. Mishra (Neurology)

Dr. Ravinder Singh (Medical Anthropology)

Dr. Deepak Jha (Neuro Surgery)

Dr. Vinod Kumar Singh Gautam (Neuro Surgery)

Dr. Vibhor Pardasani (Neurology)

Dr. Rupali Shivalker (Psychiatry)

Dr. Rajesh Kumar (Psychiatry)

Dr. Reema Kumari (Neuro Radiology)

Dr. Vijender Singh (Psychiatry)

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

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

## **GENERAL BODY OF IHBAS**

1. Hon'ble Minister of Health, Government of NCT of Delhi and the President of IHBAS.
2. Chief Secretary, Government of NCT of Delhi and the Vice-President of General Body of IHBAS
3. Vice Chancellor, Delhi University and the Vice-President of General Body of IHBAS
4. Joint Secretary, Ministry of Health & Family Welfare, Government of India and the Vice-President of General Body of IHBAS
5. Principal Secretary (Finance), Government of NCT of Delhi
6. Principal Secretary (H&FW), Government of NCT of Delhi
7. Principal, University College of Medical Sciences
8. Medical Superintendent, GTB Hospital
9. Advisor (Health), Planning Commission, Yojana Bhawan
10. Joint Secretary (T), Department of Education, Ministry of Human Resource Development, Government of India
11. DDG (DD), Ministry of Social Justice and Empowerment, Govt. of India
12. Advisor/Scientist 'G', Department of Bio-Technology, 7-8 Floor, Block-2, CGO Complex, Lodhi Road, New Delhi.
13. Advisor (TT), Department of Science & Technology, Technology Bhawan, New Mehrauli Road, New Delhi.
14. Dr.Bela Shah, Chief Sr. Deputy Director, NCD, ICMR, Ansari Nagar, New Delhi-110029.
15. Prof. Ranjit Roy Chaudhury, Emeritus Scientist, National Institute of Immunology, New Delhi
16. Prof. P.N. Tandon, Professor Emeritus, Department of Neurosurgery, AIIMS, New Delhi-110029.
17. Dr. S.K. Khandelwal, Professor of Psychiatry, AIIMS, New Delhi.
18. Prof. N.G. Desai, Professor, Head, Deptt. of Psychiatry, IHBAS.
19. Dr. T.B. Singh, Professor of Clinical Psychology, IHBAS.
20. Director, IHBAS – Member Secretary

## **EXECUTIVE COUNCIL**

1. Chief Secretary, Government of NCT of Delhi-cum-Chairman of IHBAS, Delhi Sachivalaya, IP Estate, New Delhi.
2. Additional Secretary & Financial Adviser, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan
3. Joint Secretary, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan, New Delhi.
4. Principal Secretary (H&FW), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, New Delhi.
5. Principal Secretary (Finance), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, New Delhi .
6. Principal, UCMS, Delhi.
7. Medical Superintendent, G.T.B. Hospital, Delhi.
8. Professor S.M. Channabasavanna, 194, 10th Cross, Wilson Garden, Bangalore-560027.
9. Dr. A.K. Singh, Former HOD (Neurosurgery), G.B. Pant Hospital, New Delhi
10. Professor Manju Mehta, HOD (Clinical Psychology) AIIMS,
11. Professor M. Gourie Devi, Emeritus Professor (Neurology), IHBAS
12. Dr. Somnath Sengupta, Professor of Psychiatry, IHBAS, Delhi.
13. MS & HOD (Neurology), IHBAS.
14. Dr. T.B. Singh, Professor of Clinical Psychology, IHBAS.
15. Joint Director (Administration), IHBAS.
16. FA & CAO/A.O., IHBAS.
17. Director, IHBAS – Member Secretary

## **ACADEMIC COMMITTEE - 2006**

1. Director, IHBAS
2. Dr. R.C. Jiloha, Prof. & Head Psychiatry, G.B. Pant Hospital
3. Dr. S. Prabhakar, Prof. & Head Neurology, PGIMER, Chandigarh
4. Prof. V. Kumaraiah, No.130, Ambika Nilaya, 100 Feet, Ring Road, Kuvempu Nagar, Bangalore- 74
5. Prof. R.R. Singh, Flat No.2, Plot No.5. Uttaranchal Co-operative Group Housing Society, Patparganj, Delhi-92.
6. Dr. N.G. Desai, Professor & Head Psychiatry , IHBAS
7. Dr. Sujata Chaturvedi, Professor of Pathology, IHBAS
8. Dr. U.K. Sinha, Professor of Clinical Psychology, IHBAS
9. Dr. Rajeev Thakur, Professor of Microbiology, IHBAS
10. Dr. S. Sengupta, Professor of Psychiatry, IHBAS – Member Secretary

## **ADVISORY COMMITTEE**

- |    |                                                                                       |   |                  |
|----|---------------------------------------------------------------------------------------|---|------------------|
| 1. | Prof. P.N. Tandon, Emeritus Professor, AIIMS                                          | : | Chairman         |
| 2. | Director, IHBAS                                                                       | : | Member Secretary |
| 3. | Prof. J.S. Neki, Consultant Psychiatrist                                              | : | Member           |
| 4. | Prof. S.D. Sharma, Emeritus Professor, IHBAS                                          | : | Member           |
| 5. | Prof. N.N. Wig, Consultant Psychiatrist                                               | : | Member           |
| 6. | Prof. (Ms.) M.Gourie-Devi, Director, NIMHANS                                          | : | Member           |
| 7. | Prof. A.K.Agarwal, Prof.& Head, Psychiatry,<br>King George's Medical College, Lucknow | : | Member           |
| 8. | Prof. R.R. Singh, Prof. & Head, Deptt Social Work<br>University of Delhi              | : | Member           |
| 9. | Dr. (Mrs.) Manju Mehta. Addl. Prof. Clinical<br>Psychology Deptt of Psychiatry, AIIMS | : | Member           |



## **ETHICAL COMMITTEE**

1. Prof. S.M. Channabasavanna, 194, 10th Cross, Wilson Garden, Bangalore-560027.
2. Professor M. Gourie Devi, Emeritus Professor (Neurology, IHBAS, Delhi.
3. Drugs Controller of Delhi, Government of NCT of Delhi, F.17, Karkardooma, 4th Floor, Shahdara, Delhi
4. Dr. R.K. Chadda, Prof. of Psychiatry, AIIMS, New Delhi.
5. Dr. P.C. Joshi, Professor of Anthropology, University of Delhi
6. Mrs. Sona Khan, A/2 Oberoi Apartments, Shamnath Marg, Delhi-54.
7. Professor Usha Gupta 1525, Park View Apartments, Sector-29, NOIDA-201303
8. Professor Kusum Saigal, Ex-Principal, LHMC, D-125, Sector- 40, Noida-201301
9. Professor N.G. Desai, MS & HOD (Psychiatry), IHBAS.
10. Dr. T.B. Singh, HOD (Clinical Psychology), IHBAS.
11. Dr. Sangeeta Sharma, HOD (Neuroeuropsychology - pharmacology), IHBAS.

## **STANDING FINANCE & BUDGET COMMITTEE**

### **Chairman**

Principal Secretary (Finance) Government of NCT of Delhi.

### **Members**

Principal Secretary (Health & Family Welfare) Government of NCT of Delhi.

AS & FA, Ministry of Health & Family Welfare, Government of India.

Director, IHBAS, Delhi.

FA & CAO, IHBAS. Delhi.

## **BUILDING AND WORKS COMMITTEE**

### **Chairman**

Principal Secretary (H&FW), Govt. of NCT of Delhi

### **Members**

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

Chief Architect, Govt. of NCT of Delhi

Director, IHBAS

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

One Representative of Faculty (to be nominated by Director)

Medical Superintendent, IHBAS

Superintending Engineer, IHBAS

Executive Engineer (Civil)

FA&CAO, IHBAS

## **REHABILITATION COMMITTEE**

### **Chairman**

Director, IHBAS

### **Members**

1. Director, Directorate of Social Welfare, Government of NCT of Delhi
2. Joint Secretary, Ministry of Social Justice and Empowerment (Disability Division), Government of India
3. Director, Directorate of Health Services, GNCT of Delhi
4. Professor R.R. Singh, Former HOD, Department of Social Welfare, University of Delhi
5. Dr. NG Desai, Professor & Head, Department. of Psychiatry, IHBAS, Delhi
6. Dr. Sunil Pradhan, Professor & Head, Department of Neurology, IHBAS
7. Nominee of the Chief Secretary, GNCT of Delhi-cum-Chairman Executive Council of IHBAS

### **Co-opted Members**

1. Dr. RK Chadda, Professor of Psychiatry, AIIMS
2. Dr. Sujatha Sharma, Consultant Clinical Psychologist, Parivartan Centre for Mental Health, 226/C-7, Safdarjang Development Area, New Delhi – 16
3. Dr. M.L. Mathur, Deputy Advisor, Planning Commission, Yojna Bhawan, New Delhi
4. Dr. Somnath Sengupta, Professor of Psychiatry, IHBAS- Member Secretary

## **BOARD OF VISITORS**

1. Ms Asha Menon, Member Secretary, Delhi Legal Services Authority(DLSA),Patiala House, New Delhi.
2. Dr. R.C. Jiloha, Prof. & Head Psychiatry, G.B. Pant Hospital, New Delhi.
3. Prof.Anjali Gandhi, Professor of Social Work, Jamia Milia University, New Delhi.
4. Professor & Head, Department of Neurology, G.B. Pant Hospital ,New Delhi
5. Medical Superintendent, GTB Hospital,Dilshad Garden,Delhi
6. Dr. (Mrs.) Manju Mehta. Addl. Prof. Clinical Psychology, Deptt of Psychiatry, AIIMS, New Delhi
7. Prof.Aruna Bhardwaj, Professor of Social Work, H-45, Bali Nagar, New Delhi.
8. District Social Welfare Officer, North West-I, NPS Complex,Sector-4,Rohini,Delhi.
9. Director, Directorate of Health Services, GNCT of Delhi or his/her nominee,preferably a Psychiatrist.

## **ESTABLISHMENT COMMITTEE**

1. Director, IHBAS – Chairperson
2. Joint Secretary/Dy. Secretary (Finance)
3. Joint Secretary/Dy. Secretary (Services)
4. Joint Secretary/Dy Secretary (Medical)
5. Joint Director (Administration)

## **COORDINATION COMMITTEE**

**To co-ordinate between UCMS, GTB and IHBAS**

1. Dr. P.N. Tandon, Professor Emeritus, AIIMS
2. Principal, UCMS, Delhi
3. Medical Superintendent, GTB Hospital, Delhi
4. Director, IHBAS
5. Principal Secretary (H&FW) to act as Co-ordinator.

**INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES****G.T.ROAD, SHAHDARA, DELHI 110095.****Receipts and Payments account as on 31st March 2008**

<b>Receipts</b>	<b>Amount (Rs.)</b>
Cash in Hand	1,57,334.00
FCRA A/c with State Bank of India	1,393.96
Saving Bank Account with SBI	22,50,479.18
Term Deposit with banks	7,53,00,000.00
Saving Bank Account with banks (CPF)	74,852.05
Term Deposit with banks (CPF)	2,94,63,610.00
Saving Bank A/C (Conference Fund)	1,68,383.07
Imprest with Employees	25,300.00
Grant-in-aid received from Govt of Delhi	40,00,00,000.00
Gross Receipt of Funded Projects	73,91,858.71
Interest on Term Deposits & Savings Account-19033	72,44,011.35
interest on saving account	1,62,280.00
Interest on CPF Fund	16,708.00
Interest received on Term Deposit FCRA A/c	49.00
Interest on conference fund	5,945.00
Medical Scheme (IHBAS)	1,99,147.00
Patient Realisation Charges (PRC)	42,61,354.00
Licence fees	2,60,227.00
Rent Receipt	9,21,042.00
Misc Receipts	35,85,322.00
Earnest Money Deposit	56,11,119.00
House building allowance	780.00
<b>Total Receipts</b>	<b>53,71,01,195.32</b>

<b>Payments</b>	<b>Amount (Rs.)</b>
Office Expenses (Tel)	14,80,045.00
Office Expenses (General)	25,29,423.00
computer maintenance	4,32,901.00
net work & cable	2,41,623.00
Postage	40,000.00
Tuition fees	24,720.00
House Keeping	1,81,21,562.00
Security Services	1,59,21,051.00
Electricity	1,28,98,962.00
Bank Commission & Charges	2,27,221.00
Water Charges	10,71,823.00
Washing	4,59,610.00
Cutting & Shaving	1,03,457.00
News Paper & Magazines	30,388.00
Refreshment	59,232.00
Horticulture	68,99,954.00
Advertisement	21,27,088.00
Salary	7,67,60,434.00
LSPC	10,96,308.00
Leave Travel Concession	5,69,821.00
Medical Reimbursment	9,07,469.00
Dietary Items	29,78,246.00
General Store Items	2,21,42,681.00
Medicines and Drugs	1,40,95,095.00
Travelling & Conveyance Expenses	13,93,559.00
Maintenance of Equipment	8,68,805.00
Publication & Periodicals	42,02,254.00
Diesel & Petrol	5,83,095.00
Legal & Professional Charges	10,43,069.00
Maintenance of Existing Building	4,85,02,690.00

<b>Payments</b>	<b>Amount (Rs.)</b>
Repairs of Motor Vehicles	2,73,571.00
Rent & Taxes	23,87,643.00
Computer	2,43,530.00
Medical Equipment	4,23,04,746.00
Furniture	23,85,632.00
Plant & Machinery	2,12,227.00
Building under construction-Remodelling of IHBAS	7,43,07,760.00
Renovation of HMD Building	3,29,05,680.00
Outstanding exps of last year paid	85,26,759.00
Margin money with bank	72,73,792.00
Cash in Hand	5,83,808.00
FCRA A/c with State Bank of India	1,442.96
Saving Bank Account with SBI	3,51,18,687.89
Term Deposit with banks	6,00,00,000.00
Saving Bank Account with SBI (CPF)	3,85,525.05
Term Deposit with banks (CPF)	3,18,90,355.35
Saving Bank A/C (Conference Fund)	1,74,328.07
Imprest with Employees	33,300.00
Security deposit	2,79,822.00
<b>Total Payment</b>	<b>537,101,195.32</b>

**For Sharma Sanjeev & Co.**

Chartered Accountants

**(SANJEEV SHARMA)**

FCA

Membership No.75392

Date : 10.10.2008

Place : Delhi

# INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES

G.T.ROAD, SHAHDARA, DELHI -110095

## Balance Sheet as on 31st March 2008

<b>CORPUS/CAPITAL FUND AND LIABILITIES</b>	<b>Schedule</b>	<b>31st March 2008</b>	<b>31st March 2007</b>
<b>CORPUS CAPITAL FUND</b>			
Reserves and surplus	1	12,85,07,579.58	9,73,22,856.71
Earmarked and Endowment Funds	2	65,01,60,869.07	55,01,60,869.07
Deferred credit and Borrowings Project Fund		1,23,99,457.43	50,07,598.73
Current Liabilities and Provisions	3	9,58,97,258.63	7,07,12,797.63
<b>Total</b>		<b>88,69,65,164.71</b>	<b>72,32,04,122.14</b>
<b>ASSETS</b>			
Fixed Assets	4	10,18,52,282.90	7,88,43,663.37
Capital Work in Progress	5	63,46,35,205.00	52,74,21,765.00
Current Assets, Loans & Advances	6	1,50,16,437.49	94,97,341.51
Cash and Bank Balances	7	13,54,61,239.32	10,74,41,352.26
<b>Total</b>		<b>88,69,65,164.71</b>	<b>72,32,04,122.14</b>

Notes to Accounts as per Schedule-I attached

### Auditor's Report

As per our separate report of even date attached

**For Sharma Sanjeev & Co.**  
Chartered Accountants

(Director)

(Sr. Account Officer)

**(SANJEEV SHARMA)**

FCA

Membership No. 75392

Date : 10.10.2008

Place : Delhi



# INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES

G.T.ROAD, SHAHDARA, DELHI-110095

## INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED ON 31st March, 2008

	Schedule	31st March 2008	31st March 2007
<b>INCOME</b>			
Grant-in-aid received from Govt of Delhi		30,00,00,000.00	16,00,00,000.00
Interest on Term Deposits & saving A/c	8	98,56,986.43	89,08,379.28
Miscellaneous Receipts	9	92,27,092.00	70,40,663.30
<b>Total</b>		<b>31,90,84,078.43</b>	<b>17,59,49,042.58</b>
<b>EXPENDITURE</b>			
Administrative Services & Office Expenses	10	7,03,54,165.00	3,81,32,246.00
Salary & Other Benefits to Employees	11	9,23,40,571.00	7,49,97,418.00
Dietary Items	12	31,20,927.69	29,52,890.63
General Store Items	13	2,68,31,753.31	50,74,598.39
Medicines and Drugs	14	1,36,60,227.10	1,72,48,717.88
Travelling & Conveyance Expenses		14,80,269.00	6,99,283.00
Maintenance of Equipment		8,68,805.00	9,84,667.00
Publication & Periodicals		42,02,254.00	14,32,217.00
Diesel & Petrol		5,83,095.00	13,06,255.00
Donation(Net)		-	13,98,075.00
Legal & Professional Charges		11,55,869.00	5,79,846.00
Maintenance of Existing Building		4,85,02,690.00	2,15,42,364.00
Depreciation		2,21,37,515.47	88,34,746.96
Repairs of Motor Vehicles		2,73,571.00	1,24,705.00
Rent & Taxes		23,87,643.00	12,73,588.00
Excess of Expenses over Income		3,11,84,722.87	(6,32,575.28)
<b>Total</b>		<b>31,90,84,078.44</b>	<b>17,59,49,042.58</b>

Notes to Accounts as per Schedule-I attached

### Auditor's Report

As per our separate report of even date attached

**For Sharma Sanjeev & Co.**  
Chartered Accountants

(Director)

(Sr. Account Officer)

**(SANJEEV SHARMA)**  
FCA

Membership No. 75392  
Date : 10.10.2008  
Place : Delhi



# ANNUAL REPORT



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