



**INSTITUTE OF HUMAN BEHAVIOUR
AND ALLIED SCIENCES
DELHI – 110095**



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Annual Report 2010-11





ANNUAL REPORT 2010-11

**INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
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Director's Report

Institute of Human Behaviour and Allied Sciences (IHBAS) is one of the largest super specialties tertiary care centres in Delhi dedicated exclusively to neuropsychiatric and behavioural illnesses. In continuation with its progressive movement towards fulfilment 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 achievements.

The calendar year of 2010 registered 3.3 Lac (333257) patients in outpatient services out of which 15.6 % were new cases. 18963 patients availed emergency services and 3512 patients received indoor services in various specialties.

IHBAS as Resource Centre for Tobacco Control (RCTC) organized various community awareness programmes. Around 20 Satellite clinics for tobacco cessation were established in collaboration National Delhi Mental Health Programme (NMHP) outreach clinics and with medical and dental practitioners in East Delhi.

On the occasion of “**World No Tobacco Day**” (31st May, 2010), Smt. Sheila Dikshit, Hon'ble Chief Minister of Delhi launched a pilot project on “**How to control and stop tobacco use? An integrated community based approach between Medical and Social sector in East Delhi**” at Delhi Secretariat to make people aware about the ill effects of tobacco use and also to make treatment for tobacco use accessible to people. This is an initiative of Govt. of NCT of Delhi through Institute of Human Behaviour and Allied Sciences (IHBAS) in collaboration with various NGO partners, general practitioners, health workers and community volunteers working within the community.

In addition TCC stall was setup at **India International Trade Fair (IITF)**, for 2 weeks (14th – 27th November, 2010) with the initiative of Ministry of Health

and Family Welfare, Govt. of India.

National Human Right Commission (NHRC) as part of their review of mental health centres in the country reviewed the functioning of IHBAS. The institute was fortunate to be provided a thorough appraisal by NHRC Special Reporter, Dr Lakshmi Dhar Mishra, a distinguished IAS (retd.) officer. Specific recommendations were made by NHRC for up gradation of IHBAS as a regional level institute.

As part of the activities of International Women's Week, IHBAS organized a seminar titled "**Priorities for Women and Mental Health**" on 12th March, 2011. The focus of the seminar was to raise issues with regards to the priorities in women's mental health that go beyond the core issues of mental illness and cure to larger concept of promotion of mental health and women empowerment. The seminar had attempted to explore the role of government and non- governmental organizations involved in the care and welfare of women.

'**Brain Awareness Week**' was organized from 28th March to 3rd April 2011 by the mental health professionals of IHBAS with active participation of Delhi Mental Health Programme (DMHP) staff. The week long programme aimed at educating the masses as well as general practitioners through a series of public lectures, poster exhibition, awareness camps, training workshops, street plays, painting competition among school kids. The concluding session included an interactive workshop with media persons.

At the same time community outreach services are being carried out as a part of National Mental Health Programme (NMHP) in different districts across Delhi State. Currently community outreach services are extended to five districts across Delhi State i.e. **Chattarpur (South), Jahangirpuri (North-West), Dwarka (South-West), Timarpur (North) and Motinagar (West)**. Information, education and communication activities are being carried out on a regular basis across entire city to destigmatize mental illnesses and dispel the myths about the same.

Besides these community awareness programmes, department of Psychiatry has been actively involved in the training of general physicians 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.

A big achievement for IHBAS as an academic Institute was an increase in DM (Neurology) seats. The number of DM (Neurology) seats was increased from one to three by the Medical Council of India (MCI) in 2010.

A public awareness programme was conducted by department of Neurology on the occasion of World Alzheimer's Day on 21st September, 2010. Another public awareness programme was organized on National Epilepsy Day by Neurology department on 16th November, 2010 under the aegis of Indian Epilepsy Association- Delhi Chapter.

A three day training workshop was conducted in IHBAS by the counsellors of Quality Council of India from 2nd to 4th June 2010 to appraise the faculty as well as the nursing staff regarding the National Accreditation Board for Hospitals and Health Care Providers (NABH) standards.

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

IHBAS faculty has been given due recognition for their active contribution in clinical, academic and research fields.

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

The main objective of the institute is to provide tertiary care services and to

empower the community to overcome the stigma associated with mental illness. Various specialty clinics namely **Drug Abuse Treatment and Rehabilitation Clinic, Neurobehaviour 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 Centre 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.

This Annual Report gives a description of the achievements made by the institute in different fields during the year 2010-11.

Dr Nimesh G Desai

Director

Activities at IHBAS

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

Academic Programme at IHBAS

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

Vision

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

Mission

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

Quality policy statement

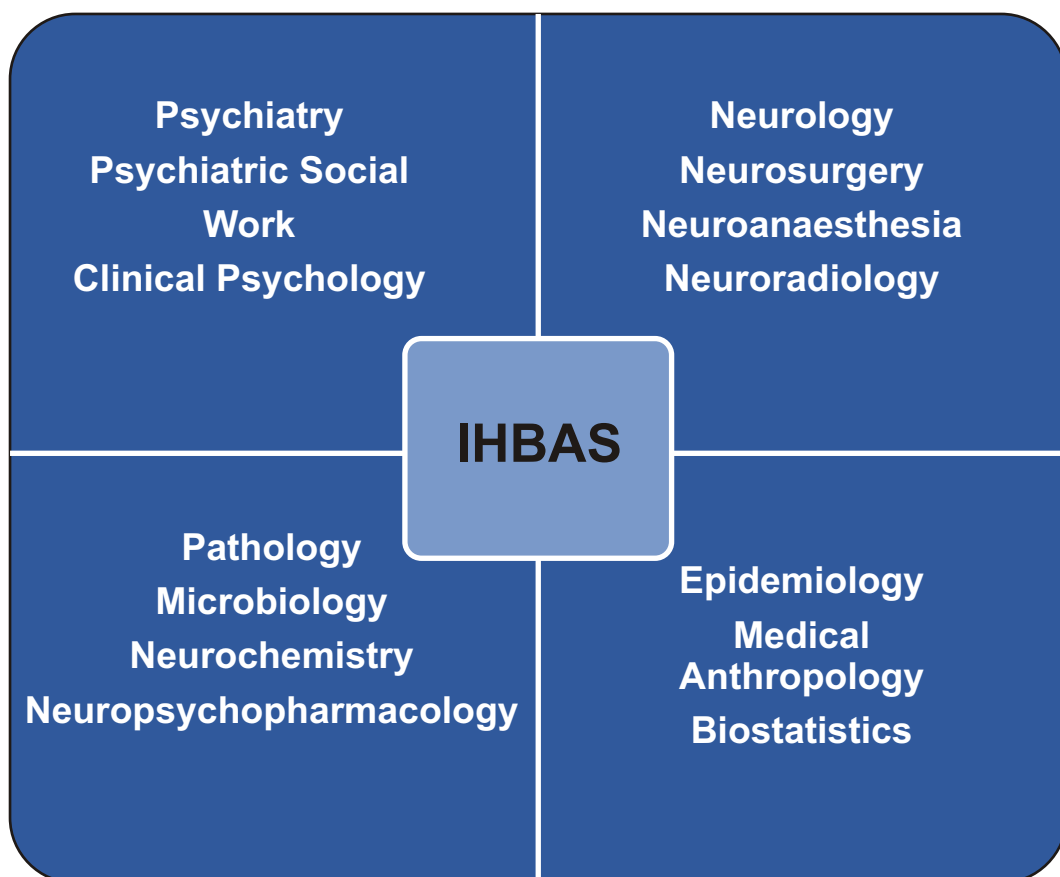
IHBAS is committed to provide Health Care par excellence. This would be achieved through:

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

Aims and Objectives

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

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



Highlights of the Annual Report 2010-11

Initiatives towards improvement in quality of care

IHBAS is a strong proponent of providing quality neuropsychiatry services in a public healthcare setting. Sustained efforts by IHBAS team backed by government will has helped deliver standard neuropsychiatry care to the poorest of poor. The aim has always been to provide excellent services in the field of neuropsychiatry in a holistic manner, not only within the confines of the institute but also beyond. To assure an internal and external system of quality assurance, IHBAS has undergone the crucial process of getting its services accredited by National Accreditation Board for Hospitals and Health Care Providers (NABH) and evaluated by other agencies like NHRC.

In the Process of NABH Accreditation

The quality assurance programme of IHBAS was started way-back in 1999-2000 when the faculty in department of Psychiatry felt a need for improvement in patient care services at par with the international standards. Besides the focus on evidence based treatment it was also felt that the service delivery needs to be uniform across clinicians and settings. To ensure the same the standard operating procedures (SOPs) were prepared and implemented. Several major clinical service components particularly related to Psychiatric services and training were included in these SOPs to guide the faculty and the residents. These SOPs were periodically updated as per the service needs. Simultaneously quality assurance programmes were

NABH Accreditation

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

also developed and implemented in the laboratory services. Since then the Institute is committed towards quality work and is now moving forward towards another milestone that is the rigorous job of getting the accreditation from National Accreditation Board for Hospitals (NABH). The task of

formulating policy and developing procedures for quality assurance for the specialty services being provided by IHBAS Hospital has been a challenging one. The initial consultancy service available from the Quality Council of India had introduced the basic ideas and laid the framework as per the NABH guidelines. The specialty context of mental health and neuropsychiatry services; the multidisciplinary, academic nature of the hospital functioning; and the relevance of ethical and legal dimensions of services for “Brain-Mind Problems and their Solutions” required intensive multilayered deliberations and dialogues, with a participatory approach. Various units, sections and the departments of the hospital, Deputy Medical Superintendent (DMS) along with the faculty and the academic heads of departments got progressively sensitized to the requirements for quality assurance and the methods to inculcate these in routine work. The different committees as per the NABH framework, led by the chairpersons, duly assisted by the conveners, drew multidisciplinary inputs on various dimensions of each theme. The formulation of policy and the implementation mechanisms for procedures were periodically reviewed and revised between the two entity sets of the departments and sections of the hospital on the one hand, and the NABH committees on the other hand, often with overlapping and interchangeable roles being executed by the faculty and officers and the staff. This participatory process was coordinated and led by the Director, Chief Quality Coordinator and the Nodal Officers Group (NOG) and Administrative Officer, (NABH Cell) from top down, duly complemented by the interactions with the different staff groups during the training group sessions as the bottom up component. Undoubtedly, this entire approach has been time consuming and energy sapping, especially as an activity parallel to the routine hospital work, but has also been found to be satisfying and enriching. Application of the standards, and the objective elements of the NABH framework to the specific situations and needs of the IHBAS hospital and its users and providers was carried out, with due adaptation through modification and changes and a few additional dimensions being introduced. This has galvanized the hospital towards a system of quality assurance, which it is hoped, will be inherent and self sustaining, albeit with continued effort in the future also. The hospital and the Institute have already benefitted from this exercise, and the realization and acceptance are growing that quality

assurance, including accreditation is a journey and not a destination.

External appraisal by National Human Rights Commission (NHRC) team on 13th August 2010

IHBAS has been at the vanguard in bringing centrestage and increasing the collective consciousness regarding the issue of Human Rights in various aspects of patient care and also research activities.

To provide a non-partisan view and further safeguard the rights and dignity of patients, IHBAS invites critical external appraisals. One such initiative to look within was to invite a team from National Human Rights Commission (NHRC) for review of all the services provided by IHBAS. The institute was fortunate to be provided a thorough appraisal by NHRC. In its report based on the evaluation done by a team on

August 13th, 2010 is stated that "IHBAS has fulfilled an important mandate every mental health institution given by the Supreme Court i.e. achieving a balanced combination of teaching, training treatment and research. According to the spirit of these directions, IHBAS should be recognized

NHRC Report "Excerpts":

"IHBAS has fulfilled an important mandate every mental health institution given by the Supreme Court i.e. achieving a balanced combination of teaching, training treatment and research. According to the spirit of these directions, IHBAS should be recognized as a Regional Centre of Excellence in Mental Health for the whole of North India like NIMHANS has been recognized for the South."

as a Regional Centre of Excellence in Mental Health for the whole of North India like NIMHANS has been recognized for the South."

This report also mentioned that IHBAS has undoubtedly demonstrated that it is a model for prevention of institutionalization. It has demonstrated transition from:

- Custodial care to therapeutic care
- Closed wards/cells to semi closed wards/semi open wards/ open or family wards
- Admission rate has been less than 1% of OPD attendance; mostly



patients are being managed on OPD treatment.

The focus on prevention of institutionalization has been as under:

- Involvement of families in treatment and rehabilitation of patients
- Pre-admission counselling of families in treatment and rehabilitation of patients
- Discharge readiness assessment for voluntary patients
- Psycho educative sessions for the family/care givers
- Reduced average length of stay (reduced to 3-4 weeks)

The NHRC report not only provides encouragement but also the assurance of moving in the right direction. Commitment to ensure that all aspects of Human Rights would be taken care of in all spheres of institutional activities is again reaffirmed.

New initiative for expansion and strengthening of patient care services

Our Institute continuously looks for ways to upgrade its facilities for the patients' care and comfort. In the last couple of years, the hospital underwent innovations in few key locations and few new units were set up to provide

Strengthening of patient care services

Mother and child care unit: a unique initiative

- *As one of the proactive steps aimed at taking care to those who need it most, a unique 'Mother and Child Unit' has been started by IHBAS to cater to homeless, young, mentally ill mother*
- **Child and Adolescent Psychiatric Indoor Services**
IHBAS has a specialized Child and Adolescent Psychiatry ward which is 10 bedded, shortly to be upgraded to 20 beds.
- **Intensive Care Units**
Psychiatry ICU first of its kind in India with 1:1 staff patient ratio for better observation, monitoring and care of high risk patients.
- **Short observation facility**
A new modernised emergency block with 15 bedded short observation facilities started in May 2010
- **Emergency laboratory services**
Emergency laboratory services were started in May 2010. This new addition allows the diagnostic facilities to be available to the patients beyond the routine working hours.

specialized services for patients

Mother and child care unit: a unique initiative

IHBAS as state Psychiatric hospital does not restrict itself to providing service only to those reaching its doorstep. As one of the proactive steps aimed at taking care to those who need it most, a unique 'Mother and Child



Unit' has been started by IHBAS to cater to homeless, young, mentally ill mother-one of the most vulnerable target groups. Of the mentally ill homeless patients, a significant proportion of them happen to be women in the age group of 20-50 years. Some of these women at the time of contact with the hospital are found to be either in advanced stages of pregnancy or carrying young children with them. In such instances the usual practice across many of the psychiatric hospitals in India is to send women with advanced pregnancy to alternative settings which may or may not have the mental health care facilities. In case of mentally ill mothers with young children the practice is usually to separate the child from the mother. IHBAS also in the initial few years followed the same. But over the years the successive clinical mental health teams at IHBAS realized this practice to be violative of the basic principles of human rights. It was felt that no woman can be denied help on the basis of pregnancy which is a normal physiological state or be separated from her child on grounds of mental illness. At the same time there was no alternative mental health service or care setting which would simultaneously provide help and care to the mentally ill mother, along with her children or during advanced stages of pregnancy. At IHBAS, the clinical mental health units thus considered it their responsibility to provide mental health care and treatment to all these patients who presented at IHBAS in either advanced stages of pregnancy or with young children. This need based initiative lead to the formation of the Mother and Child care Unit (MCU) as an inpatient mental health service at IHBAS.

The main objectives for MCU are to provide integrated mental health and



medical services to Court referred /homeless mentally ill women in advanced stages of pregnancy or with responsibility of young children, to address immediate and urgent management issues in women and their children admitted at IHBAS, to ensure safety and security of both mother and

child, to streamline and operationalize the care of mother and child and to provide facilitatory environment to women with psychiatric illness and assist in child care during their symptomatic phase.

The present MCU is a 5 bedded unit as part of the Clinical Mental Health Unit which is specially meant for providing mental health care and assistance to women patients in advanced stages of pregnancy or with young children (< 7 years) admitted through reception orders (court referred) . As per Institute's policy the mother and child are kept together under same roof. Patients are provided with female ward attendants round the clock at hospital cost, to help and assist them in taking care of themselves and their children. The MCU is managed by the multidisciplinary clinical mental health unit. It also has provision for consultation and liaison with Obstetric and Paediatric services in adjacent Government hospitals (Guru Teg Bahadur and Swami Dayanand Hospital).

Child and Adolescent Psychiatric Indoor Services

IHBAS has a specialized Child and Adolescent Psychiatry ward which is 10 bedded, shortly to be upgraded to 20 beds. A multidisciplinary team consisting of Psychiatrists, Clinical Psychologists and Psychiatric Social Workers provide the clinical services. The neurologists are always involved in the team as and when required. For general medical/ surgical conditions advices are sought from the nearby Government hospitals (Guru Teg Bahadur and Swami Dayanand Hospital).

Referrals for inpatient admission are from:

- Family: When child is brought by family, problem being recognized by the child/ family or both. Admission is done under section 16 and 17 of Mental Health Act 1987.
- Referrals from Child Welfare Committee (CWCs) and Juvenile Justice Boards.
- Referrals from Asha Kiran: it's a government residential facility for mentally retarded children from time to time admissions are done at IHBAS for emerging needs under Section 19 of MHA 1987.



There is a provision for family members to stay along with the children during admission. We provide an activity room having play items and for recreational activities. Children can also use them for reading and drawing.

Structured program is provided throughout the day. There is also a provision for assessment and therapies by Clinical Psychologists and Psychiatric Social Workers. All children are provided a multidisciplinary intervention to a degree required in each case. Daily meeting are also conducted with the parents providing them with general education and specific tips on parenting, behavioural modification etc. Provision for sensitization programme for the staff (nurses and attendants) regarding the handling of difficult children in the ward is also ensured. The recent association of IHBAS with the four Child Welfare Committee's (CWC) and Juvenile Justices Boards since the beginning of Child ward in June 2009 has been very encouraging.

Intensive Care Units

The hospital provides state of art ICUs in the department of Psychiatry, Neurology and Neurosurgery. The ICU Staff is fully trained for handling the psychiatric and neurological emergencies.

In the Neurology Intensive Care Unit, all types of critical neurological patients are managed according to the internationally accepted guidelines and protocols. The state of art 10 bedded ICU is equipped with multichannel



bedside monitoring system. Ventilator Support is available for the respiratory compromised patients. Plasmapheresis is routinely done for the patients of GBS and for other indications time to time.

In the Psychiatry ICU (first of its kind in India), patients with high risk behaviour (suicidal and homicidal patients), drug toxicity, acute co-morbid medical conditions are kept under close observation. The staff and patient ratio is maintained in 1:1 ratio. There is a provision for two padded rooms for extremely violent patients to prevent them from harming themselves and others.

A 2 bedded Neurosurgery ICU was set up in July 2010 equipped with all advance equipments and plans are in pipeline to expand the bed strength.

Short observation facility

The Institute offers round the clock (24x7) emergency services in both Psychiatry and Neurology. A new emergency block was inaugurated by Dr Kiran Walia in May 2010, incorporating a 15 bedded Short Observation Facility (SOF) with the laboratory services. Patients admitted in this SOF are kept for 24-72 hours for the initial needs. They can be awaiting admission or after the initial treatment sent back home. Commonly encountered clinical cases in SOF include patients suffering with catatonia, suicidal risk, seizures, drug related adverse effects/toxicity etc. All types of neurological emergencies e.g. Status Epilepticus, Meningoencephalitis, and Gullian Barre Syndrome are well managed. Currently the Neurosurgery is not handling the acute head trauma cases.



Emergency laboratory services

Emergency laboratory services were started in May 2010. This new addition allows the diagnostic facilities to be available to the patients beyond the



routine working hours. The laboratory is engaged in providing high quality diagnostic services. To achieve this, it has an active participation in external quality assurance programme run by CMC Vellore in clinical biochemistry and by AIIMS in haematology.

Active communitization

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



Efforts at communitization

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

- ♦ *Community Outreach Services under National Mental Health Programme:*
- ♦ *Community Outreach Initiatives for Homeless Population*
- ♦ *Community Awareness Activities*
- ♦ *Liaison with User and Carer Groups*

Community Outreach Services under National Mental Health Programme

Community outreach services are being carried out as a part of National Mental Health Programme (NMHP) in different districts across Delhi State. Currently community outreach services are extended to five districts across Delhi State i.e. Chattarpur (South), Jahangirpuri (North-West), Dwarka (South-West), Timarpur (North), and Motinagar (West). The DMHP team also visits two residential homes for destitutes once a month delivering meta-outreach services (reaching beyond outreach clinics). The other activities include information, education and communication (IEC) activities, Mental Health Awareness and diagnostic camps on monthly basis, series of intensive training programme for different categories of health personnel (including medical officers, para-medical and non-medical personnel) located across the state, establishing linkages with anganwadis, NGOs etc. From 2010 onwards NMHP has also integrated the activities of Tobacco Cessation Services at DMHP outreach clinics. Based on IHBAS experience with NMHP in Delhi and other inputs, "Urban Mental Health module" has been submitted to the Ministry of Health and Family Welfare (MOH and FW) for inclusion in the 11th Five Year Plan of National Mental Health Programme (NMHP).



Community Outreach Initiatives for Homeless Population

♦ Community Outreach Services for Homeless

The Health outreach services for homeless was initiated by IHBAS and Ashray Adhikar Abhiyan (AAA) in 2000 and is continuing since last ten years under the District Mental Health Program (DMHP), Delhi as low cost community outreach service model for providing health intervention for the homeless. In November, 2008 the new health initiative for treatment of homeless persons with severe mental illness was launched as a pilot



experience with active support and participation by Delhi State Legal Services Authority (DSLSA) at Jama Masjid. Under this service the mobile court facility was made available at the clinic for legal facilitation of involuntary treatment of patient with severe mental illness in need of treatment.

♦ Mobile Mental Health Unit (MMHU)

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

Community Awareness Activities

- ♦ **Mental health week (8th-14th December, 2010):** Mental health Week was organized from December 8 to 14, 2010. The week commenced with Public Seminar on ‘User and Carers Perspective on Mental Health’ at India International Centre (IIC). In the following days Mass Awareness Campaigns launched to make people aware about mental health issues and availability of mental health-care services in the community. Mental Health Awareness Camps, Street Plays, Painting Competitions and Mass Public Rally in several parts of Delhi constitute the awareness campaign.
- ♦ **Brain Awareness Week (26th March -3rd April 2011):** Brain Awareness Week (BAW) was organized from 26th March – 3rd April, 2011, on the theme of “Brain-Mind Problems & Their Solutions”. It is geared towards promoting and enhancing awareness about brain-



mind problems and their solutions among the general population. The activities included public awareness and sensitization through awareness health camps, street plays, poster exhibition, distribution of IEC material, public lectures, interactive sessions with Resident Welfare Associations (RWA's) and schools and colleges, interactive workshop with media persons and awareness rally etc

- ♦ **World No Tobacco Day (WNTD) Programme (31st May 2010):** On the occasion of “World No Tobacco Day” (31st May, 2010), a pilot project on “How to control and stop tobacco use? An integrated community based approach between Medical and Social sector in East Delhi” was launched by Smt. Sheila Dikshit, Hon’ble Chief Minister of Delhi as initiative of Govt. of NCT of Delhi through Institute of Human Behaviour and Allied Sciences (IHBAS) in collaboration with various NGO partners and, general practitioners. The project in first phase has been started in five areas of East Delhi namely, Sunder Nagri, Nand Nagri, Shastri Park, Gandhi Nagar and Gokulpuri.



- ♦ **International Women’s Week, 2011 (8th–15th March, 2011):** International Women’s Week was organized by Sudinalay (NGO) in collaboration with Institute of Human Behaviour and Allied Sciences (IHBAS) from 8th to 15th March, 2011. This included state level consultation on ‘women’s empowerment for prosperity and social change’ at Vigyan Bhawan on 8th March, 2011 and a seminar titled “Priorities for Women Mental Health” on 12th March, 2011 at IHBAS.

- ♦ **World Alzheimer’s Day Celebration (21st September, 2010):** Department of Neurology organized a Dementia Awareness Programme in the Neurology



OPD on 21st September, 2010 on the occasion of World Alzheimer's Day. An interactive session was held by multidisciplinary team from IHBAS with patients and their caregivers on 'Dementia and its problems'.

- ♦ **National Epilepsy Day Celebration (16th November, 2010):** On the occasion of National Epilepsy Day, an Epilepsy Awareness Programme was conducted by the Department of Neurology on 16th November, 2010 in which 65 children suffering from epilepsy participated in the drawing competition and sports. A skit performed by the nursing staff of IHBAS conveyed the myths and realities of epilepsy to the common public.



Liaison with User and Carer Groups

The institute practice participatory model of neuropsychiatric care with active involvement of the users and carers not only in clinical work but also the various activities conducted by the Institute throughout the year. In 2010-11 the liaison with users and carers has been further strengthened through the activities mentioned below:

- Active involvement of the users and carers groups in Institute patient welfare activities like picnics, festival celebrations
- Facilitating self help groups and support group meetings for carers of patients with Schizophrenia
- Public seminar entitled **“Users’ and Carers’ perspectives on Mental illness”** on the occasion of **Mental Health Week, 8th December, 2010.**

- Involvement of Users and carers groups in the activities of International Women's Week, 2011 which were organized by Sudinalaya (NGO) in collaboration with Institute of Human Behaviour and Allied Sciences (IHBAS) from 8th to 15th March, 2011. As part of the activities of International Women's Week, IHBAS has also organized a seminar titled "Priorities for Women and Mental Health" on 12th March, 2011.
- Public seminar entitled "Mental Health Empowerment" on the occasion of Mental Health Week, 2011 at IMA Headquarters, Delhi.
- State Level Stakeholder meeting regarding amendments in Mental Health Act-1987 under the aegis of State Mental Health Authority, Delhi on 16th March 2011 at IHBAS.
- Regular interactive programme with the users and carers organisations in the community as well as at the institute.

Efforts at Communitization for in-patient at IHBAS

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

♦ Outdoor picnics

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

♦ Eating out programme

The Institute has also started "Eating Out" programme, which is meant for having lunch/ dinner outside the wards but within the Institute premises. The

purpose of organising this programme is to avoid the monotonous routine/pattern of eating and to feel change in daily living activity.

- ♦ **Celebration of National festivals**

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

- ♦ **Celebration of religious festivals and cultural programmes**

All the major religious festivals are celebrated in the Institute with cultural programmes to make the patients feel at home. Active participation by the staff, students and the patients leave behind the fond memories. The inpatient wards are decorated and lighted, sweets are distributed to create the festive mood.



- ♦ **Extension of visiting hours**

Keeping in view the need of the inpatients and to facilitate the interaction with family members, the visiting hours of IHBAS have been scheduled from

morning 8 am to evening 8 pm. Because of this initiative the participation of the family members has been very encouraging, which is also helping in bridging the gap between the persons with mental illness and their family members.

Legal and Statutory Requirements

Monthly Board of Visitors (BOV) Meeting

The institute holds regular monthly visits by the Board of visitors (BOV) under provision of MHA 1987. The Board of Visitors comprises of a team of professionals from various fields of Social sciences, Medical sciences and law.

The BOV ensure that the minor patients are not being admitted beyond their treatment and the living conditions of the mentally ill are not being compromised. It specifically looks at the protection of Human Rights of admitted patients (particularly children and adolescents).

Occasionally instances of highly difficult cases that have multiple dimensions, that have gathered media attention, that require intensive management by all stakeholders, are discussed in the Board of Visitors meeting that is held on every third Saturday of the month within IHBAS. A joint inspection/ observation is then made in a collective manner and opinion is given. The suggestions/ recommendations made by the Board of Visitors are taken into consideration while addressing such cases.

Academic programmes

As an academic institute, year 2010 has truly been a breakthrough year for the institute, as the number of DM (Neurology) seats was increased from one to three by the Medical Council of India (MCI). The teaching and training for MD (Psychiatry), DM (Neurology), M.Phil. (Clinical Psychology) and the undergraduate and postgraduate student teaching in Clinical Psychology, Psychiatric Social work and Psychiatric nursing continued. IHBAS was host and organizer of various significant academic events viz. CME programmes, workshops in the year 2010-2011.

Research activities

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. Faculty of the Institute undertook several prestigious research projects funded by various national and international agencies. Advanced research is being undertaken in various frontline areas of mental health and neurosciences including several clinical trials.

IMPACT OF IHBAS RESEARCH ON PROGRAMMES AND POLICY

- ◆ Urban Mental Health service delivery
- ◆ Health care programme/service development for Homeless
- ◆ Mental Health services for disaster affected population
- ◆ Tobacco cessation services
- ◆ HIV/AIDS prevention and control activities
- ◆ NCD Prevention and Health promotion
- ◆ Campaign against drinking and driving- Key role in a public health problem
- ◆ Suicide Prevention Programme

Continuous research work for the last few years viz. disaster management, suicide behaviour, post traumatic stress disorder, burden faced by the care givers of patients suffering from severe mental disorders, rational use of drugs, to control or stop the usage of tobacco etc. has greatly strengthened the advocacy efforts of IHBAS.

Role in policy, advocacy and quality in health care

Identified Centre of excellence in the field of Mental Health

IHBAS has been identified for up gradation under Centre of Excellence Scheme of National Mental Health Programme (NMHP) of Govt. of India. On getting central grant of 30 crores (includes Rs. 17.04 crores for capital and 11.97 crores for non plan expenditure for technical/non-technical equipments including support for faculty and other technical staff as per regulatory requirement, as one time grant in 11th plan period).



IHBAS will expand its services in the form of establishment of rehabilitation centre, family therapy centre, advanced centre of Geriatric care, advanced Child Development centre, advanced centre for Women Mental Health and Centre for Tele-Psychiatric Services. Under this plan IHBAS will expand its existing infrastructure i.e. OPD building.

Centre of Excellence will provide for continued source of Human Resources development in the country in the field of mental health with expected addition of 4 post graduate seats in psychiatry, 16 M.Phil. in clinical psychology, 16 M. Phil in psychiatry social work and 20 seats pertaining diploma in psychiatry nursing.

Centre of Excellence scheme will strengthen IHBAS as a permanent National resource centre for technical support, guidance, collaborations and human resource development in the field of mental health providing boost to National Mental Health Programme.

Providing technical expertise and specialist medical intervention for reform of government run home for mentally retarded (Asha Kiran)

IHBAS being the tertiary care mental health and neuro science institute was involved as a expert organization for specialist medical intervention for the residents of Asha Kiran (a govt. run home for mentally retarded person) by the government of NCT of Delhi in the aftermath of rapid mortality in the institute in the month of December-January 2010. IHBAS has conducted extensive screening and evaluation of all the residents from the medical point of view as well as did the survey of functioning and infrastructure available at Asha Kiran. IHBAS has submitted it's recommendation on the overall restructuring of the medical facility and also given significant technical inputs for major reforms in the Asha Kiran. Time to time IHBAS team makes visit to Asha Kiran and continues to provide training and capacity building of the human resources employed there as well as IHBAS is the second level referral center for the medical care of residents of Asha Kiran.

Role in formulating the National Disaster Management Guidelines

IHBAS has been involved in research in Mental Health issues of different kinds of disaster for past 10 years. It has conducted research on the mental

health issues of in the aftermath of fire tragedy in Yamuna Pushta in Delhi in March 1999 (Mental Health Aspects of an Intermediate Disaster in an urban Slum in Delhi, December 2000 – August 2002), Earthquake disaster in Gujarat in January 2001 (Mental Health Aspects of the Earthquake in Gujarat, Pilot phase: January 2001- January 2002 and Main study: March 2004-March 2009), Tsunami Disaster in Tamilnadu in 2004 (Pilot phase: Mental Health Needs Assessment and Service Delivery Models in Tsunami Affected Population of Coastal Tamil Nadu, April 2005- August 2005 and Main study: February 2008-February 2010). All these studies were the research projects funded by Indian Council of Medical Research (ICMR), New Delhi. IHBAS has played a major role in formulating the National Disaster Management Guidelines for Psycho-Social Support and Mental Health Services in Disasters. These guidelines have been issued by National Disaster Management Authority (NDMA), Government of India in December 2009.

Resource Centre for Tobacco Control (RCTC)

Tobacco Cessation Centre (TCC) was started in the Dept. of Psychiatry at “Institute of Human Behavior and Allied Sciences (IHBAS)”, Delhi since 1st June 2001 and was sponsored by WHO under Ministry of Health and Family Welfare, Govt. of India. The aim of the project is to organize awareness and treatment programmes in the community, to organize training programmes for NGOs and general practitioners, to conduct school health programmes with adolescents and to focus on intensive follow-up strategies. From 2010 onwards, the role of TCC has been revised as Resource Centre for Tobacco Control (RCTC) with up-scaling of tobacco cessation facilities in the country. The RCTC apart from providing cessation services is involved in capacity building initiatives, establishing satellite clinics at Govt./ Non Govt. health institutions.

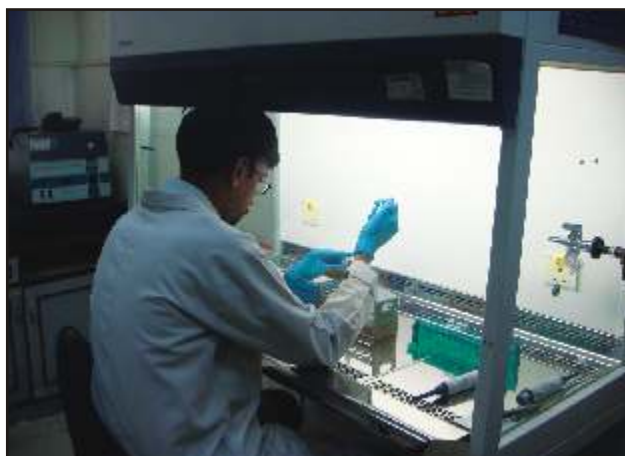
On the occasion of “World No Tobacco Day” (31st May, 2010), Smt. Sheila Dikshit, Hon’ble Chief Minister of Delhi has launched a pilot project on “**How to control and stop tobacco use? An integrated community based approach between Medical and Social sector in East Delhi**” at Delhi Secretariat to make people aware about the ill effects of tobacco use and also to make treatment for tobacco use accessible to people. This is an initiative of

Govt. of NCT of Delhi through Institute of Human Behaviour & Allied Sciences (IHBAS) in collaboration with various NGO partners, General Practitioners, Health workers and community volunteers working within the community to develop an integrated approach towards prevention, treatment and care for tobacco users. This is a demonstration model for service delivery of tobacco cessation on pilot basis.

The project in first phase has been started in collaboration with NGO partner's in five areas of East Delhi viz., St. Stephen's Community Health Center at Sunder Nagri, Nari Kaliyan Wahika Samiti at Nand Nagri, ADHAAR at Shastri Park & Gandhi Nagar and Maaratni at Gokulpuri. The main objective of the project is to integrate tobacco cessation strategy with various tobacco control measures and other health care initiatives undertaken by existing social and medical sector working within the community.

A referral centre for viral load under NACO

The Molecular division of department of Microbiology at IHBAS is well equipped to carry out nucleic acid amplification tests namely real time PCR for HIV viral load estimation and for M. tuberculosis. National AIDS Control Organization (NACO) rolled out second line ART programme in eight centres across the country in November 2008. At that time the molecular division of department of Microbiology was identified as one of the reference laboratories and was entrusted with the responsibility to carry out HIV viral load estimation for two of its centres namely BHU, Varanasi and Lok Nayak Hospital, MAMC, New Delhi. Since then the department has been serving as



a reference laboratory for the designated ART centres of NACO for the second line ART therapy. This allows the department not only to collaborate with NACO but also to make an active contribution towards the national health programme in an effective manner.

Awards and Honours

This year was a momentous year for IHBAS as besides strengthening the existing patient care services, the Institute continues to receive recognition for high standards in quality health care. We as an Institute look forward to another fruitful year.

Awards

- ♦ Prof (Dr) Nimesh G. Desai, Director, IHBAS was awarded with “Swastha Bharat Samman” award, for distinguished work in the field of Psychiatry by a jury consisting of nine eminent personalities from different fields.
- ♦ Prof (Dr) Rajeev Thakur, Professor of Microbiology participated as technical consultant for WHO assignment on infection prevention and control at Geneva, Switzerland during 2010-2011
- ♦ Dr Deepak Kumar, Associate Professor of Psychiatry was awarded the fellowship in International Mental Health Leadership by CIMH, University of Melbourne, Australia in June 2010.
- ♦ Dr C B Tripathi, Associate Professor of Biostatistics was the winner of “Conference award for Scientists” of International Society for Clinical Biostatistics in 2010, at Montpellier, France.

Institute at a Glance

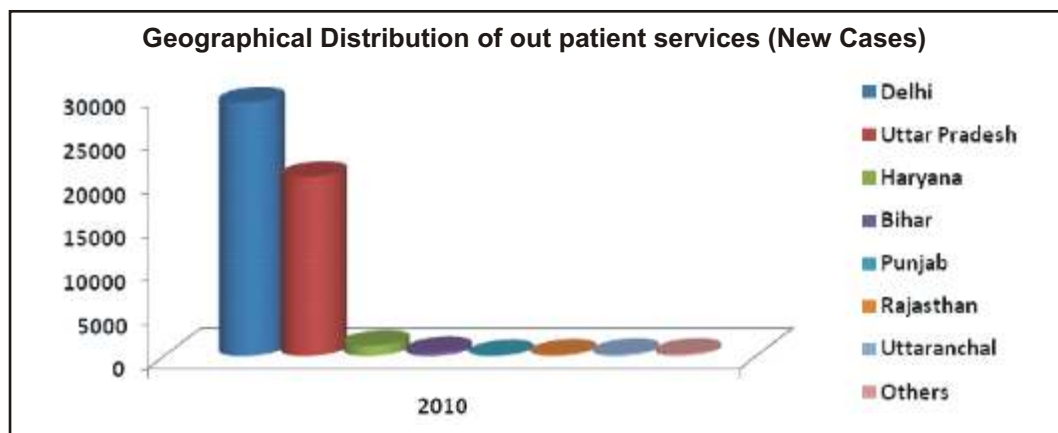
Institute at a Glance

Institute of Human Behaviour and Allied Sciences is one of the largest super specialties tertiary care centres in Delhi for dealing with psychiatric and neurological illnesses, to intervene in neurosurgical problems 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 provided by IHBAS during this year.

Hospital services

Out Patient Services

The institute is one of the largest tertiary care centres for neuropsychiatric diseases in North India. In the calendar year 2010, 333257 patients availed the outpatient services comprising of 51866 new and 281391 follow - up cases. There was a 7% increase in the total number of patients attending OPD as compared to the patients who availed the services last year. Around 56% of the new cases were from Delhi and the rest from the neighbouring states (see figure below). On an average, 1115 patients attended the OPD per day, of which 941 patients were old and 173 were new cases.



There are eleven registration counters in the OPD block to reduce the waiting time including counters for senior citizens and disabled patients, jail and court cases, female patients and the patients from the staff.

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.

- ♦ **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 counselling for school-related problems. During the year, 6414 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 counselling services are a regular feature of this clinic.
- ♦ **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 6883 patients availed the services through this clinic.
- ♦ **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 counselling. Other common disorders include impotence and premature ejaculation. Various treatment modalities are used such as medication, counselling and behaviour therapy. In the current year, total of 826 patients availed the services through this clinic.

- ♦ **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 centre for the project. This clinic is held on Monday, Wednesday and Friday afternoon. On an average, 7-8 patients are evaluated by a multidisciplinary team. The patients are offered both, pharmacological and non-pharmacological support, with emphasis on counselling and behavioural management. This year 636 patients utilized the services of the clinic.
- ♦ **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 880 patients attended this clinic.
- ♦ **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 are brought by their family members. Such patients are evaluated and treated by a multidisciplinary team composed of psychiatrists, clinical psychologists and psychiatric social workers. 6494 patients attended this clinic during the year. The patients are admitted for four to six weeks for comprehensive indoor treatment depending of the clinical and psychosocial needs.
- ♦ **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. 745 patients attended the clinic during this year.

- ♦ **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. 2537 patients attended the clinic during the current year. The endeavour, essentially, is to remove the stigma and reduce the treatment gap in epilepsy.

In - patient Services

The total numbers of sanctioned beds in IHBAS are 500. The current number of functional beds is 336. The distribution of beds in various departments is as follows:

- Department of Psychiatry 260 beds
- Department of Neurology 54 beds
- Department of Neurosurgery 22 beds

In the year under report, the total number of patients admitted was 3512. Of these, 1186 patients were admitted from OPD and 2326 through emergency.

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. 18963 patients availed the emergency services during the year under report. In addition to the clinical

emergency services, emergency laboratory was inaugurated on 7th May 2010. Various haematological and biochemical tests are being performed in the emergency laboratory. During this year total 24575 investigations were carried out in this laboratory.

Diagnostic Services

The Institute has well equipped laboratories providing specialized facilities including intra-operative reporting of CNS tumours, histopathology reporting of CNS tumours, muscle and nerve biopsies, Real time Polymerase Chain Reaction (RT-PCR) for estimation of HIV viral load and Mycobacterium tuberculosis



genome in cerebrospinal fluid, therapeutic drug monitoring, biochemical investigations for inborn errors of metabolism and electrophysiological tests in addition to routine diagnostic investigations.

Radiology services in the form of 3.0 Tesla MRI, Colour 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 deliver the neuropsychiatric services to the doorstep of patients. The community outreach services helps to create awareness in the public regarding neuropsychiatric disorders and remove the stigma and myths associated with mental illness.

Community outreach services were held regularly in the year of assessment (2010-11) at Jahangir Puri and Chattarpur, and mobile health clinic for homeless near Jama Masjid. There was an overwhelming response with 4719 patients attending the Jama Masjid clinic. At Jahangir Puri, 10319

patients attended, while 5124 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 centre 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 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 & given treatment & counselling services.

Outreach services for homeless mentally ill persons: These services were started in September 2000, in the walled city area of Delhi. Catering to the physical and mental health needs of this group is fundamental to the efforts of betterment of the quality of life of these homeless people.



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 counselling 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. IHBAS provides most of the medicines to the patients attending the clinic, free of cost. Currently community outreach services are extended to five districts across Delhi State.

Outreach Community Services	
Chhatarpur Clinic (South)	Monday/Thursday morning
Jahangir Puri Clinic (North- West)	Wednesday/Friday morning
Dwarka Clinic (South-West)	Wednesday/Friday morning
Timarpur Clinic (North)	Monday/Thursday morning
Motinagar Clinic (West)	Wednesday/Saturday morning
Mobile Health Clinic for homeless near Jama Masjid	Monday/Thursday evening

Nursing

The nursing staff provides one of the most important supportive cares in the management of neuropsychiatric patients along with rehabilitative care and psychological support to the psychiatric patients, since neuropsychiatric nursing care is different from the general nursing care. The nurses are trained and taught to deliver special nursing care to the neuropsychiatric patients in this institute.

Nurses from various reputed institutions are beneficiary of these teaching and training programs. These trainees are also involved in various community based programmes such as skits to educate the community about epilepsy, drug abuse etc.

In addition patient staff group meetings are organized regularly with main objective of increasing the interaction between the patients and staff for better understanding of patient's problems. The nursing staff is also involved in various other patient welfare activities such as conducting regular

sessions of prayers and exercises for the patients, celebrating festivals with patients, eating out programmes as well as joining the long stay patients for picnics to make them feel at home.

Day care centre and occupational therapy

The Occupational Therapy and Day Care Centre (OT and DCC) provides services to a wide variety of clientele from OPD as well as the wards referred from various departments like Psychiatry, Neurology and Neurosurgery. The primary aim includes restoration of maximal functional independence and community reintegration.



Screening, assessment, OT treatment planning and implementation, reassessment, follow-up and discharge planning are providing both neurorehabilitation and psychosocial rehabilitation. Specialized services includes: early intervention, remedial therapy, adaptive and assistive

technology, ADL training, cognitive rehabilitation, social skill training work simplification and energy conservation, active scheduling and habit training etc.

The Day Care Centre consists of a multidisciplinary team comprising of psychiatrist, neurologist, clinical psychologist, occupational therapist etc. Skill building is the mainstay of the therapy program at Day Care Centre. It is achieved through structured group activities, prevocational and vocational skill building activities like candle making, envelope making, stitching and tailoring, card making, arts and crafts etc. 11164 patients availed the services of the Occupational therapy department and Day Care Centre in the year 2010-11.

The department is actively involved in the teaching and training of M.Phil Clinical psychology students of IHBAS as well as students and interns from

various reputed institutions.

Physiotherapy services

The department of Physiotherapy is situated in the occupational therapy block at IHBAS. Physiotherapy services in the institute were started in August 1995.

The department is manned by one chief physiotherapist, one regular physiotherapist and seven junior physiotherapists working on contract basis. There are various equipments installed in the department viz., Moist heat therapy, Paraffin wax bath, Ultrasound therapy, Traction unit, Short wave diathermy, Interferential therapy with muscle stimulator and TENS unit, Rowing machine, Shoulder wheel, Walking bar, Grip exerciser, T bracket set, Quadriceps table, Rotatory wrist machine, Static cycle, Shoulder abduction ladder. There is in-house availability of fully furnished Gymnasium with 18 different types of equipments. From the indoor and outdoor services 18003 patients availed modern Physiotherapy services.



Physiotherapy services are provided to the inpatients of Psychiatry, Neurology and Neurosurgery as well as all the outdoor patients referred by the clinicians of these departments. Patients with acute neurological deficit are helped by active and passive rehabilitative programmes. Pain relieving modalities are actively used.

Students from various physiotherapy colleges are posted for clinical training & internship. The Physiotherapists are actively involved in the teaching and training of these students.

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 and 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. Currently there are five drug dispensing counters at OPD Pharmacy keeping in view the increasing crowd of the outdoor patients out of which one counter is exclusively dedicated to senior citizens.

Proper labelling 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 Kitchen Department, IHBAS plays a very important & supportive role in providing patient care services. Kitchen Department catered to an average



305 inpatients per day in the year 2010-11. Diets are provided to the indoor patients as per the approved diet scale. In addition individual assessment is being done for dietary requirement of each patient, admitted in the hospital. Complete nutritive requirements of the indoor patients are fulfilled through main meals: 3 times (Breakfast, Lunch, Dinner) and snacks: 3 times (Bed Tea, Mid-Morning Soup, Evening Tea) daily, providing adequate calories and proteins and other essential nutrients. Apart from the standard diets, kitchen also provided 135 numbers of therapeutic/special diets on an average 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/Menu for all the indoor patients on various festivals, eating out programme on 4th Sunday every month and picnics for the inpatients in the year 2010-11.

Reports of Departments

Departmental Reports



Departments of IHBAS

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

Patient Care Services

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

Special Clinics

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

Department of Psychiatry

During the academic Year 2010-11 the Department of Psychiatry has expanded the scope of various mental health care activities. Areas being developed are mother and child care Unit, child and adolescent mental health and community mental health including services for homeless mentally ill. The Institute is running a specialty clinic Resource Centre for tobacco Control (RCTC) under the Tobacco Cessation Programme of the Ministry of Health and Family Welfare. The department is also running five 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 centers for providing technical inputs and training under National Mental Health Programme (NMHP). The disability certification is being provided to persons with mental retardation and mental illnesses on a regular basis. The faculty has contributed to a variety of research and training related activities.

Hospital Based Services

The Department of Psychiatry has expanded the scope of various mental health care activities. The department of psychiatry provides both inpatient and outpatient care through general psychiatry OPD and 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. Also it has a psychiatric ICU in place. 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 with comparison. There has been a significant increase in OPD attendance. 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 has been reduced significantly and is currently satisfactory. Immediate attention to violent, aggressive, and severely disturbed patients is being provided in OPD.

Specialty OPD Services

Apart from routine OPD 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 afternoons to provide services to the psychiatric and behavioural problems of the children up to 16 years of age as well as counselling 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. Often parents are requested to involve themselves in the treatment process. Patient counselling 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 counselling. Other common disorders include impotence and premature ejaculation. Various treatment modulations are used such as medicines, counselling and behaviour therapy.
- ♦ **Resource Centre for Tobacco Control (RCTC):** This 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 centre for the project. It provides regular outdoor services through a clinic held on every Monday, Wednesday and Friday afternoon. On an average about 7-8 patients are evaluated by a multidisciplinary team, the patients are offered both pharmacological and psychological support with emphasis on counselling and behaviour management.
- ♦ **Drug Abuse Treatment and Rehabilitation 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 Short Observation Facility (SOF). A qualified psychiatrist such as the senior resident from psychiatry along with 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 and are given treatment. On an average 30-40 Patients are seen per day in emergency. Average length of stay of patient in SOF is 24-72hrs. 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, and 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 an utmost care of the human rights issues of all inpatients during their hospital stay and there is zero tolerance for any forms of human rights violation.** 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 neuropsychiatry 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 has been reduced significantly (reduced to 3-4 weeks). Discharge Effectiveness Rate is high (95% for court referred cases). With the active team efforts number of long stay patients is currently reduced to 45.

Recently IHBAS has started Psychiatry ICU setting which is second of its kind after NIMHANS in India to provide intensive care for the psychiatric patients with acute medical/Psychiatry conditions and those with high suicide, homicide risk.

Child and Adolescent Psychiatric Indoor Services

In addition the Child and adolescent Psychiatry ward (currently 10 bedded) has been started to provide intensive therapy to the children and adolescents with emotional and behavioural problems and the treatment is provided by a

active multi disciplinary team. It also manages children referred by the Juvenile Justice Board and Child welfare committees.

Forensic Psychiatry services

There is a 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 matters.

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 Centre 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 psychiatric illness along with problems of substance dependence.

Other Hospital Services

- ♦ Caregivers Psycho-education Group Meetings in OPD
- ♦ Patient Staff Group Meetings (PSGM) monthly in wards
- ♦ Standing Medical Board weekly
- ♦ Disability Boards weekly

Community Based Services

National Mental Health Programme (NMHP) activities

Community outreach services are being carried out as a part of National Mental Health Programme (NMHP) in different districts across Delhi State. Currently community outreach services are extended to five districts across Delhi State i.e. Chattarpur (South), Jahangirpuri (North-West), Dwarka (South-West), Timarpur (North), and Motinagar (West). The DMHP team also visits two different places in different districts of NCT of Delhi once a month, for delivering meta-outreach services (reaching beyond outreach clinics) besides regular clinics. IEC awareness activities are being carried out on a regular basis across entire city to destigmatize mental illnesses and dispel the myths about the same. Mental health awareness and diagnostic camps are also being organized every month in different field areas where the DMHP clinics are running.

To celebrate “World Mental Health Day” every year on 10th October, a series of awareness-cum-diagnostic camps and orientation course of medical staff and health workers are organized in the 2nd week of October in various dispensaries and other places like Malls and Dilli Haat etc. across Delhi state. During the week long programme various events are being organized to educate the masses through a series of events like public lectures, awareness camps, street plays, post exhibition and distributing IEC materials on common mental disorders to dispel the myths and to curb social taboo about mental illness. Mental health care services for homeless population at Jama Masjid area is also being provided in collaboration with an NGO Ashray Adhikar Abhiyan (AAA) and Delhi Legal Services Authority (DLSA).

A series of intensive training programme have been organized for various categories of health personnel (including medical officers, paramedical and non-medical personnel) located across the state and so far trained 188 health professional since 2000. DMHP had linkages with anganwadis, NGOs working with women’s issues, ICMR-WHO supported Urban Mental Health Project for technical inputs and WHO supported Tobacco Cessation services. From 2010 onwards, DMHP has also integrated the activities of

Tobacco Cessation Services at DMHP outreach clinics. Based on IHBAS experience with DMHP in Delhi and other inputs, “Urban Mental Health module” has been submitted to the Ministry of Health and Family Welfare (MOH and FW) for inclusion in the 11th Five Year Plan of National Mental Health Programme (NMHP).

- DMHP under NMHP was initiated in State of Delhi in 2000 (under 9th five year plan) with IHBAS as the nodal centre.
- Covering five districts viz. south, north-west, south-west, north and west.
- Budget is sanctioned by ‘Ministry of Health & Family Welfare’, Government of India.
- After completion of five years, ‘Govt. of NCT of Delhi’ has taken over the district Chattarpur (South) from Ministry of Health and Family Welfare, Govt. of India

Main components of District Mental Health Programme (DMHP)

♦ Outreach Clinical Services

OPD clinics successfully running in five districts at:

- **Chattarpur (South):** since 2000 (under 9th five year plan)

Location: Delhi Government Dispensary

OPD days: Monday, Thursday and Saturday*

Follow up of the patients in the community and IEC

Activities: Wednesday and Friday

Teaching, training programme and data management:
Tuesday

- **Jahangirpuri (North-West):** since 2000 (under 10th five year plan)

Location: Babu Jagjeevan Ram Hospital

OPD Days: Wednesday, Thursday* and Friday

Follow up of the patients' in the community and IEC

Activities: Mon & Sat

Teaching, training programme and data management:

Tuesday

- **Dwarka (South-West):** since 2009 (under 11th five year plan)

Location: Sector-12, Delhi Government Dispensary

OPD Days: Wednesday, Friday and Saturday*

Follow up of the patients' in the community & IEC

Activities: Monday and Thursday.

Teaching, training programme and data management:

Tuesday

- **Moti Nagar (West):** since 2010 (under 11th five year plan)

Location: Acharya Bhikshu Hospital

OPD Days: Wednesday, Thursday* and Saturday

Follow up of the patients' in the community & IEC

Activities: Monday and Friday

Teaching, training programme and data management:

Tuesday

- **Timarpur (North):** since 2010 (under 11th five year plan)

Location: Delhi Government Dispensary

OPD Days: Monday, Thursday and Friday*

Follow up of the patients' in the community and IEC

Activities: Wednesday and Saturday

Teaching, training programme and data management:

Tuesday.

Timings of the OPD is 9:30 am to 12:30 pm in Jahangirpuri, Moti Nagar and Timarpur and 10:00 am to 1:00 pm in Dwarka and Chattarpur.

Each clinic now runs thrice a week and day marked with * is the newly added day for respective clinic. The clinic at Jahangirpuri on Thursdays is run as an evening clinic

Majority of the patients attending OPD suffer from

- Depression = 27% approximately
- Psychoses = 14% approximately
- Anxiety = 03% approximately

80% of the patients treated at community outreach clinics have successfully recovered.

Stepwise management of the patients

- Assessment of the patient
- Diagnosis to be done
- Medicines are provided
- Basic tips and counselling is given
- Rehabilitation of the patients in the community
- Follow up in the community with drugs and social support
- Patients who are difficult to treat and needs intensive care management being referred to IHBAS

♦ **Services for homeless population at Jama Masjid clinic**

- In collaboration with NGO-AAA
- Recently novel collaborative initiative by DLSA and SMHA with IHBAS and AAA was taken to launch pilot programme of mobile legal services for provision of legal authorization for treatment of severely mentally ill homeless persons.

♦ **Services for homeless population at Nizamuddin Masjid clinic is being launched**

- In collaboration with NGO- Aman Biradari
- The clinic is planned to be initiated next month.

- ♦ Community involvement with RWAs and Linkage with Anganwadis

- ♦ **Intersectoral linkages**

Intersectoral linkages has been established with

- Department of Social Welfare
- Department of Women and Child Development
- Mission Convergence
- Various NGOs working in the field of mental health

- ♦ **Training Programme**

Training of health professionals (medical officers, para-medical and non-medical personnel) is also a regular component of DMHP

- ♦ **Meta Outreach services**

The DMHP team visits various places in different districts of NCT of Delhi once a month, for delivering meta-outreach services (reaching beyond outreach clinic). Sudinalaya at Kabir Basti and Seva Kutir complex at Kingsway camp are the new additions to the metaoutreach services

- ♦ **Telephone calls and home visits are being made as measures for dropout patients.**

- ♦ **Information, education and communication (IEC) activities.**

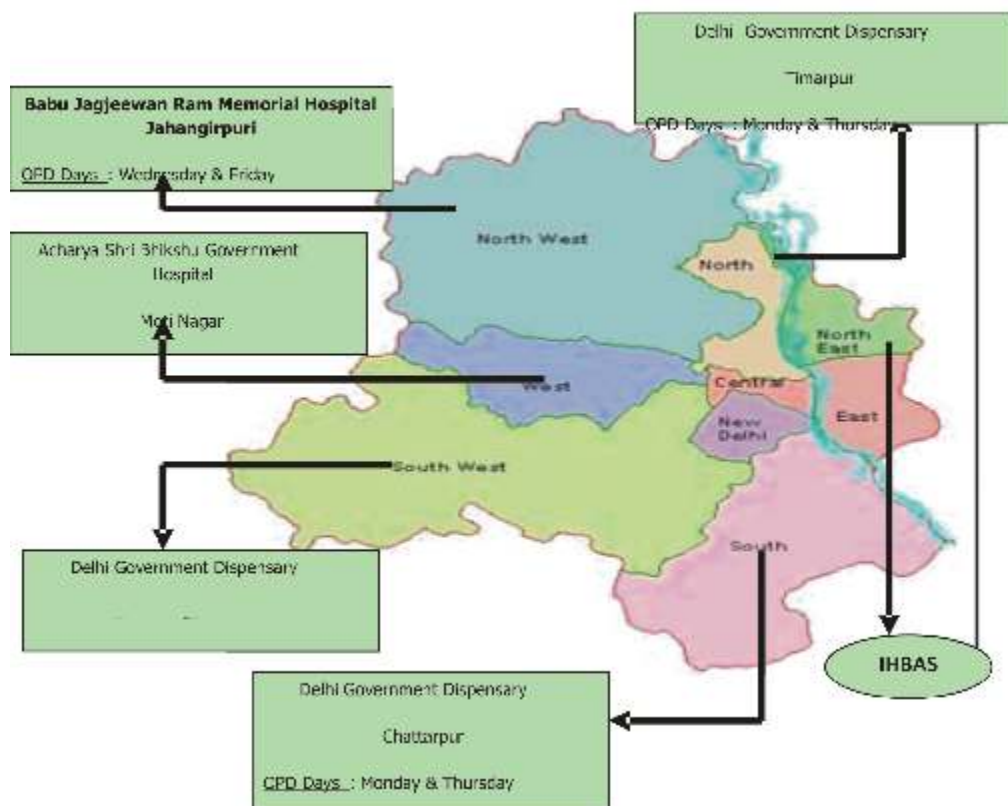
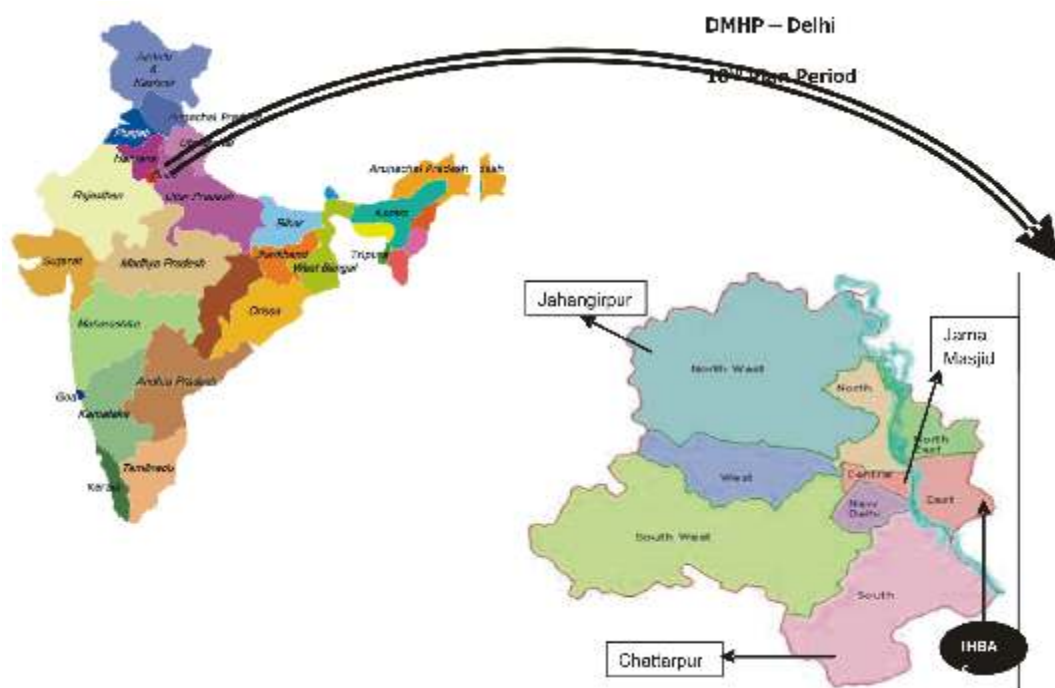
- **Regular activities:**

- Awareness and sensitization camps
- Street plays
- Posters exhibition and pamphlet distribution

- **Other activities:**

- **Mental health week (8th-14th December, 2010):** Celebrated to commemorate the “World Mental Health Day” (10th October) in which following mental health related activities were carried out by the DMHP team of the Delhi State in collaboration with various Govt. agencies as well as NGOs in all parts of Delhi.

- Awareness and sensitization camps at different venues
 - Mental Health Awareness Rally
 - Poster Exhibitions
 - Street plays at various universities and at the camp sites
 - Public seminar on the theme Users' and Carers' perspectives on Mental Health Services
 - Community contact programme
 - Orientation programme (medical & paramedical professionals) in the field of mental health at the respective districts.
 - Press conference
- ♦ **Brain Awareness week (28th March to 3rd April, 2011):** Celebrated for the first time by the mental health professionals where DMHP staff took active participation. During the week long programme various events were organized to educate the masses as well as general practitioners through a series of
 - Public lectures/ Poster exhibition
 - Awareness camps
 - Training workshop
 - Street plays
 - Painting competition among school kids
 - Interactive Workshop with media persons



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 MD (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 4 MD students per year (2 from Delhi PG entrance and 2 from all India quota) 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.
- ♦ Training is provided to range of professionals and students including General Practitioners, Medical Officers, Students from DU and Jamia and University, DSACS counselors and NGO workers.

Research

Resource Centre for Tobacco Control (RCTC), STP-004B

Tobacco Cessation Centre (TCC) is functioning in the Dept. of Psychiatry at “Institute of Human Behaviour and Allied Sciences (IHBAS)”, Delhi since 1st June 2001 as thrice a week clinic i.e. Monday, Wednesday and Friday along with the de-addiction clinics. It was sponsored by WHO and Ministry of Health and Family Welfare, Govt. of India. The aim of the project is to organize awareness and treatment programmes in the community, to organize training programmes for NGOs and general practitioners, to conduct school health programmes with adolescents and to focus on intensive follow-up strategies.

From 2010 onwards, the role of TCC has been revised as Resource Centre for Tobacco Control (RCTC) with up scaling of cessation facilities in the country. The RCTC apart from providing cessation services is involved in capacity building initiatives, establishing satellite clinics at Govt./ Non Govt. health institutions.

In the year 2010-11, various community awareness programmes were organized by the team. “Tobacco Cessation Services Stalls” were organized at **Pusa Krishi Vigyan Mela**, Pusa Road, Delhi from 4th to 6th March, 2010 and from 3rd to 5th March, 2011. Apart from this TCC stall was setup at **India International Trade Fair (IITF)**, for 2 weeks i.e. from 14th – 27th November, 2010 with the initiative of Ministry of Health and Family Welfare, Govt. of India. Awareness camp was organized by ASHA Deep Foundation (NGO) in collaboration with IHBAS on 9th February, 2010 at Old Seema Puri, Delhi. Various training programs/ workshops or talks on ‘Tobacco Cessation Services’ were organized for Medical and Dental Practitioners, Paramedical staff, Media persons and general public.

Around **20 Satellite clinics for tobacco cessation** were established in collaboration with DMHP outreach clinics at Chattarpur, Jahangirpuri, Dwarka, Motinagar and Timarpur; with various NGOs partners at Nand Nagari, Sunder Nagri, Gokulpuri, Shastri Park and Gandhi Nagar; and with Medical and Dental Practitioners in East Delhi.

- ♦ Dr. Nimesh G. Desai, Professor, Dept. of Psychiatry, IHBAS gave a presentation in the Training program on ‘**Tobacco Cessation Services: Fundamental and Prospects in India**’ organized on 22nd and 23rd April, 2010 by Voluntary Health Association of India (VHAI).
- ♦ Dr. Pallavi Dham, Psychiatrist, DMHP, IHBAS gave a talk in the Training workshop on ‘Tobacco cessation and self-help tips’ held on 10th May, 2010 for **Medical and Paramedical** staff of Army Base Hospital, Delhi Cantt. It was organized by Smoke Free Delhi Project.
- ♦ Training workshop on ‘Nicotine Dependence’ was organized by IHBAS on 14th May, 2010 for **General Practitioners** and Doctors from East Delhi community under Urban Mental Health Programme.

- ♦ Dr. Rupali P. Shivalkar, Associate Professor of Psychiatry, IHBAS delivered a talk on “Quitting is Possible- All can do” a **dialogue with media persons** organized by Smoke Free Delhi Project on 22nd June, 2010.
- ♦ Dr. Rupali P. Shivalkar, Associate Professor of Psychiatry, IHBAS delivered a talk on “**Assessment for Tobacco De-addiction**” in the National Conference for Tobacco and Health held at Mumbai on 23rd – 25th September, 2010.
- ♦ Under the TCC Pilot Project, the training programmes were conducted for the **health workers and the community volunteers** to induce the idea of the project and to provide the initial treatment for tobacco cessation in the community. An orientation & sensitization programme was also conducted for **General practitioners & Dental practitioners** from the community in order to establish the inter-sectoral coordination among the social and the medical sector and to provide the pharmacological intervention to those who are in need.
- ♦ A training programme on “Tobacco Cessation and Control” for Dental Practitioners under **Indian Dental Association (IDA)** was conducted by IHBAS on 26th February, 2011 with support from **Tobacco Intervention Initiative (TII)**. Near about 25 members had participated in this programme. The aim was to provide quality tobacco intervention training to dental professionals with a resultant reduction of oral cancer burden on the people and the nation.

World No Tobacco Day (WNTD) Programme

World No Tobacco Day is celebrated around the world on 31st May every year. This event celebration focuses on the harm related to tobacco use, the business practices of tobacco companies, to fight the tobacco influence, and what people around the world can do to protect the right to health and healthy living for themselves and for future generations. The World No Tobacco day is a day that reinforces the significance of all our efforts.

How to Control and Stop Tobacco use? An integrated Community based approach in East Delhi. (STP 2010)

On the occasion of “**World No Tobacco Day**” (31st May, 2010), Smt. Sheila Dikshit, Hon’ble Chief Minister of Delhi has launched a pilot project on “**How to control and stop tobacco use? An integrated community based approach between Medical and Social sector in East Delhi**” at Delhi Secretariat to make people aware about the ill effects of tobacco use and also to make treatment for tobacco use accessible to people. This is an initiative of Govt. of NCT of Delhi through Institute of Human Behaviour and Allied Sciences (IHBAS) in collaboration with various NGO partners, General Practitioners, Health workers and community volunteers working within the community. The project in first phase has been started in five areas of East Delhi namely, Sunder Nagri, Nand Nagri, Shastri Park, Gandhi Nagar and Gokulpuri. On this occasion, Smt. Dikshit also launched a website www.smokefreedelhi.org for extending help to people quit tobacco and tobacco products.



This year, to review the progress of the project and to spread awareness in the community, IHBAS in collaboration with NGO partners (St. Stephen’s Community Health Center, Nari Kaliyan Wahika Samiti, ADHAAR and Maaratni), General practitioners from community and community volunteers has organized a programme on the occasion of “World No Tobacco Day” (31st May, 2011) at IHBAS chaired by Prof. (Dr.) Nimesh G. Desai, Director, IHBAS and coordinated by Dr. Om Prakash, Associate Professor of Psychiatry. On this occasion, Shri Veer Singh Dhingan, MLA, Seemapuri addressed the gathering of 350 persons from different communities and highlighted about the harmful effects of tobacco.



Awareness and counseling camps were organized by IHBAS Team at OPD areas of Guru Teg Bahadur (GTB) hospital and Swami Dayanand General Hospital from 10:00 am to 12:30 pm. More than 550 people were benefited by the awareness programme and 200 people registered for counseling. For further intervention they were referred to TCC, IHBAS.

A programme was organized by Indian Medical Association- East Delhi Branch on World No Tobacco Day where Prof. Nimesh G. Desai, Director, IHBAS gave a talk on Tobacco Cessation Services. Other senior officials of IMA also shared their views on Tobacco epidemic and measures to be taken by medical doctors.

Apart from this, awareness camps under TCC Pilot Project were organized on 22nd January, 2011 at Shastri Park, on 24th January, 2011 at Gokulpuri, on 27th January, 2011 at Nand Nagri, on 1st February, 2011 at Sunder Nagri, 28th March, 2011 at Gandhi Nagar, 30th March, 2011 at Shastri Park.

A Multi-centre Study of Mental Health Morbidity and Psychosocial Needs of Persons Living with HIV/AIDS (RP-40)”

Aim

- ♦ To assess and understand mental health morbidity and psychosocial needs of PLHAs for planning better services in the community

Objectives

- ♦ To study the syndromal psychiatric morbidity and sub-syndromal psychological symptoms in the Persons Living with HIV/AIDS (PLHAs) in the Community.

- ♦ To study the psychosocial and mental health needs of PLHAs and their coping mechanisms.
- ♦ To study the social support among persons living with HIV/AIDS.
- ♦ To study the relationship of mental health morbidity with socio-demographic and clinical variables in PLHAs.

Methodology

The sample will be taken from various Community Liaison Networks (CLN) spread all over India, which are working in collaboration with State AIDS Control Societies (SACS). These networks consist of **Drop in centres and Community care centres**.

Drop-in-centres are run by NGOs/Trusts, each such centre has approximately 150 to 250 clients. Community care centres provide medical services to PLHAs and predominant population is of clients on ART. If the adequate number of clients on ART is not available in these networks, then the clients will be recruited from the ART centres to get an adequate number (at least 300 at each centre).

Sampling Design

- ♦ **Multiple Stratified Design:** The sample from CLN will be stratified as per the duration of the HIV positive status and duration of association with CLN if available from their list.
- ♦ If the above details are not available with CLN then, systematic random sampling design will be followed.

Name of PI: Prof. (Dr.) Nimesh G. Desai, Professor and Head, Dept. of Psychiatry

Name of Co-PI: Dr. Rajesh Kumar, Associate Professor, Dept. of Psychiatry
 Dr. Vijender Singh, Associate Professor, Dept. of Psychiatry
 Mr. Pravin B. Yannawar, Psychiatric Social Worker, Dept. of Psychiatric Social Work
 Dr. C. B. Tripathi, Associate Professor, Dept. Bio-Statistics
 Dr. Vijay Nath Mishra, Associate Professor, Dept. of Neurology

Duration of the Project: This study will be of 24 months duration (From April 2010 to March 2012)

Other Institute Activities where in Department of psychiatry has participated

- ♦ Mobile Mental Health Unit (2no.) started for rescue and engagement of treatment for the homeless with mental health issues and also for the mentally ill persons staying with family
- ♦ **TCC-RCTC initiation:** a community based initiative for tobacco cessation in partnership with NGOs and medical professionals in east Delhi, with funding from GNCTD
- ♦ The NHRC as part of their review of mental health centres in the country reviewed functioning of IHBAS in 2010 & has made specific recommendations for up gradation of IHBAS as a regional level institute with joint funding and management by the Government of India and Government of Delhi, just like it is for NIMHANS, Bangalore.
- ♦ International Women's Week was organized by Sudinalay (NGO) in collaboration with Institute of Human Behaviour and Allied Sciences (IHBAS) from 8th to 15th March, 2011. A state level consultation on women's empowerment for prosperity and social change was organized by Sudinalay at Vigyan Bhawan on 8th March, 2011. In this Dr. Nimesh G. Desai delivered a lecture on 'Severe Mental Illness and Homeless: Experiences from the work with Mother NGO, AAA and Sudhinalaya'.
- ♦ As part of the activities of International Women's Week, IHBAS has organized a seminar titled "**Priorities for Women and Mental Health**" on 12th March, 2011. The focus of the seminar was to raise issues with regards to the priorities in women's mental health that go beyond the core issues of mental illness and cure to larger concept of promotion of mental health and women empowerment. The seminar had attempted to explore the role of government and non-governmental organizations involved in the care and welfare of women.

- ♦ A One Day Training Workshop for Indian Dental Association (IDA) on “Tobacco Cessation and Control: An Innovative Approach” held on 26th February (Saturday), 2011
- ♦ Seminar on Carers and Users perspective of Mental Health held with SMHA in December 2010
- ♦ State level Workshop held with stakeholders on the issue of amendments for the Mental Health Act (MHA 1987) under the aegis of State Mental Health Authority (SMHA) Delhi on 16th March, 2011 at IHBAS

Honors/Distinctions Awards to faculty

- ♦ State Level Health Award conferred to Prof (Dr.) Nimesh G. Desai, Director, IHBAS
- ♦ Dr Deepak Kumar Associate Professor of psychiatry was awarded the fellowship in International Mental Health Leadership by CIMH, University of Melbourne, Australia in June 2010.
- ♦ Prof (Dr.) Nimesh G. Desai, Director, IHBAS was awarded **Swastha Bharat Samman** award for distinguished work in the field of Psychiatry, by a jury consisting of nine eminent personalities from different fields.

Participation in national/International conferences

- **Dr NG Desai, Dr Deepak Kumar** and **Dr Omprakash** attended the International conference-cum-workshop on Asia pacific Community Mental Health Development .(17-19 Feb 2011) at NIHFW, New Delhi
- **Dr. Deepak Kumar** (associate professor of psychiatry), **Dr. Om Prakash** (associate professor of psychiatry), **Dr. Rajesh Kumar** (associate Professor of Psychiatry), **Dr. Vijender Singh** (associate professor of psychiatry), **Dr. Manoj Kumar** (assistant professor of psychiatry) Participated in 63rd Annual National Conference of Indian Psychiatric Society held at New Delhi, India from 16th – 19th Jan. 2011.

- **Dr NG Desai , Dr Pankaj Kumar and Dr Deepak Kumar** attended the National consultation workshop on MHA 1987 in March 2011 at NIHFW, NewDelhi
- CINP Programme held at Hotel Metropolitan, Delhi and the following faculties participated: **Dr. Deepak Kumar, Dr. Saurabh Mehrotra & Dr. Manoj Kumar**

Publications/Activities

Dr. Nimesh G. Desai,

- Attended a workshop at Post Graduate Department of the Masina Hospital, Mumbai on Saturday, the 15th May, 2010
- Presented an episode on “Experiences of Persons with Depression” in the regular series “Zindagi Live” on 13.6.2010 at 8.00 PM (Sunday)
- Participated in Post Graduate Development Programme at Chandigarh from June 25-27, 2010.
- Participated as Guest Speaker in the Scientific Session-I on September 4, 2010 in Annual Conference of IPS-2009-10, Gujarat State Branch (2009-10) from September 3 to 5, 2010 at Hotel Mappel Abhay, Paota Circle, Jodhpur.
- Participated in Episode on Mental Health on Lok Sabha TV Channel on 11.9.2010 at 1.30 PM
- Episode on “Healthy India Series on Dementia” on Lok Sabha TV Channel on 18.9.2010 from 6.00 to 7.00 PM
- Participated as Guest Speaker and Chairperson in the Scientific Session. CERP Indian Workshop on November 26 & 27, 2010 at Mumbai

Dr. Deepak Kumar

- Participated in 63rd Annual National Conference of Indian Psychiatric Society from 16th to 20th January, 2011 at New Delhi.

- Participated in Training Programme titled as “Knowledge Exchange Programme” between experts from European Psychiatric Association (EPA) and India on 1st and 2nd May, 2010 at Delhi
- Coordinates the Board of Visitors meeting for the Institute evening month
- Working as thesis Guide for two MD (Psychiatry) Student
- Uday K Sinha and **Deepak Kumar**. Mindfulness-based cognitive therapy with emotionally disturbed adolescents affected by HIV/AIDS in Journal of Indian Association of Child & Adolescent Mental Health, 2010; 6: 19-30
- Kishore N, Singh V, **Kumar D**. Atypical Depression: A putative clinical marker of Bipolar-II disorder, abstracted in Indian J Psychiatry 2010; 52: Suppl. S32.

Dr. Om Prakash

Research involvements

Ongoing project:

- A study of genetics and neuro-imaging in dementia. Department of Biotechnology (DBT), India. 2008-11. Principal-Investigator

Publications

Books/Monographs (Authored/Edited)

- **Prakash O**, Rao NP, Vaisnav M. Sexual dysfunction in mentally ill. In ‘Physical health of mentally ill’(Eds. Ajit Avasthi, Shiv Gautam & Sandeep Grover). Official publication of Indian Psychiatric Society, 1st edition. 2010: 133-139.
- **Prakash O**. Cognitive Disorders. In ‘MCFT2- Mental Health and Disorders’ (Eds. Rajesh Sagar, Neerja Chadha, Amiteshwar Ratra); Indira Gandhi National Open University, National Centre for Disability Studies, New Delhi, 2010: 7-26.

Research papers published in Referred/Peer Reviewed Journals

- Bharath S, Purushottam M, Mukherjee O, Bagepally BS, **Prakash O**, Kota L, Krishnappa SB, Sivakumar PT, Jain S, Varghese M. Apolipoprotein E polymorphism and dementia: a hospital-based study from southern India. **Dement Geriatr Cogn Disord**. 2010; 30(6):455-60.
- Narayanaswamy JC, Varghese M, Jain S, Sivakumar PT, **Prakash O**, Bharath S, Kandavel T. Is there a familial overlap between dementia and other psychiatric disorders? **Int Psychogeriatr**. 2010 Dec 16:1-7. [Epub ahead of print].
- Avasthi A, Grover S, Kaur R, **Prakash O**, Kulhara P. Impact of nonorganic erectile dysfunction on spouses: a study from India. **J Sex Med**. 2010 Nov;7(11):3666-74.
- Henry J, Jagannathan A, Bhavana K, Thomas B, Bharath S, Varghese M, **Jhirwal OP**, Sivakumar PT. Group intervention for carers of geriatric patients: experiences from a clinic in India. **International Psychiatry**. 2010; 7(2):30-32.
- **Prakash O**, Sathyanarayana Rao TS. Sexuality research in India: An update. *Indian J Psychiatry* 2010;52:260-3.
- Bagepally BS, John PJ, Kovoov, JME, Purushottam M, Mukherjee O, Kota L, Sadananda S, **Prakash O**, Thangaraju SP, Bharath S, Jain S, Varghese M. Diffusion tensor imaging in Alzheimer's dementia and APOE-ε4 status. **Alzheimer's & Dementia: The Journal of the Alzheimer's Association** 2010, 6 (4), Supplement, pg. S18-S19.
- **Prakash O**, Prasad CG. Deliberate self-harm and domestic violence: Some answers needed. *Indian J Psychiatry* 2011;53:77.
- Loganathan S, Phutane VH, **Prakash O**, Varghese M. Progression of vascular depression to possible vascular dementia. **J Neuropsychiatry Clin Neurosci**. 2010 Fall;22(4):451-t.e34-451.e35.

- Phutane VH, Loganathan S, **Jhirwal OP**, Varghese M, Jain S, Girimaji SC. Are advanced paternal age and point mutation at chromosome 4 associated with schizophrenia? **Prim Care Companion J Clin Psychiatry**. 2010;12(5). pii: PCC.10I00952

Research papers published in Academic Journals other than refereed/Peer Reviewed Journals

- Desai NG, **Prakash O**, Singh V. Ageing and Mental Health in India: A wakeup call. *Helpage India—Research & Development Journal*. 2010; 16(1):14-17.

Rapid responses/e-letters:

- **Om Prakash**. ‘Gilahari’ (Lizard) syndrome: Is it a cultural manifestation of anxiety disorder? **The British Journal of Psychiatry** 2010 (14 July 2010).
- **Om Prakash**. More hours needed to taught ethical principles in Indian Medical Schools. In response: Daniel K Sokol. Ethics Man: What to tell junior doctors about ethics. **BMJ** 340:doi:10.1136/bmj.c2489 (15 May 2010).
- **Om Prakash**. Why is the medical professional regulated at every stage? No regulation for others. In response: Edward Davies. Should undergraduate medical students be regulated? No. **BMJ** 340:doi:10.1136/bmj.c1806 (12 May 2010).
- **Om Prakash**. Problem lies everywhere involves publishers, editors and their friends. In response: Roger K Allen. Personal View : The failure of modern textbooks. **BMJ** 340:doi:10.1136/bmj.c2132 (11 May 2010).

Dr Rupali P Shivalkar

- Delivered a talk as guest speaker on ‘Quitting is Possible: All can do’ a ‘Dialogue with the media persons’ organized by Smoke Free Delhi Project on 22nd June, 2010
- Participated in National Seminar on ‘Perspectives on Mental Health’ organized by Banyan between 1st to 3rd July, 2010.

- Presented 'Assessment for tobacco De-addiction' in a Symposium in National Conference for Tobacco and Health held in Mumbai on 23rd-25th September, 2010
- Organized a training programme on 'Tobacco Cessation and Control' for dental practitioners under Indian Dental Association (IDA) on 26th February, 2011
- Involved as Coordinating faculty for International Women's Week organized by Sudinalay (NGO) in collaboration with Institute of Human Behaviour and Allied Sciences (IHBAS) from 8th to 15th March, 2011
- Organized as part of the activities of International Women's Week, a seminar titled "Priorities for Women and Mental Health" on 12th March, 2011.
- Involved as Coordinating faculty for Community Outreach Services for Homeless at Jama Masjid in collaboration with NGO Ashray Adhikar Abhiyan (AAA) & Delhi State Legal Services Authority (DSLISA)
- Involved as Coordinating faculty and sub-investigator for Resource Center for Tobacco Control (RCTC) and Pilot Project on 'How to Control and Stop Tobacco Use? An Integrated Community Based Approach between Medical & Social Sector in East Delhi'

Dr. Rajesh Kumar

Professional Workshops/Conference

- Presented a symposium **"HIV/AIDS and Mental Health"** on 19th January, 2011 at Hotel Ashoka in the Annual National Conference of Indian Psychiatric Society.
- Participated in 63rd Annual National Conference of Indian Psychiatric Society from 16th to 20th January, 2011 at New Delhi.
- Presented a symposium "Psychiatry for Neuro-scientist on 30th January, 2011 at G.B. Pant Hospital in the Annual National Conference of Delhi Neurological Association.

Research Projects

- Co-investigator in a study entitled “**A Multi-centre Study of Mental Health Morbidity and Psychosocial needs of Persons living with HIV/AIDS**”.

Trainings Conducted

- Participated in the TOT workshop on HIV/AIDS counseling held under the Global Fund Round-7, counseling sub-component at Department of Social Work, Jamia Milia Islamia from 22nd Feb. to 26th Feb. 2010.
- Participated in **Brain Awareness Week** held at Institute of Human Behaviour and Allied Sciences, Delhi from 15th to 21st March 2010.
- Participated in a training programme entitled as “**Knowledge Exchange Programme**” between experts from European Psychiatric Association and India on 1st & 2nd May, 2010 at Delhi, India as Review Committee Member/Trainer for overcoming common challenges faced in clinical practice and selection of various treatment options to tackle a spectrum of psychiatry disorders.

Miscellaneous Activities

- Currently involved as **Faculty Coordinator in District Mental Health Programme for supervision of clinical and administrative works of DMHP staffs.**
- Organized workshop for Media Personnel to disseminate awareness regarding various problems of Brain & Mind and their solutions on the occasion of **Brain Awareness Week, 2011** at IIC, New Delhi.
- **Faculty Coordinator** in organizing **Brain Awareness Week, 2011** and **Mental Health Week, 2011.**
- Organized public seminar entitled “**Users’ and Carers’ perspectives on Mental illness**” on the occasion of **Mental Health Week, 2010.**

Dr. Vijender Singh

Academic Achievements

- Participated in 63rd Annual National Conference of Indian Psychiatric Society Held at Delhi, India on 16th to 19th Jan. 2011 and presented a symposium on HIV/AIDS and Mental Health.
- Participated in 3 days workshop on Internal Counsellor Programme on NABH Standards conducted by Quality Council of India on 4-6 March 2010.
- Participated as a review committee member in Training titled “Knowledge Exchange Programme” between experts from European Psychiatric Association (EPA) and India on 1st and 2nd May 2010 at Delhi.

Research Activities

Projects (Completed)

- Co-investigator in ICMR Task Force Project on “**Mental Health Needs Assessment and Service Delivery Models in Tsunami Affected Population of Coastal Tamil Nadu**” funded by Indian Council of Medical Research (ICMR).
- Co-investigator in ICMR Task Force Project on “**NICED-IHBAS-RIMS Collaborative study on HIV/AIDS and Drug Abuse in Manipur**” funded by Indian Council of Medical Research (ICMR).
- Co-investigator in ICMR Task Force Project on “**Mental Health Needs Assessment and Service Delivery Models in Earthquake affected population of Gujarat**” funded by Indian Council of Medical Research (ICMR).

Projects (Ongoing)

- Co-investigator in “**A Multi-centre Study of Mental Health Morbidity and Psychosocial needs of Persons living with HIV/AIDS**” funded by National AIDS Control Organisation (NACO)

- Co-guide for MD thesis on “**Anxiety and Depression in parents of children with attention deficit Hyperactive disorder- A comparative Study**” in the Department of Psychiatry, IHBAS, Delhi

Publications

- Kishore N, Singh V, Kumar D. Atypical Depression: A putative clinical marker of Bipolar-II disorder, abstracted in Indian J Psychiatry 2010; 52: Suppl. S32.

Dr. Pankaj Kumar

Workshop/Conference/Seminar/Meetings

- Attended the Annual National Conference of Indian Psychiatric Society (ANCIPS) from 16th January to 19th January 2011 at Delhi
- Organized the State Level Stakeholder meeting regarding amendments in Mental Health Act-1987 under the aegis of State Mental Health Authority, Delhi on 16th March 2011 at IHBAS.

Others

- Currently additionally doing the work of coordinating faculty for State Mental Health Authority (SMHA), Delhi.
- Currently additionally doing the work of coordinating faculty for Mobile Mental Health Unit (MMHU), Delhi.

Department of Neurology

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 9% over the previous year. 24844 new patients were registered during 2010. Community programmes were held to increase awareness of neurological disorders like epilepsy, stroke in community, etc. The department provides 24-hour emergency care. 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

Neurobehaviour 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.

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. Botulinum toxin injection as a mode of therapy for dystonia patients is regularly given in this clinic.

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.

Mental Retardation Clinic

Mental retardation clinic is held every Wednesday afternoon. Mentally challenged patients with neurological problems are seen in this 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 somato-sensory 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.

Electroencephalography (EEG) 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

Comprehensive teaching programmes for DM (Neurology) students, junior residents, students of MD Psychiatry and M.Phil (Clinical Psychology) students are carried out through bedside clinical teaching, case discussion, clinical meetings, journal clubs and seminars. Basic training is given in Neurophysiology.

Departmental achievements

- **Increase in DM (Neurology) seats: The DM (Neurology) seats increased from one seat per year to 3 seats per year**

Conference/programme organised

- Department organized Joint 13th Annual Conference of Delhi Neurological Association (DNACon-2011) & Conference on Tropical Neurological Disorders & CNS Infection, Tropicon, 2011 & 7th Delhi Nurses Update (DNNA 2011) from 29th to 30th January, 2011 in G.B. Pant Hospital, New Delhi jointly with Department of Neurology, G.B. Pant Hospital, New Delhi.
- **World Alzheimer's Day:** Department organized a Public Awareness Programme on the occasion of World Alzheimer's Day on 21st September, 2010.
- **National Epilepsy Day:** Department organized a Public Awareness Programme on the occasion of National Epilepsy Day on 16th November, 2010 under the aegis of Indian Epilepsy Association-Delhi Chapter.

Research

Dr. Kiran Bala

Research Projects (as Principal Investigator)

- Long term study of open –label pramipexole extended release (ER) in patients with advanced Parkinson's diseases (PD).
- **Children with Epilepsy:** School Awareness Programme (NCR Delhi Epilepsy School Children Project) funded by IEA.

Dr. Suman Kushwaha

Research Projects (as Principal Investigator)

- 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

Symposia/Workshops/Conference/Training/CME

Dr Kiran Bala

- Attended the International Headache Conference 2010 held at G.B. Pant Hospital, New Delhi from 26th to 28th November, 2010.
- Attended the Joint Meeting of 59th Annual Conference of Neurological Society of India from 16th to 19th December, 2010 at Jaipur.
- Attended the Joint 13th Annual Conference of Delhi Neurological Association (DNA CON-2011) and Conference on Tropical Neurological Disorders and CNS Infection, Tropicon, 2011 and 7th Delhi Nurses Update (DNNA 2011) from 29th to 30th January, 2011 in G.B. Pant Hospital, New Delhi.

- Attended the International Workshop on Nerve Muscle Disorders-2011 held at G.B. Pant Hospital, New Delhi from 18th to 20th February, 2011.
- Paper presented on “Genetic Polymorphism of ABCBI in North India Cohort: Influence on AED Therapy” in 12th Joint Annual Conference of Indian Epilepsy Association & Indian Epilepsy Society (ECON) 2010 held at Ludhiana from 26th to 27th February, 2011.
- Paper presented on “ABCB1 genetic variants and response to antiepileptic drugs in North Indian Cohort of Epilepsy patients” in the 4th World Congress on Controversies in Neurology (CONy) at Spain from 28th to 31st October, 2010
- Attended the International Headache Conference 2010 held at G.B. Pant Hospital, New Delhi from 26th to 28th November, 2010.
- Attended the International Workshop on Nerve Muscle Disorders-2011 held at G.B. Pant Hospital, New Delhi from 18th to 20th February, 2011.

Dr Suman Kushwaha

- Presented a paper on Cognitive Dysfunction in Parkinson’s Disease- An Indian Study. European Federation of Neurological Sciences (EFNS)- Sep 23-28, 2010 at Geneva, Switzerland.

Dr. Aldrin Anthony

- Attended the International Headache Conference 2010 held at G.B. Pant Hospital, New Delhi from 26th to 28th November, 2010.
- Attended the Joint 13th Annual Conference of Delhi Neurological Association (DNACon-2011) & Conference on Tropical Neurological Disorders & CNS Infection, Tropicon, 2011 & 7th Delhi Nurses Update (DNNA 2011) from 29th to 30th January, 2011 at G.B. Pant Hospital, New Delhi
- Attended the International Workshop on Nerve Muscle Disorders-2011 held at G.B. Pant Hospital, New Delhi from 18th to 20th February, 2011.

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

Dr Kiran Bala

- M Gourie-Devi, Vijander Singh, Kiran Bala. Knowledge, attitude and practices among patients of epilepsy attending tertiary hospital in Delhi, India and a review of Indian studies. *Neurology Asia* 2010; 15(3): 225–23.
- Grover S, Talwar P, Gourie-Devi M, Gupta M, Bala K, Sharma S, Baghel R, Kaur H, Sharma A, Kukreti R. Genetic polymorphisms in sex hormone metabolizing genes and drug response in women with epilepsy. *Pharmacogenomics*. 2010 Nov; 11(11):1525-34.
- Grover S, Talwar P, Baghel R, Kaur H, Gupta M, Gourie-Devi M, Bala K, Sharma S, Kukreti R. Genetic variability in estrogen disposition: Potential clinical implications for neuropsychiatric disorders. *Am J Med Genet B Neuropsychiatr Genet*. 2010 Dec 5;153B(8):1391-410.doi:10.1002/ajmg.b.31119. Epub 2010 Sep 30.
- Grover S, Bala K, Sharma S, Gourie-Devi M, Baghel R, Kaur H, Gupta M, Talwar P, Kukreti R. Absence of a general association between ABCB1 genetic variants and response to antiepileptic drugs in epilepsy patients.. *Biochimie*. 2010 Sep;92(9):1207-12. Epub 2010 Apr 24.
- Grover S, Gourie-Devi M, Baghel R, Sharma S, Bala K, Gupta M, Narayanasamy K, Varma B, Gupta M, Kaur K, Talwar P, Kaur H, Giddaluru S, Sharma A, Brahmachari SK, Indian Genome Variation Consortium, Kukreti R. Genetic profile of patients with epilepsy on first-line antiepileptic drugs and potential directions for personalized treatment. *Pharmacogenomics*. 2010 Jul;11(7):927-41.

Dr Suman Kushwaha

- Role of Vitamin B12, Folate, Thyroid stimulating hormone in dementia: A hospital-based study north Indian population. *Rachna*

Agarwal, Neelam Chillar, Suman Kushwaha, et al. Annals of Indian Academy of Neurology 2010;13 257-62.

Dr. Aldrin Anthony

- Monali Raval, Rima Kumari, Aldrin Anthony Dun Dung, Bhuvnesh Guglani, Nitij Gupta, Rohit Gupta, Departments of Neuroradiology and Neurology, Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi. MRI Findings in Hirayama Disease; Indian Journal of Radiology and Imaging;2010 Nov;l20/4.

Department of 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 and Neurosurgery ward services started in August 2008.

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.

Teaching and Training

Bed side teaching and 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. Upadhyay

- Presented a paper at DNA meeting at GTB Hospital in 2010 on “One stage laminotomy, complete intra medullary tumour excision and laminoplasty”.
- Presented two papers in DNACON 2010 at India Habitat centre Annual Delhi Neurological association conference on:
 - ♦ Development of neurosurgery department at erstwhile mental hospital.
 - ♦ Cervical fixation using MRI compatible CSLP Plate and Lumbar

fixation using MRI compatible titanium screws and rods.

- Presented two papers in national conference at (NSICON) at Jaipur in 2010 on:
 - ♦ Developing a department of neurosurgery
 - ♦ One stage complete excision of intra spinal tumour and laminoplasty
- Attended the Internal Councillor Programme on NABH Standards, conducted by QCI, New Delhi, 2nd -4th June, 2010 at IHBAS
- Attended neurotrauma conference and workshop on Endoscopic neurosurgery and spinal fixations. 19th-22nd August 2010 in Chennai
- Attended Neuro Pedicon conference and workshop on medas rex neurosurgery drilling and spinal fixations. Hyderabad 17th to 22nd November 2010 .

Dr. V. K. S. Gautam

- Attended live surgery demonstration and Hands on workshop on spinal stabilization and Cranial Endoscopy held on 19th August, 2010, organized by Institute of Neurology, Madras Medical College, Chennai.
- Attended 19th Annual Conference of Neurotrauma Society of India, held at Chennai from 20th -22nd August 2010, at Chennai.
- Attended 19th annual conference of Indian Society of Pediatric Neurosurgery - “Neuropedicon-2010” and CME of International Society of Pediatric Neurosurgery at Hyderabad, from 17th November to 21st November, 2010.
- Attended 13th AIIMS Microneurosurgery workshop organized by Department of Neurosurgery, Neuroscience Centre, New Delhi held from 17th – 19th February, 2011.
- Presented a paper on “Brainstem Tuberculoma Presenting as Stroke” on 30th January, 2011, at G.B.Pant Hospital, Delhi during Joint 13th Annual conference of Delhi Neurological Association (DNA CON-

2011) and conference on Tropical Neurological Disorders (CTND) & CNS Infections (CNSI)-TROPICON-2011.

Dr. Deepak Kumar Jha

- Attended DNATROPICON-2011. 13th Annual conference of Delhi Neurological Association and tropical sub-section of Indian Academy of Neurology. G.B. Pant Hospital, New Delhi
- Attended XIIIth Annual AIIMS Microneurosurgery Workshop. 2011, AIIMS New Delhi
- Attended CME on Neurocritical Care 2010. Fortis Hospital Noida, UP
- Attended Annual CME on “Neurosurgery Foundation Day- KGMU” 2010, Lucknow.

Research Publications

Dr. P.K. Upadhyay

- Real time intra-operative ultrasonography in the surgical resection of brain lesions: a cheap, effective and quick alternative. Journal of Neurosciences in Rural Practice; July–Dec 2010
- Use of real time intra-operative ultrasonography(USG) in the surgical lesions is economical, fast, accurate and portable. JAMS; Jan 2011:27-30
- A review of medical and clinical ethics in medical practice and doctor patient relations in new Millenium. JAMS; Jan 2011:12-16

Dr D K Jha

- Jain M, Arya A, Jha DK, Mehrotra S, Sarma U, Mehra A. Aggravated Spinal Cord Compression Following Electroconvulsive Therapy. J Anaesthesiol Clin Pharmacol. 2010 Oct;26(4):572

Special grants/assistance/ Honours/distinctions received

Dr. P.K. Upadhyay

- Elected member of Neurotrauma society of India in September 2010

- Elected member of Paediatric Neurosurgery Society of India
- Selected as editorial board member of JAMS (Journal of IMA academy of medical specialities)
- Selected as editor of magazine “A story of life”
- Appointed as referee for Journal of Indian Medical Association.
- Appointed as editorial Member for Journal of Neurosciences in Rural Practice.

Organization of Symposium/Public Programme/Talks

Dr. P.K. Upadhyay

- Chaired a session in Tropicon 2010 and DNA 2010 at Delhi
- Conducted a session as floor manager in Tropicon 2010 and DNA 2010 at Delhi
- Participated in TV programmes: India TV Infestation in Brain: Neurocysticercosis.

Dr VKS Gautam

- Brain Tumor Awareness Week (31st October – 6th November, 2010) activity under the aegis of Delhi Neurological Association and G.B.Pant Hospital, Maulana Azad medical college, Delhi.
- Coordinated a BRAIN QUIZ on 29th January, 2011 at G.B.Pant Hospital, Maulana Azad medical college, Delhi, as Scientific Quiz Coordinator during DNA-TROPICON 2011
- Chairperson of the Video Session on Movement disorders, Epilepsy & Endoscopic Third Ventriculostomy on 29th January, 2011 at G.B.Pant Hospital, Delhi during Joint 13th Annual conference of Delhi Neurological Association (DNA CON-2011) & conference on Tropical Neurological Disorders (CTND) and CNS Infections (CNSI)-TROPICON-2011.

Department of Neuroanaesthesiology

The department is actively involved in clinical anaesthesia, academic activities and research related to neurosciences. The department is manned by two faculty members and senior residents. There is a wide range of equipments available viz: modern-microprocessor controlled ICU ventilators, Invasive and non-invasive Cardiac and respiratory monitoring facilities, defibrillators, blood gas analysis facility, advanced anaesthetic work station, advanced patient warming system.

Hospital Services

Clinical Activities

- ♦ **Neurosurgical operations:** The neurosurgical operations under anaesthetic coverage started on 02-02-2009. During 2010-11 total 242 operations were done including cranial and spinal surgeries.
- ♦ **Pre anaesthetic check-up (PAC):** All the patients undergoing for any procedure under the effect of anaesthetic agent are screened in pre anaesthetic check-up to rule out any problem that can be hazardous during anaesthesia. It also helps in to find out any contraindication for the procedure. During year 2010-11 total 465 patients were seen in PAC.
- ♦ **Electroconvulsive therapy (ECT):** it 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 1571 MEECTs had under gone such treatment under anaesthetic effect during 2010-11 and no direct ECT was given.
- ♦ **Narcoanalysis:** This is an interview of a patient under the effect of Inj. Thiopentone. Total 3 patients had under gone for such procedure.
- ♦ **ICU Care and ventilatory support to critically ill patients:** Frequently many patients in Neurology ICU require ventilatory support to maintain the respiration and we have to modern ICU ventilators. Many of times help of anaesthetist is required in neurology

to put IV line/central line to perform lumbar punctures, to put Ryle's Tube etc.

♦ Educational Activities

- Lecture on Basic life support (BLS) under code blue was conducted throughout the year.
- Training to nursing staff of Neuro ICU regarding care of ventilator and care of critically ill patients

Teaching and training

Both the faculty members are actively involved in the teaching and training of various levels of health care workers regarding:

- to nursing staff of Neuro ICU-regarding care of ventilator, care of critically ill patients
- Lecture on 'Anaesthetic equipment' in EORCAPS – 2010, organized by Department of Anaesthesiology and Critical Care, UCMS & GTB Hospital, Delhi by Dr Arvind Arya
- Lecture on in CME organized by IMA East Delhi Branch & East Delhi Anaesthesia Forum on 22nd Jan. 2011 on role of Alpha -2 agonist in anaesthesia by Dr Arvind Arya

Research

Dr Arvind K Arya (Chief investigator) and Dr Mukul K Jain (Co- investigator) of ongoing project: To evaluate the effect of different doses of clonidine on hemodynamics, cognitive function and recovery profile in patients undergoing MECT.

Symposia/ workshops/ conference/ training/ CME

Dr Mukul K Jain

- Attended a CME on the Future of Microbial Barrier Protection, New Delhi- 10th April, 2010
- Attended the Internal Councillor Programme on NABH Standards, conducted by QCI, New Delhi- 2nd -4th June, 2010

- Attended RSACPCON- 2010 at Bengaluru- 22- 24th Oct, 2010
- Attended Annual CME, Ganga Ram Hospital, New Delhi- 19th Dec, 2010
- Attended the Annual Conference of DMA, New Delhi- 26th Dec, 2010
- Attended the 2nd Conference of Asian Society for Neuroanesthesia and Critical Care and 12th Annual Conference of ISNACC, Feb 25-27, 2011 at Delhi
- Attended the 17th Annual Conference of Indian Society of Critical Care Medicine, New Delhi- 16th -18th Feb, 2011
- Attended the XI HISICON 2011, Eleventh National Conference of HOSPITAL INFECTION SOCIETY – INDIA from 9th – 12th Feb. 2011 held at Indian Habitat Centre, Delhi.
- Attended a CME- Neurocritical Care- March 20, 2010

Dr Arvind Kumar Arya

- Presented a paper on “Evaluation the effect of different doses of Clonidine on haemodynamics and recovery profile in patients undergoing modified ECT” in 58th Annual Conference of Indian Society of Anaesthesiologists, ISACON-2010 organized by Department of Anaesthesiology and Critical Care, organized by Department of Anaesthesiology and Critical Care , SGPG Institute, Lucknow on 26th - 29th Dec. 2010
- Attended the 48th Annual Conference of ISA Delhi Chapter, organized by Department of Anaesthesiology and Critical Care, organized by Department of Anaesthesiology and Critical Care , MAMC and LN Hospital, Delhi on 3rd - 4th April 2010.
- Attended the NABH Conference and workshop on internal counselor Programme on NABH Standards, conducted by Quality Council of India on 18th - 20th July 2010 at IHBAS, Delhi.
- Attended the EORCAPS – 2009, organized by Department of Anaesthesiology and Critical Care, UCMS & GTB Hospital, Delhi on 19.09.2010.

- Attended the 58th Annual Conference of Indian Society of Anaesthesiologists, ISACON-2010 organized by Department of Anaesthesiology and Critical Care, organized by Department of Anaesthesiology and Critical Care, SGPG Institute, Lucknow on 26th - 29th Dec. 2010.
- Attended DNACON-TROPICON 2011, Annual conference of Delhi Neurological Society held at G B Pant Hospital, Delhi on 29th – 30th Jan. 2011.
- Attended XI HISICON 2011, Eleventh National Conference of HOSPITAL INFECTION SOCIETY – INDIA from 9th – 12th Feb. 2011 held at Indian Habitat Centre, Delhi.
- Attended the 2nd Conference of Asian Society for Neuroanaesthesia and critical care and 12th annual conference of Indian Society of Neuroanaesthesiology and critical care organized by AIIMS, Delhi on 25-27 Feb. 2011.

Research Publications

Dr Mukul Kumar Jain

- **Jain M K**, Venugopal M, Tripathi CB. Use of Proseal LMA (PLMA) for Laparoscopic Cholecystectomies - an ABG analysis: J Anaesth Clin Pharmacol, 2010; 26(1): 87-90
- **Jain Mukul**, Arya Arvind, Jha D K, Mehrotra S, Sarma U, Mehra A. Aggravated spinal cord compression following Electroconvulsive therapy: J Anaesth Clin Pharmacol, 2010; 26(4): 572. (Letter to editor)
- **Jain M. K.**, Singh Ravinder. Relevance of Modified ECT in managing Psychiatric Patients: Delhi Psychiatry Journal, 2010; 13 (2): 247- 253 (Review Article)
- Jain MK, Tripathi CB. Endotracheal tube cuff pressure (ETTc PRESSURE) monitoring during Neurosurgical Operations- manual v/s automatic method- a research

Dr Arvind Kumar Arya

Original articles

- Research article entitled as "*Femorosciatic nerve block for lower limb orthopedic surgeries*" published in 'Journal of Clinical Orthopaedics and Trauma' – JCOT/Vol 1/No.1/08 in Aug 2010
- Research article entitled as "*Evaluation of Midazolam for Electroconvulsive therapy, a comparative study with Propofol*" published in indexed journal 'Asian Archives of Anaesthesiology And Resuscitation' – Volume 70 No. 1 Jan 2011.
- Research article entitled as "*Comparison of efficacy of Epidural Fentanyl and Pentazocine for lower limb orthopedic surgeries*" has published in indexed journal 'Journal of Clinical Orthopaedics and Trauma' – JCOT/Vol 1/No.1/08 in Jan 2011
- Manpreet Singh, Arvind. K. Arya, Ritu Goyal, Rajesh. S. Rautela. Accepted for publication in 'Anaesthesia, Pain & Intensive Care' "*Comparison of analgesic effect of Bupivacaine (0.25%) plus Butorphanol with plain Bupivacaine (0.25%) in bilateral Ilioinguinal Nerve Blocks in post-Caesarean Patients- A randomized control study.*

Abstracts

- Arvind Arya, Priyanka Gupta, Mukul Jain, Deepak Kumar. 2010. 'Evaluation the effect of different doses of Clonidine on haemodynamics and recovery profile in patients undergoing modified ECT' in ISACON- 2010 abstract book 2010
- Arvind Arya, Priyanka Gupta, Mukul Jain, Deepak Kumar. 2010. 'Evaluation the role of Bi-spectral index in patients undergoing modified ECT' in ISNACC abstract book 2010

Organization of symposium/ public programme/ talks

- Organised a Clinical Meet of Neuroanaesthesiologists working in Delhi and NCR region on 21/08/2010
- Dr M K Jain was elected as executive Member of Organising Committee of 2nd Conference of Asian Society for Neuroanaesthesia and Critical Care, Feb 25-27, 2011 at Delhi

Department of Neuroradiology

Department of Neuroradiology has state of the art machines for X-Ray, Ultrasound, Color Doppler, and CT scan. For the last one year there has been an increase in patient in-flow in the department. The Institute also has a state of the art 3 Tesla MRI Machine under Bhagidari Scheme /outsourcing with M/S Focus Imaging Center Pvt. Lt. which has been performing all the MRI scans of IHBAS patients.

Radiology Services

Radiological Investigations performed during this year were:

- **X-ray facilities:** Presently, X-rays are being performed on 1000 mA Shimadzu C Vision X-ray machine. All X rays of ICU/ inbed patients are carried out using the 150 mA mobile X ray unit. During the year, 6196 X-rays have been performed.
- **Ultrasound, Echo and Color-Doppler:** 2917 Ultrasounds, 287 Color Doppler and 340 Echocardiography examinations have been performed in the year.
- **CT scan:** CT scan facility started functioning in March 2011 and during this month 100 patients underwent CT examinations.



- **MRI:** The supervision and reporting of MRI scans of IHBAS patients done at Focus Imaging Centre 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. 6173 MRI scans of IHBAS patients were done during the said period.

New Equipment Procured

The installation of a new in-house Multislice (16 slice) CT scanner was completed, training of staff was done and the CT scan facility was fully functional w.e.f. 01.03.2011.

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 interdepartmental discussions, seminars and lectures.

Symposia/Workshops/Conference/Training/CME

Dr Rima Kumari

- Attended ISMRM-ESMRMB Joint Annual Meeting held in Stockholm, Sweden w.e.f. 1st May 2010 to 7th May 2010.
- Attended the NABH training session on Medical Imaging Standards (MIS) held at Claridges hotel in September 2010.

Research Publications

Dr Rima Kumari

- Kumari R, Raval M, Dung A. Cryptococcal choroid plexitis: Rare MR imaging findings of CNS cryptococcal infection in an immunocompetent individual. British Journal of Radiology 2010 83:e14-17e.
- Chaturvedi S, Gupta S, Kumari R. Meningioma with metastases from follicular carcinoma thyroid. Indian Journal of Pathology and Microbiology 2010,53(2), April-June.
- Raval M, Kumari R, Dung A et al. MRI findings in Hirayama disease. Ind J Radiol & Imaging 2010; 20(4): 245-249.
- Parteki S, Raval M, Kumari R et al. Multiple cranial nerve schwannomas with multifocal cystic meningiomatosis in a case of Neurofibromatosis type 2. European Journal of Radiology 2010;Sep:e87-e91.
- Chapters in book- CT and MRI protocols by SK Bhargava- Hippocampal Volumetry, Hippocampal T2 Relaxometry, Magnetization Transfer Imaging, Susceptibility Weighted Imaging.

Special grants/assistance/ Honours/distinctions received

Dr Rima Kumari

E.K. Zavoisky Stipend from the International Society for Magnetic Resonance in Medicine (ISMRM)

Department of Clinical Psychology

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, Counselling 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.

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

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 centre, mental retardation clinic, psychosexual clinic, Neurobehaviour clinic and epilepsy clinic. Total 18562 sessions were conducted in the current year (Psychodiagnostics- 1933 Psychotherapeutic - 11210, IQ Assessment – 4786

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 and road transport charges. Earlier process of certification used to be markedly delayed, causing inconvenience to the clients attending our OPD and MR Clinic. Clinical Psychologist is an authorized professional by Ministry of

Social Justice and Empowerment, Government of India to certify IQ. 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.

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 2010 are given below:

Name of the Clinic	No. of Sessions Conducted
Child and adolescent clinics	1608
Mental Retardation Clinic	2364
Marital Psychosexual Clinic	386
DATRC	521

Teaching and Training

A two-year full-term supervised clinical training programme, leading to M.Phil. Degree in Clinical Psychology (qualifying degree to practice as clinical psychologist in India) was introduced in the year 2004 under Faculty of Medical Sciences, University of Delhi.

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.

Research

Dr. Tej Bahadur Singh

- **Main Investigator and Supervisor** (as main guide) of ICMR funded Research project and 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** research works of three M. Phil. Clinical Psychology P.G. Scholars for their Dissertation Paper (details available in the list given below).

Dr. Uday Kumar Sinha

- **Supervised** research works of three M. Phil. Clinical Psychology P.G. Scholars for their Dissertation Paper (details available in the list given below).
- **Supervised** thesis for MD Psychiatry degree Dr. Amit Kumar on the topic 'A study of mental and behavioural problems in children of parents with bipolar affective disorders' (2010)
- **Supervised** thesis for MD Psychiatry degree DR. Gajendra Malav on the topic ' Stressful life events and coping in children and adolescents with depressive disorders' (2011)

Dr. Vibha Sharma

- Co- Investigator in Research Project "Children with Epilepsy- School Awareness Programme (NCR Delhi Epilepsy School Children Project)", Research Project under Department of Neurology, IHBAS. (Completed- Report under submission)
- Co- Investigator in "A Double-Blind, Parallel-Group Comparison of 23 mg Donepezil SR to 10 mg Donepezil IR in Patients with Moderate to Severe Alzheimer's Disease", Research Project under Department of Neurology, IHBAS.(Completed)
- Supervised research work of three M. Phil. Clinical Psychology P.G. Scholars for their Dissertation Paper. (Details available in the list given below).

Dr Naveen Grover

- **Supervised** research works of three M. Phil. Clinical Psychology P.G. Scholars for their Dissertation Paper (details available in the list given below).

**Research conducted in the department for Dissertation
Paper of M.Phil. Clinical Psychology P.G. scholars**

S.No.	Subject of the Dissertation	Submitted by	Supervised by/ Guide/Co-Guide
1.	A study of trigunas and colour preferences among patients of depression and OCD	Aastha Sharma	Dr. Tej Bahadur Singh Professor & Head IHBAS & Dr. Vibha Sharma Assistant Professor IHBAS
2.	Perceived stress, coping style, self esteem and quality of life : A study on students belonging to Kashmir, north east and Delhi studying in Delhi	Aswathy P.V	Dr. Naveen Grover Assistant Professor IHBAS
3.	A Study of perceived academic performance and aspects of mental Health among undergraduate students	Fernandez Sandhya Isabella	Dr. Naveen Grover Assistant Professor IHBAS
4.	Perceived stress, coping and adjustment pattern among spouses of alcohol dependents	Kaberi Baruah	Dr. Vibha Sharma & Dr. Ravinder Singh Assistant Professor
5.	Stressful life events and coping styles of children with dissociative disorder	Komal Manshani	Dr. Uday Kumar Associate Professor IHBAS
6.	Indian Adaptation of children's depression inventory (CDI)	M. Khyothunglo Humtsoe	Dr. Tej Bahadur Singh Professor & Head IHBAS
7.	Impact of maternal emotional disturbance on mother-infant interactions	Meghna Singhal	Dr. Uday Kumar Associate Professor IHBAS
8.	A study of cortical functions in subcortical vascular dementia	Mohd. Altaf Paul	Dr. Vibha Sharma Assistant

			Professor IHBAS & Dr. Suman S. Khushwaha Associate Professor IHBAS
9.	Psychological characteristics of school bullies : an exploratory study	Paakhi Srivastava	Dr. Tej Bahadur Singh Professor & Head IHBAS
10.	Role of stress and coping in acute coronary syndrome	Rachna Devi	Dr. Tej Bahadur Singh Professor & Head IHBAS & Dr. S. Dwivedi Professor & Head GTBH, Delhi
11.	Cervical cancer survivors : meaning of life	Sanjana Singh	Dr. Tej Bahadur Singh Professor & Head IHBAS & Dr. Sarbjeet Khurana Assistant Professor, IHBAS
12.	Experience of traumatic events, distress and subjective well being among a group of undergraduate students	Sreeja De	Dr. Naveen Grover Assistant Professor, IHBAS

Symposia/ Workshops/ Conference/ Training/ CME

Dr. Tej Bahadur Singh

- Chaired as scientific titled “ Family Mental Health : Transforming future therapeutics’ of 63rd Annual Conference of Indian psychiatry Society held at New Delhi, 16th to 19th January 2011.
- Chaired a scientific session titled ‘Spiritual Psychology and Mental Health’ of National Seminar on Spiritual Psychology’ held at Aligarh Muslim University, Aligarh, 28th to 30th October 2011.
- Presentation in the Symposium ‘Positive and Spiritual Psychology to address Public Mental Health : Need of the day’ of 17th National conference of Indian Association of Social Psychiatry held at Cochin, 10th to 21st November 2011

Dr. Uday Kumar Sinha

Resource person/Guest Speaker

- Delivered lecture on ‘Mental retardation and specific learning disability’ in a CME organized by Indian paediatric Society, Muzaffarnagar Branch on March 2010.
- Delivered lecture on ‘Pornographic and sex addiction among youth’ at Indraprastha college, Delhi University on 5th April 2010
- Participated as a panellist in Asmmita Program on behavioural problems of adolescents on Lok sabha Television Channel in the month of April 2010.
- Participated in a panel discussion on ‘Internet addiction in adolescents’ organized by Punjab University at Chandigarh on 22nd March 2011.

Dr. Vibha Sharma

- Spiritually augmented Cognitive Behaviour Therapy: It’s Relevance and Efficacy in Indian Context” Paper presented at National Seminar on Spiritual Psychology at A.M.U., Aligarh, during 28-30 October, 2010.

- Speaker in the Symposium on the topic “Positive and Spiritual Psychology to Address Public Mental Health: Need of the Day” in that XVII National Conference of Indian Association of Social Psychiatry, held at IMA House, Cochin (Kerala) during 19-21 Nov. 2010
- “Depression, Anxiety and Quality of Life of Infertile Women” Paper presented in the XXth Annual Conference of National Academy of Psychology, held at J.N.U., new Delhi, during 12-15 December, 2010.
- “Perceived Stress, Family Burden and Coping among the spouses of Alcohol Dependents” Paper presented in the 63rd Annual National Conference of Indian Psychiatric Society during 16 – 19 January 2011, New Delhi.
- “Therapeutic and Rehabilitative Services for Offenders” Talk delivered in the Symposium on the topic “Clinical and Cognitive Psychology in Forensic Set - ups” in the 37th National Annual Conference of the Indian Association of Clinical Psychologists, during 21-23 January, 2011, held at IBS, GFSU, Gandhinagar (Gujarat).
- Participated in Training Workshop of NABH conducted at IHBAS, during 2-4 June, 2010
- Resource Person in 37th National Annual Conference of Indian Association of Clinical Psychologists, held at in January 2011
- Participated in International Conference-cum-Workshop on Asia Pacific Community Mental Health Development, held at NIHFWS, during 17-19th February, 2011

Dr. Naveen Grover

- Chaired Multimodal Interactive session on Health and Psychology in Conference “Mind, culture and human activities: Psychological sciences in twenty first century” held in the 20th annual conference of NAOP (National Academy of Psychology) from 12-15 December 2010 in Jawaharlal Nehru University, New Delhi.
- Chaired Multimodal Interactive session on application of CBT in conference “Mind, culture and Human activates: Psychological

Sciences in Twenty first century” held in the 20th annual conference of NAOP (National Academy of Psychology) from 12-15 December 2010 in Jawaharlal Nehru University, New Delhi.

Special grants/assistance/ Honours/distinctions received

Dr. Tej Bahadur Singh

- Member Editorial Board: Disability and 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.

Research Publications

Dr T.B Singh

- Rajender G., Bhatia M.S., Kanwal K., Malhotra S., Singh T.B. & Chaudhary D. (2011) : Study of neurocognitive endophenotypes in drug-naïve obsessive-compulsive disorder patients, their first-degree relatives and healthy controls. ACTA Psychiatrica Scandinavica 2011:124, 152-161.
- Malhotra, S., Rajender, G., Bhatia, M.S., Singh, T.B., (2010). Picture Exchange communication system as an aid to Behavioural management in Autism. Indian Journal of Psychological Medicine (in press).
- Bhatia, M.S., Malhotra, S., Rajender, G. (2010). Psychotherapeutic Management of Intractable Paroxysmal Sneezing. Delhi Psychiatry Journal, Vol. 13(2).
- Bhatia M.S., Rajender, G., Malhotra, S., Kanwal, K. (2010). Management of Social Skill Deficits in Autism Spectrum Disorders.

Delhi Psychiatry Journal, Vol. 13(2).

- Bhatia M.S., Rajender, G., Malhotra, S., Kanwal, K. (2010). Comparative Efficacy of cognitive Retraining Techniques and remedial training in children with learning disability. Delhi Psychiatry Journal, Vol. 13(2). 75-78.
- Malhotra, S., Rajender, G., Singh TB., Bhatia MS, (2010). Impact of occupational stress and job satisfaction on the quality of life of special educators. Asia Pacific Journal of Disability and Rehabilitation.
- Malhotra, S. Rajender, G., Singh TB. Bhatia MS (2010). Psychotherapeutic management of Factitious Disorder. Indian Journal of Clinical Psychology.
- Bhatia M.S., Srivastava, S., Rajender, G., Malhotra, S. (2010). Buprenorphine and naloxone combination of opioid dependence. Delhi Psychiatry Journal, vol.13(1),164-69.
- Sharma, V., Srivastava, S., Malhotra, S., Singh, R., Singh, T.B., (2010). Yoga and cognitive Behaviour Techniques for academic stress and Mental wellbeing among school students. Delhi Psychiatry Journal, Vol.13(1),75-78.

Dr. Uday Kumar Sinha

- Sharma, P. & Sinha, U.K. (2010) Defence mechanisms in mania, bipolar depression, and unipolar depression, Psychological studies, Vol.53 (3), 239-247.
- Sharma, V. & Sinha, U.K. (2010) Psychological management of insomnia in patients with depression. Indian Journal of Clinical Psychology, Vol.37 (2), 172-178.
- Singh, L.K. & Sinha, U.K. (2011) perceived expressed emotions and and problem behaviours in epileptic children. Indian Journal of Community Psychology, Vol.7(1), 65-76.

Dr Vibha Sharma

Book

Sharma V. & Malhotra S. (2011) (Eds.) **Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach)**. Harprasad Institute of Behavioural Studies, Agra.

Chapters in Books:

- Sharma, V. & Kumar, V. (2010). Counselling for Alcohol and Substance Abuse Disorders. In Kumar,U.; Mishra,N. & Prakash,V. (Eds.) Counselling: A Practical Approach. Defence Institute of Psychological Research (DIPR), Delhi.
- Sharma, V. (2011) An Overview of Neuropsychological Assessments. In Sharma, V. & Malhotra, S. (Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.
- Malhotra, S.;Tyagi, S.;Sharma,V. &Singh, T.B. (2011) Memory Functions: Assessment & Rehabilitation. In Sharma,V. & Malhotra, S.(Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.
- Gupta,R.; Sharma, V. & Sharma, V. (2011) Neuropsychological Assessment and Management of Patients with Dementia: A Practical Approach. In Sharma,V. & Malhotra, S.(Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.
- Verma,N.; Singh,N.; Malhotra,S.& Sharma,V. (2011) Neuropsychological Assessment and Management of Patients with Epilepsy: A Practical Approach. In Sharma,V. & Malhotra, S.(Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.
- Bonarjee,P.; Jha,M. & Sharma, V. (2011) Neuropsychological

Impairments, Assessment and Rehabilitation in Alcohol Dependence. In Sharma,V. & Malhotra, S.(Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.

- Sharma,V.; Singh,R.; Talwar, U.K. & Bhargava, R. (2011) Ethical and Legal Issues related to Dementia and Epilepsy. In Sharma,V. & Malhotra, S.(Eds.) Clinical Neuropsychology (Assessment and Rehabilitation: A Practical Approach) Published by Harprasad Institute of Behavioural Studies, Agra.

Publication in Journals

- Sharma,V.; Shrivastava,S.; Malhotra,S.' Singh,R., Singh,T.B. (2010). Yoga and Cognitive Behaviour Techniques for Academic Stress and Mental Wellbeing among School Students. Delhi Psychiatry Journal, Vol.13 (1), 75-78.
- Talwar,U.K.; Sharma,V., Singh, R. (2010). Role of Yogic Exercises in Bipolar Affective Disorder and Schizophrenia. Delhi Psychiatry Journal, Vol.13(1), 117-122.
- Singh, A.P.; Singh, P.A.; Sharma, V.; Tripathi, C.B., Kumar,D.(2011). Verbal Learning and Memory Function among Children with ADHD and Emotional Disorders. Delhi Psychiatry Journal, Vol.14 (1), 95-105.
- Talwar,U.K.; Verma, A.N.;Singh, R., Sharma, V. (2011). Co-dependency and Marital Adjustment in Depression. Delhi Psychiatry Journal, Vol.14 (1), 110-115

Dr. Naveen Grover

- Madan, N. and Tripathi, N (2011). Therapy process a reflective account from therapist's perspective. Psychological studies, 56, 393-397.
- Grover, N. and Tripathi, R (2010). Mental Health Literacy among postgraduate students, Indian Journal of Social Psychiatry, 26, 138-145.

Department of Psychiatric Social Work

Department of Psychiatric Social Work is engaged in providing various psychosocial interventions to clients with psychiatric and neurological disorders both at the Out Patient and in patient level. The activities are mainly focused on the Psycho-social assessment of the patients and their families, designing individualized and comprehensive treatment plan and providing the appropriate social work interventions. The department, as a part of the multidisciplinary set up, works with individuals, formal and informal caregivers of patients, their family members, communities and groups, and also various governmental and non-governmental organizations. The services aim at assessing the strengths and abilities of mentally/neurologically ill persons and their families and providing them with crisis-intervention, psycho-education, life skills/ social skills training and rehabilitation counselling. The department is actively involved in resource mobilization and has tapped various community resources for the welfare and benefit of the patients.



The department is actively involved in finding solutions to various psychosocial and legal problems pertaining to the different clientele by conducting individual, group and family sessions, conducting home visits, establishing collateral contacts and networking with various welfare and legal agencies so as to help persons with mental illness lead a life of dignity and worth.

Rehabilitation being one of the core activities of Psychiatric Social Work profession, the department is actively involved in the process of discharge of patients and their reintegration into the community/society. Rehabilitation of

the patients is carried out upon assessment of the available family/community resources, liaison with the families of such individuals, their employers, Governmental, non-governmental organizations and law enforcement agencies.

Hospital Services

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 2010-2011, the department provided Case Work services which includes Psycho education, Life Skills Training and Crisis Intervention to 6200 patients; Group Work Services to 1415 patients and Family Intervention in the form of family assistance, counselling and Home Visits to 4223 family members. Similarly, psychiatric rehabilitation services were provided to 5075 patients and referral and liaison services to 1531 patients and families. Other services such as guidance, general counselling, Income and Disability Assessment were carried out for 1186 patients during the said year. A total of 33 court visits and Home visits and 15 NGO visits were also carried out 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 and Adolescent Mental Health clinic run at the Institute. A total of 2534 persons were provided with de-addiction counselling, 330 clients with mental retardation and 127 clients and families with child and adolescent mental health problems in these specialty clinics during the year 2010-2011.

Other Departmental Activities

Picnic for long-stay patients: The department every year organizes picnic activities for long stay in-patients who are stabilized and fit to venture out with

supervision. These picnics are planned to provide recreation, enhance social skills and facilitate reintegration back into the community.

National festivals: The department routinely coordinates celebration of National Festivals in the institute. In the same lines, this year Republic Day and Independence Day were celebrated involving staff, students, patients and their families.

Technical support : As an integral part of core team of professionals from IHBAS, Dr. Jahanara Gajendragad and Mr. Ravi Kishan Jha provided technical support to Asha Kiran, Home for Mentally Retarded in the form of screening of residents for psychiatric and physical health morbidity, assessment of psychosocial factors of the residents, internal conditions of the home and staff stress issues and feedback to restore the conditions and health of residents.

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 18 students have undergone their training in the Department for the year 2010-2011.
- **Dr. Jahanara M. Gajendragad** was the Co-Guide for MD Thesis of Dr. Gajendra Malar on 'A Clinical Study of Stressful Life Events, Coping Temperament & Family Environment in Adolescents with Major Depressive Disorder.'
- **Ph.D Awarded:** Sangeeta Kumari was awarded the Ph.D Degree in September, 2010 by Ranchi University, Ranchi. Topic of Thesis: "Burden, coping strategies and social-support in caregivers of dementia"

Research

Dr. Jahanara M. Gajendragad

- **Co-investigator** in ICMR sponsored Project, "A Multi Centre Task Force Study on Mental Health Needs assessment and Service Delivery Models in the Disaster Affected Population of Gujarat".

Mr. Pravin Yannawar

- Co-investigator in ICMR sponsored project titled” NICED-IHBAS-RIMS Collaborative project on HIV/AIDS and Drug Abuse in Manipur” (Report submitted to ICMR)
- Co-investigator in NACO sponsored multicentred project”Mental health morbidity and Psycho-social needs of persons living with HIV/AIDS”.

Symposia /Workshops/ Conference/ Training/CME

Dr.Jahanara M. Gajendragad

- Attended the three days’ NABH training workshop for Assessors organised by Quality Council of India from 2nd to 4th June, 2010 at IHBAS.
- Invited as subject expert to examine and comment on ‘A Study in Problematic Behaviours in School Going Children’- organized by Department of Education for Groups with Special Needs, NCERT on 15th-16th Dec. 2010.
- Was invited as a subject expert to participate in preparation of ICF Training Module & Course Curricula at the meeting on 6th January, 2011 at NIMHANS, Bangalore
- Attended the XXIX Annual Conference of ISPSW and International Conference on ‘Social Work and Environmental Justice’ held at Cochin, Kerala during 7th-9th January, 2011.
- Chaired two sessions at the XXIX ISPSW Conference on “Legal /Social Security/ Professional Social Work Issues” and “Issues and concerns of Caregivers” from 7th – 9th January, 2011
- Participated in National Seminar held at Vigyan Bhawan on 8th March, 2011 as a part of International Women’s Day activities.
- Attended the Workshop on “Priorities for Women & Mental Health” held at IHBAS with the various stakeholders on 12th March 2011, as part of activities of the International Women’s Week, in collaboration with Sudinalaya.

- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.

Sangeeta Kumari

- Attended the three days' NABH training workshop for Assessors organised by Quality Council of India from 18th to 20th July, 2010 at IHBAS.
- Participated in National Seminar on women held at Vigyan Bhawan on 11th March 2011 as a part of International Women's Day activities.

Pravin Yannawar

- Attended the three days' NABH training workshop for Assessors organised by Quality Council of India from 18th to 20th July, 2010 at IHBAS.
- Pravin Yannawar presented a Scientific paper , Pravin B. Yannawar, Jahanara M. Gajendragad, Rajesh Kumar & Nimesh G. Desai ' Comparative study of perception of stigma among caregivers of persons with Bipolar Affective disorder and Schizophrenia' in 63rd Annual National Conference of Indian Society of Indian Psychiatric Society held at New Delhi from 16th – 19th January, 2011.
- Pravin B. Yannawar participated in the National Conference on 'HIV/AIDS Research' organized by NACO and UNAIDS at India Habitat Centre, New Delhi from 19th – 21st January, 2011
- Participated in National Seminar on women held at Vigyan Bhawan on 11th March, 2011 as a part of International Women's Day activities.

Saswati Chakraborti

- Participated in National Seminar on women held at Vigyan Bhawan on 11th March 2011 as a part of International Women's Day activities.

Ravi Kishan Jha

- Attended the three days' NABH training workshop for Assessors organised by Quality Council of India from 2nd to 4th June, 2010 at IHBAS.

Sampa Sinha

- Attended the three days' training workshop for Assessors organised by Quality Council of India from 2nd to 4th June, 2010 at IHBAS.
- Participated in National Seminar on women held at Vigyan Bhawan on 8th March 2011 as a part of International Women's Day activities.

Himanshu Kumar Singh

- Attended the three days' NABH training workshop for Assessors organised by Quality Council of India from 2nd to 4th June, 2010 at IHBAS.
- Participated in National Seminar on women held at Vigyan Bhawan on 8th March 2011 as a part of International Women's Day activities.

Abdul Arshad Naaz

- Attended the three days' NABH training workshop for Assessors organised by Quality Council of India from 18th to 20th July, 2010 at IHBAS.

Workshops /Meetings/ Rallies conducted/Participated in

Jahanara M. Gajendragad

- Conducted a One Day workshop on premarital counselling for YMCA, Family Counselling Centre, at Delhi on 23rd March 2011.
- Participated in the 'World No Tobacco Day' programme organized by IHBAS in its Campus in collaboration with NGO partners and community volunteers of TCC pilot project
- Participated in Judicial officers' visit at IHBAS by Delhi Judicial Academy on 26th November, 2010 in the discussion on Mental Health Act 1987.
- Participated in the Mental Health Rally held in East Delhi on 12th Dec. 2010 as a part of 'Mental Health Awareness Week'.
- Attended the Workshop with the media persons at IIC, Delhi on 31st March 2011 as part of the Brain Awareness Week.

Pravin Yannawar

- Attended the One day State Level Stakeholders Meeting on

'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March, 2011

Saswati Chakraborti

- Participated in the Caregivers' realities and Perspectives workshop held in India Habitat Centre on 8th December, 2010
- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March, 2011.

Ravi Kishan Jha

- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.

Sampa Sinha

- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.
- Participated in the Mental Health Rally held in East Delhi on 12th Dec. 2010 (Sunday) as a part of 'Mental Health Awareness Week'.
- Participated in Judicial officers' visit by Delhi Judicial Academy on 26th November, 2010 Participated in discussion on Mental Health Act 1987 at IHBAS.

Sushma Kumari

- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.

Himanshu Kumar Singh

- Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.

Abdul Arshad Naaz

Attended the One day State Level Stakeholders Meeting on 'Proposed Amendments of Mental Health Act 1987' organized by State Mental Health Authority, Delhi at IHBAS on 16th March 2011.

Department of Neurochemistry

The Neurochemistry Department was established with the objective of providing routine and specialized investigative facilities in the management of Neuro-psychiatry disorders with main emphasis on Molecular Genetics and Proteomics and to conduct research & training in collaboration with National & International institutions of repute in the field of Neuro-sciences. The department has fully automated Nutrition laboratory with introduction of Vitamin B12 and folic acid estimation. Also to improve the quality, thyroid function tests are being done on fully automated Chemiluminiscent analyzer. 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 Proteomics with emphasis on Apo E polymorphism and Duchenne Muscular Dystrophy.

Hospital services

The Department extends various biochemical investigations to patients attending IHBAS for treatment. During the year, 2,29,310 tests were done on 26,583 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.

Teaching and 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.
- Involved in the PhD Programme on “A study of candidate gene polymorphism and environmental exposure in Neurodegenerative disorders: Alzheimer’s disease and Parkinson’s disease” under Delhi University.
- Involved in the PhD Programme on “Comparative Evaluation of Newer Biodosimetric Approaches to Assess Acute Radiation Damage” under Delhi University.

Symposia/Workshops/Conferences/Training/CME

Dr. Neelam Chhillar

- ISHD (International Society for Haemodialysis), 2011, Hotel Asoka, New Delhi on 3- 5th, March 2011.
- **Poster Presentation:** Thyroid Function Tests in children with epilepsy. 48th Annual Conference of Indian Academy of Pediatrics, 19th -23rd Jan, 2011, Jaipur.

Dr Rachna Agarwal

- Attended Assessors Conclave organised by the National Accreditation Board for Testing & Calibration Laboratories (NABL) at St. John’s Medical College, Bangalore, 30-31 August, 2010.
- 23rd Annual Conference of the Indian Society for Atherosclerosis at UCMS & GTB Hospital, Delhi, 13-14 November, 2010.
- International Conference on Health Infrastructure & Medical Technology, 2011 at AIIMS, New Delhi, 2-5 February, 2011.

Teaching, training and research activities

Dr. Neelam Chhillar

- Supervising a PhD Student (fellowship from ICMR) on PhD topic “A study of Candidate Gene Polymorphism and Environmental Exposure in Neurodegenerative Disorders: Alzheimer’s disease and Parkinson’s disease” under Delhi University.
- Supervising a PhD Student (fellowship from INMAS) on PhD topic “Comparative Evaluation of Newer Biodosimetric Approaches to Assess Acute Radiation Damage” under Delhi University.
- Co-supervisor of a MD(Pediatrics) student from UCMS & GTB Hospital Delhi on topic “ Effect of carbamazepine monotherapy on homocysteine, Vitamin B12 and folic acid levels on ambulatory children with partial epilepsy” under Delhi University.
- Co-supervisor of a MD (Pediatrics) student from UCMS & GTB Hospital Delhi on topic “Micronutrients levels in children with cerebral palsy” under Delhi University.
- Appointed as an External examiner for 1st year BDS students on 8th March 2011 in Santosh Medical College, Ghaziabad.

Dr Rachna Agarwal

- Empanelled by NABL as Technical Assessor (Biochemistry) and assessed various Clinical Laboratories undergoing NABL accreditation as Technical Assessor (Biochemistry) from NABL.
- Co-authored paper on ‘Tau & Amyloid in diagnosis of Alzheimer’s disease(AD): A Meta-analysis’ presented in 31st Annual Conference of the International Society for Clinical Biostatistics and winner of Conference Scientist Award of International Society for Clinical Biostatistics in 2010, at Montpellier, France, 29 August – 02 September, 2010.

Research Publications

Dr. Neelam Chhillar

- Chhillar N, Khurana S, Agarwal R, Singh N. Effect of preanalytical errors on quality of laboratory medicine at a Neuropsychiatry Institute in North India –Ind J Clin Biochem 2011; 26(1):46–49.
- Agarwal R, Chhillar N, Kushwaha S, Singh N, Tripathi CB. Role of Vit B12, Folate and TSH in Dementia: A hospital Based study in North India Population. Ann Ind Neurol 2010; 13: 257-262.
- Mitrabasu,G Sripathi, L Ravishankar, PK Chugh, N Chhillar, CB Tripathi. Association of Diabetic Neuropathy with Clinical and Laboratory parameters in adult Indian subjects. The Ind. Pract 2011; 64(3):139-144.

Dr Rachna Agarwal

- Agarwal R, Chhillar N, Kushwaha S, Singh N, Tripathi CB. Role of vitamin B12, Folate & Thyroid stimulating hormone in dementia: A Hospital based study in North Indian population. Ann Indian Acad Neurol 2010; 13: 257- 62.

Department of Microbiology

The department focuses at providing quality clinical diagnostic services coupled with Continuous Quality Improvement in order to meet all diagnostic needs of the institute for a variety of CNS pathogens. Another key activity of the department is leadership and active participation in Infection Prevention and Control (IPC) program of IHBAS.

A total of 7922 microbiological investigations were carried out during the year 2010-2011. The various diagnostic services offered were direct microscopy, bacteriological cultures, identification for bacteria and their antimicrobial susceptibility testing in all the 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 extra pulmonary 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), Antigen detection test for *Plasmodium falciparum*, *Cryptococcus neoformans* and ELISAs for antibodies to HCV, anti dsDNA and HBsAg detection. Neuropsychiatric patients were tested for presence of HIV I & II antibodies by a battery of tests.



Early diagnosis of Tuberculous Meningitis (TBM) along with drug susceptibility testing was done regularly by new automated diagnostic modality, BACTEC MGIT 960. Molecular Microbiology Laboratory was further strengthened for Real time PCR based detection of *M. tuberculosis* in TBM and HIV viral load estimation. The department is currently one of the NACO,s reference lab for HIV viral load monitoring. The department regularly participates in External Quality Assurance Programme by Royal College of Pathologist Australia, for HIV viral load estimation.

The department has been instrumental in customizing and implementing the Biomedical Waste Management (BWM) at IHBAS by coordinated the regulatory requirements of DPCC and monitoring various modalities for its management from waste minimization to its proper segregation, transport and treatment.

The department lead the Infection Prevention and Control (IPC) program at IHBAS and contributed to the implementation of various IPC activities. Regular surveillance for Environment and hospital associated infections was done for various device related, surgical site and blood stream infections in high risk areas. Monitoring, evaluation of IPC activities was periodically done during the year.

Teaching and training

The department actively participated in teaching and training program for resident doctors, DNB students, nurses and laboratory staff. In addition the department carried out teaching/ training activities for different levels of staff in prevention and control of hospital acquired infections and various aspects of biomedical waste management.

International Participation

Dr. Rajeev Thakur participated as technical consultant for WHO assignment on Infection Prevention and Control at Geneva, Switzerland during 2010-2011.

Symposia /Workshops/ Conference/ Training/CME

Dr Renu Goyal

- Attended Eleventh National Conference of the Hospital Infection society India held at India Habitat Centre from 10-12 Feb 2011
- Attended a workshop on Diagnosis of Health care associated Infections held at All India Institute of Medical sciences on 9th Feb 2011
- Attended Conference on Safe and effective Biomedical Waste Management held at India Habitat Centre from 30-31 October 2010

- Attended a workshop on Good Clinical Laboratory Practices from 18.6.10-20.6.10 held at Chennai, India organized by YRG care
- Attended workshop on Internal Councillors Programme on NABH standards conducted by Quality Council of India from 2-4 June 2010 at Institute of Human Behaviour and Allied Sciences
- Attended Quarterly meets of Delhi Chapters of Indian Association of Medical Microbiologists (IAMM) and Hospital Infection Society of India (HISI) during the year 2010-11.

Publications

- Goyal R, Kaur N, Thakur R. Shewanella algae soft tissue infection: an emerging health threat. J of Infection in developing countries.2011; 5(4):310-312.
- Thakur R, Goyal R, Smita S. Laboratory diagnosis of Tuberculous meningitis-is there a scope of further improvement. J lab physicians. 2010; 2:21-24.
- Goyal R, Thakur R, Smita S. The Existence of Metallo beta lactamases in carbapenem susceptible gram negative bacilli: a cause for concern. J of Clin and Diagn Research 2010; 4: 2679-2684.

Department of 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 42,736 investigations were conducted on 19,570 patients. Approximately 150 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 on a regular basis. The department is also involved in the functioning of Emergency Lab, Sample Collection Room in the OPD and soon to be started Blood Storage Unit (BSU). Dr A Gupta, Associate Professor of Pathology is the Officer-in-Charge-1 of these facilities. Dr I Pant, Assistant Professor of Pathology is Officer-in-Charge-2 of BSU and is also



involved in the functioning of Emergency Lab.

Participation/presentation in conferences/workshops

- Chaturvedi S, Pant I, Dua R, Gupta S, Kumar S. Intraoperative reporting in CNS lesions: experience at a new centre in India. British Neuro-Oncology Society conference, Glasgow, June 23-25, 2010. Abstract published in Neuro-Oncology -abstracts from the BNOS meeting, Glasgow, 2010; 12 (supplement 1): i7.
- Dr Chaturvedi S, Dr Gupta A and Dr Pant I attended Quality Council of India 03 day workshop, June 2nd-4th 2010, IHBAS, Delhi
- Guest speaker in an International Conference: Gupta A, Singh U, Singh P, Kundu ZS, Gupta S, Gupta S. Fine needle aspiration of a huge pelvic mass involving iliac bone. In the EPS Global International Cancer Symposium held on July 09-10, 2010, in Nanjing, China
- Dr Gupta A attended XVI Indo-US International CME in Surgical Pathology, Cytology and Hematology from 11th to 13th Feb, 2011 at Allahabad.
- Dr Gupta A attended IAP-ID midyear teaching programme and symposium on Fluorescence in Pathology held on 22nd and 23rd May, 2010 at AIIMS, New Delhi.
- Dr Pant I attended 51st Annual Conference of Indian Society of Haematology and Transfusion Medicine (ISHTM) 2010; EZCC, Kolkata from 18th to 21st November 2010
- Mr Shende P, Lab technician, attended 3rd Conference & Scientific Seminar, Delhi State All India Medical Laboratory Technologists Association (AIMLTA), November 27th, University of Delhi.

Publications

- Chaturvedi S, Gupta S, Kumari R. Meningioma with metastasis from follicular carcinoma thyroid. Indian J Pathol Microbiol. 2010; 53:316-18
- Gupta A, Sen R, Batra C, Banerjee D, Gupta A, Jain M.

Hemophagocytic Syndrome secondary to cytomegalovirus in an infant: a case report. J Cytol.2011; 28:36-8.

- Pant I, Chaturvedi S. Immunohistochemistry on Squash Smears. A Diagnostic Aid. Diagnostic Cytopathology . 2010; 38: 780-81
- Pant I, Joshi SC, Kaur G, Kumar G. Pilomatricoma as a diagnostic pitfall in clinical practice: report of two cases and review of literature. Indian J Dermatol. 2010; 55:390-92

Teaching, training and research activities

- The department's faculty conducted a series of lectures on Muscle Pathology for the Residents of departments of Neurology and Pathology. This was done to facilitate a better understanding and co-ordination between the two departments.
- Dr S Chaturvedi co-supervised DNB (Neurology) thesis entitled "Stroke in young: Clinical, Radiological and Etiological Profile"
- Dr I Pant co-supervised DM (Neurology) thesis entitled "Study of Clinical, Electrophysiological and Histopathological Profile of Patients of Congenital Myopathy in a Tertiary Care Hospital of North India"
- Dr S Chaturvedi worked as co-investigator in ICMR funded project entitled "Development of a model system for quantitative microwave exposure to experimental animals for studying behavioral, biochemical, immunological and genotoxic effects"
- Short term training to DMLT & B Tech (Biotechnology) students from other institutes like Janta College of Pharmacy, Sonapat, Haryana, Baba Saheb Ambedkar Institute of Technical Training, Delhi & Jaypee Institute of Information Technology, NOIDA, was imparted by the department so as to enable them to independently handle basic diagnostic techniques pertaining to pathology.

Special grants/assistance/achievements/Honours/ distinctions received

Dr S. Chaturvedi was awarded Life Membership (Associate) of Neurological Society of India

Department of Neuropsychopharmacology

Department of Neuropsychopharmacology has the state-of-the-art facility for therapeutic drug monitoring (TDM). Routine Therapeutic drug Monitoring (TDM) services were provided for Lithium & antiepileptic drugs namely phenytoin, carbamazepine, valproic acid & phenobarbitone in lowest turnaround time. TDM is a practical and invaluable tool in patient care & research. It can help the physician provide effective and safe drug therapy in patients who need medication. TDM is important to identify drug interactions, toxicity & for effective management of epilepsy & Bipolar affective disorder. The dept. is one of the major provider of this TDM service in North India. In addition the department also provided plasma Homocysteine level estimation in neurological disorders & research purposes. The Dept. is well equipped with latest instruments viz, High Pressure Liquid Chromatography with UV and EC detector, automated analyser & electrolyte analyser besides other basic equipments.

Hospital services

Routine therapeutic drug monitoring (TDM) was provided for Lithium and antiepileptic drugs namely phenytoin, carbamazepine, valproic acid and phenobarbitone. In addition the department also provided plasma Homocysteine level estimation for research purposes. During the period from 1st April 2010 till 31st March, 2011 a total of 5273 tests were done. The dept. is enrolled in the External Quality Assurance Program (EQAP) from BioRad.

Special trainings received

Dr. Sangeeta Sharma

- Internal Counsellor Programme on NABH Standards - Accreditation Programme for Hospitals conducted by Quality Council of India, Delhi from June 2-4, 2010.
- PG Diploma (QM&AHO) Quality management & Accreditation of Health Care Organization from Academy of Hospital Administration

(AHA), June 2010

- Pursuing MBA (HCA) from Faculty of Management Studies, Delhi University, July 2010 -2013

Professional achievements

Dr Sangeeta Sharma was appointed the Co-convenor, Ethic Committee, Medical Council of India, July 2010

Research

Research Projects of Dr.Sangeeta Sharma

- Pharmacogenomics of first line anti epileptic drugs (AEDs) in collaboration with Institute of Genomics & Integrative Biology (IGIB) and The Centre for Genomic Application (TCGA).
- Development of Pharmacogenomics SNP Database for Critical Candidate Genes for predicting Drug Resistance and side effects in Epilepsy

Co-supervisor 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 MD course

- Thesis entitled “Effect of Carbamazepine monotherapy on homocysteine, vitamin B12 and folic acid levels on ambulatory children with partial epilepsy” registered in Department of Paediatrics, GTB Hospital registered under University of Delhi session: 2009 - 2012.
- Thesis entitled “Intravenous valproate versus intravenous phenytoin in childhood epilepsy” registered in Department of Paediatrics, GTB Hospital registered under University of Delhi session: 2008 - 2011.
- 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 Session: 2007 – 2010.

Symposia /Workshops/ Conference/ Training/CME

Dr Sangeeta Sharma

International

“Procurement and Supply Chain Management” in orientation workshop organized by Grant Management Solutions and Management Sciences for Health, Arlington, USA, September 20-24, 2010.

National

Technical Expert for Finalization of Essential Medicines List, Chhattisgarh, July 23, 2010.

Participation in National conferences

Dr Sangeeta Sharma

- Resource person for 2nd Round of Capacity Building workshop for CMOs and Project Managers on “Rational Use of Drugs and procurement” organized by State Health System Resource Center (Technical Support Group with National Rural Health Mission) held at Raipur July 24, 2010.
- Participated as resource person Intercountry meeting on Promoting Rational Use of Medicines, WHO SEARO, New Delhi July 13-15, 2010.

Offices Held in Various Scientific Societies and Membership of Professional Bodies

Dr Sangeeta Sharma

- Executive Member, Indian Society for Rational Pharmacotherapeutics, Since February 2009
- Member, International Association of Therapeutic Drug Monitoring and Clinical Toxicology, Since 2008

- American College of Clinical Pharmacology, New York, USA, Since 2007
- Member Secretary, Ethics Committee, Institute of Human Behaviour & Allied Sciences, Delhi, May 2006- May 2010.
- Executive Member, International Society for Pharmacoeconomics and Outcome Research (ISPOR)– INDIA Chapter, since 2006.
- Secretary cum Treasurer, Delhi Society for Promotion of Rational Drug Use (DSPRUD) since 2003 and Founder Executive Member since 1996.
- Life Member, Indian Pharmacological Society, India, since 1989.

Research Publications

Dr. Sangeeta Sharma

International Publications

- Abhijit Misra, Anju Aggarwal, Om Singh and **Sangeeta Sharma**. Effect of Carbamazepine Therapy on Vitamin D and Parathormone in Epileptic Children. *Pediatr Neurol* 2010; 43: 320-324.
- Genetic polymorphism in sex hormone metabolizing genes and drug response in women with epilepsy. *Pharmacogenomics* 2010 (accepted for publication).
- Genetic variability in estrogen disposition – potential clinical implications for neuropsychiatric disorders. *The International Journal of Neuropsychopharmacology* (IntJNP-10-0082) (Accepted for publication).
- Sandeep Grover, Kiran Bala, **Sangeeta Sharma**, M. Gourie-Devi, Ruchi Baghel, Harpreet Kaur, Meenal Gupta, Puneet Talwar, Ritushree Kukreti. Absence of a general association between ABCB1 genetic variants and response to antiepileptic drugs in epilepsy patients. *Biochimie* 2010 (in press).
- Sandeep Grover, Mandaville Gourie-Devi, Ruchi Baghel, **Sangeeta Sharma**, Kiran Bala, Meena Gupta, Krishnamoorthy Narayanasamy,

Binuja Varma, Meenal Gupta, Kavita Kaur, Puneet Talwar, Harpreet Kaur, Sudheer Giddaluru, Abhay Sharma, Samir K Brahmachari, Indian Genome Variation Consortium & Ritushree Kukreti. Genetic profile of patients with epilepsy on first-line antiepileptic drugs and potential directions for personalized treatment. *Pharmacogenomics* 2010; 11(7), 927–941.

- Grover, Sandeep, Talwar, Puneet; Baghel, Ruchi; Kaur, Harpreet; Gupta, Meenal; Gourie-Devi, M, Bala, Kiran; Sharma, Sangeeta; Kukreti, Ritushree. Genetic variability in estrogen disposition - potential clinical implications for neuropsychiatric disorders *American Journal of Medical Genetics Part B. Neuropsychiatric Genetics* article id NPG-10-0075-R1. 2 July, 2010.

National Publications

- Sangeeta Sharma, Reeta Kh, Ranjit Roy Chaudhury, Attitude and Opinion of Users towards Delhi State Essential Medicines Formulary. *Indian J Pharmacology* 2010; 42: 150-152. Reply 2011 Vol 43: 94.

Department of 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.

Community Services

The department conducted:

- Community awareness programs of epilepsy as well as awareness 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, DM Neurology and research staff in community projects.

Research

Dr. Sarbjeet Khurana

- **Co-Supervisor** of M(Phil) Clinical Psychology thesis entitled 'Gynaecological Cancer Survivors: Meaning in Life'.(submitted in 2010)
- **Co-Supervisor** of a M(Phil) Clinical Psychology thesis entitled 'A study of efficacy of spiritually augmented CBT for Geriatric depression'.(in 2011)
- **Co-investigator** in the following project: Children with Epilepsy: School Awareness Program – funded by IAE

Symposia /Workshops/ Conference/ Training/CME

- **Presented** a paper 'Mental Health Status of Runaway Adolescents' as an invited speaker at EPS Global International Healthcare Management Forum, held on November 26 - 27, 2010 at Jiangyin , China.
- **Attended** the NABH training at IHBAS from 2nd to 4th June 2010.
- **Attended** the workshop on Operational Research in Public health from 11th -14th May 2010 at PHFI, Gurgaon.
- **Attended** the Course Design Committee Meeting on 4thth October 2010 for 'Certificate in ICT Enabled Professional Skills for Police and Security Personnel', at IGNOU as an expert for development of modules on communication, organizational behavior, leadership, motivation and computers. Subsequent to this meeting, I have contributed as a writer of one complete block on understanding the Organisational behavior and culture with units on organizational behavior, organizational culture and stress management.
- **Attended** series of meetings in DHO Office Shahdara North, held every month, in the capacity of Nodal Officer Vector Borne diseases. These meetings are held for review of situations prevailing in the district and for enhancing the monitoring and control of the vector

borne diseases.

Professional affiliations

- **Life Member** of “Indian Association of Public Health”.
- **Life Member** of “Indian Association of Preventive and Social Medicine”.
- **Life Member** of “Indian Journal of Preventive and Social Medicine”.

Research Publications

- Neelam Chillar, Sarbjeet khurana, Rachna Agarwal, Neeraj Kumar Singh. Effect of Pre-analytical errors on quality of laboratory medicine at a Neuropsychiatric Institute in North India. Indian J Clin Biochem (Jan-Mar 2011) 26(1):46-49.
- Social, Cultural and Ethical Issues in Dementia: Ravinder Singh, Sarbjeet Khurana, Kiran Bala & Mahesh Bhargava: In Clinical Neuropsychology Assessment & Rehabilitation: A Practical approach. Edited by: Dr Vibha Sharma, Miss Shehzadi. Published by Harprasad Institute of Behavioral Sciences of Agra, 2011.

Department of 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 students. He is helping the MD (Psychiatry) students in their thesis work. He is also giving his inputs in research projects undertaken by IHBAS.

Research

Dr. C.B. Tripathi

- M. D. (Psychiatry) Thesis under supervision entitled “*Quality of Life and Burden in the Caregivers of Patients with Dementia*”
- **Co-investigator** in the following project: NACO funded multi-centric Project entitled “A Study on Mental Health and Psychosocial Aspect of Persons living with HIV/AIDS”

Symposia /Workshops/ Conference/Training/CME

Dr.C B Tripathi

International

- Presented paper at 31st Annual Conference of the International Society for Clinical Biostatistics, organized at **University of Montpellier-SupAgro Campus, Montpellier, France**, during August 29 to September 02, 2010.

National

- Presented paper at 28th Annual Conference of Indian Society for Medical Statistics, organized by National Institute of Health and Family Welfare & National Institute of Medical Statistics, New Delhi, during November 11-13, 2010
- Invited as Resource Faculty to deliver a lecture on Sample Size: Case-Control & Cohort Study in Second Biostatistical Workshop: Sample Size Analysis in Medical Research at Department of Biostatistics, Postgraduate Institute of Medical Education & Research (PGIMER), Chandigarh, on March 26, 2011.

Research Publications

Dr.C B Tripathi

- Jain MK, **Tripathi CB**. Endotracheal Tube Cuff Pressure (ETTc Pressure) Monitoring During Neurosurgical Operations – Manual vs. Automatic Method. Journal of Anaesthesiology Clinical Pharmacology 2011; 27(3): 358-361.
- Mitrabasu, Sripathy G, Ravishankar L, Chug PK, Chhillar N, **Tripathi CB**. Association of Diabetic Neuropathy with Clinical and Laboratory Parameters in Adult Indian Subjects. The Indian Practitioner 2011; 64(3):139-144
- Agarwal Rachna, Chhillar Neelam, Kushwaha S, Singh Neeraj, **Tripathi CB**. Role of Vitamin B12, folate and TSH in Dementia- A hospital based study in North Indian population. Annals of Indian Academy of Neurology 2010: Vol. 13, No. 04: 257-262.

Special grants/assistance/achievements/Honours/ distinctions received

- Winner of **CONFERENCE SCIENTIST AWARD** of International Society for Clinical Biostatistics in 2010, at Montpellier, France.

Other achievements

Dr.C B Tripathi

- Appointed as External Examiner of undergraduate course (B.Sc./BA) in 2011 of Banaras Hindu University, Varanasi, UP, India.

Professional Affiliation

Dr.C B Tripathi

- Annual member “International Society for Clinical Biostatistics”.
- Life Member of “Indian Association for Social Sciences and Health”.

Department of Medical Anthropology

Medical Anthropology encompasses the application of anthropological understanding and methods to address the issues of health, sickness and suffering of human beings and it works closely with biological anthropologists, ethnologists, psychologists, physicians, psychiatrists, nursing professional and other health professionals' 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.

Teaching and Training

Department assist in teaching M. Phil Clinical Psychology and any other assignment related to their Teach

Research

Dr Ravinder Singh

- **Co-Investigator:** School Epilepsy Awareness Programme in School of East and Central Delhi (IEA Project Completed)
- **Co-Investigator:** Psychosocial Dimensions of the Epilepsy in the

Northern District of India. UGC Minor Research Project sanctioned to Department of Psychology, GRPG College, Rampur, UP (Project continue)

- **Co-Supervisor** of a M. Phil. (Clinical Psychology) Thesis: (2011)“Spiritual Psychotherapy of Caregivers of Patients with Epilepsy: caring for the Cares”.

Symposia /Workshops/ Conference/Training/CME

Dr Ravinder Singh

- Attended the XVIth World Congress of the International Union of Anthropological & Ethnological Sciences (IUAES) from 27 July 2009 to 31 July 2009 at Kunming, China.
- Attended “Recent Advances in Cultural Psychiatry for South Asia, BALM Short Course, from 9th –12th, November, 2009 at Chennai. Organised by the BALM, Chennai.
- Presented a paper titled as Anthropology of Care: Patients with Neurological Diseases in National Seminar Globalization, Urbanization And Migration: Anthropological Dimensions Of Trends And Impacts, 27-28 January, 2011, Department of Anthropology, University of Punjab, Chandigarh.

Research Publications

Dr Ravinder Singh

- Upmesh Kumar Talwar, A N Verma, **Ravinder Singh** and Vibha Sharma and **(2011)**. Co-Dependency and Marital adjustment in Depression. Delhi Psychiatry Journal, Vol.14 No.1 April ,2011, 110-115
- M K Jain and **Ravinder Singh (2010)**. Relevance of Modified ECT in Managing Psychiatric Patients. Delhi Psychiatry Journal, Vol.13 No.2 October ,2010,247-253
- Vibha Sharma, Samita Shrivastava, S. Malhotra, **Ravinder Singh**

and T B Singh (2010). Yoga and Cognitive Behaviour Techinques for Academic Stress and mental well being among School Students. *Delhi Psychiatry Journal, Vol.13 No.1April, 2010,75-78.*

- Upmesh Kumar Talwar, Vibha Sharma and **Ravinder Singh (2010)**. Role of Yogic Exercises in Bipolar Affective Disorders and Schizophrenia. *Delhi Psychiatry Journal, Vol.13 No.1April,2010, 117-122*

Chapters in Books

- **Ravinder Singh**, Sarabjeet Khurana, Kiran Bala & Mahesh Bhargava (2011). Social, Cultural and Ethical Issues in Dementia; Chapter-24; In *Clinical Neuropsychology (Assessment and Rehabilitation : A Practical Approach)* edited by Vibha Sharma and Shazadi Malhotra; Published by Harprasad Institute of Behavioral Sciences, Agra, India.
- Vibha Sharma, **Ravinder Singh**, Upmesh K Talwar & Mahesh Bhargava (2011). Ethical and Legal Issues related to Dementia and Epilepsy; Chapter-25; in *Clinical Neuropsychology(Assessment and Rehabilitation : A Practical Approach)* edited by Vibha Sharma and Shazadi Malhotra; Published by Harprasad Institute of Behavioral Sciences, Agra, India

Abstract Published

- **Ravinder Singh**, V. Sharma and Upmesh K. Talwar (2011). Anthropology of Care: Patients with Neurological Diseases in National Seminar Globalization, Urbanization And Migration: Anthropological Dimensions Of Trends And Impacts, 27-28 January, 2011, organized by the Department of Anthropology, University of Punjab, Chandigarh.

Hospital Statistics at a glance

Outpatient statistics

Department of Psychiatry

Psychiatry	2009	2010	%(increase/decrease)
Total	186410	197337	6
Old case	162565	171374	5
New case	23845	25963	9

Department of Neurology

Neurology	2009	2010	%(increase/decrease)
Total	122010	133328	9
Old case	100318	108484	8
New case	21692	24844	15

Department of Neurosurgery

Neurosurgery	2009	2010	%(increase/decrease)
Total	1712	2592	34
Old case	935	1533	39
New case	777	1059	27

In patient statistics

Department of Psychiatry

Psychiatry	2009	2010	%(increase/decrease)
Admission	1519	2009	32
Discharge	1527	1933	27
Bed Occupancy rate (%)	87	91	4%

Department of Neurology

Neurology	2009	2010	%(increase/decrease)
Admission	1325	1193	10
Discharge	1210	1219	1
Bed Occupancy rate (%)	85	84	1

Department of Neurosurgery

Neurosurgery	2009	2010	% (increase/decrease)
Admission	269	310	12
Discharge	269	310	12
Bed Occupancy rate (%)	31	38	7

Emergency Services

Emergency Services	2009	2010	%(increase/decrease)
Total	15013	18963	26
Psychiatry	8988	12721	42
Neurology	6025	6242	4

Speciality Clinics Services

Speciality Clinics Services	2009	2010	%(increase/decrease)
Mental Retardation Clinic	7109	6883	3
Child Adolescence Psychiatric Clinic	4805	6414	33
Neurobehaviour Clinic	1185	880	26
Movement Disorder Clinic	1063	745	30
Marital & Psychosexual Clinic	944	826	13
Tobacco Cessation Clinic	794	636	20
Epilepsy Clinic	2586	2537	2
Drug Abuse Treatment & Rehabilitation Centre	6458	6494	1

Clinical Psychology Services

Clinical Psychology Services	2009	2010	%(increase/decrease)
Total Sessions Conducted	16473	18360	11
IQ Assessment	4642	3763	19

Other Services

Other Services	2009	2010	%(increase/decrease)
Physiotherapy Services	7466	7266	3
Occupational Therapy Services	1229	1729	41
Psychiatric Social Work Services	6461	5981	8

Community Outreach Clinics

Community Outreach Clinics	2009	2010	%(increase/decrease)
Jahangirpuri	9049	10319	14
Chhattarpur	3612	5124	42
Jama Masjid	2491	2095	16

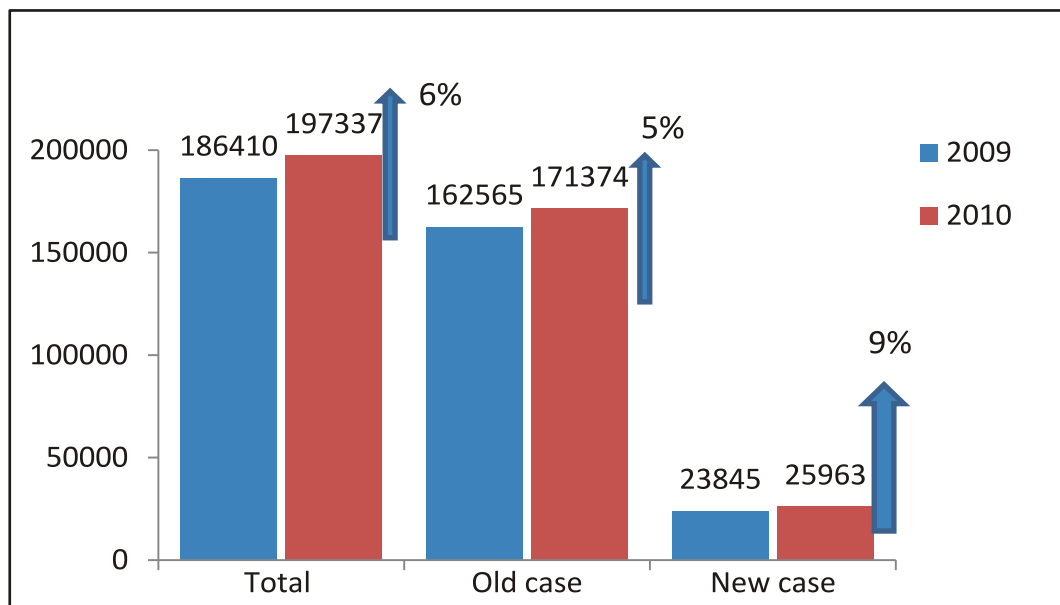
Laboratory Services

Laboratory Services	2009	2010	%(increase/decrease)
Pathology	18571	19680	6
Neurochemistry	21111	24820	18
Microbiology	6749	7839	16
Neuropsychopharmacology	3367	3844	14

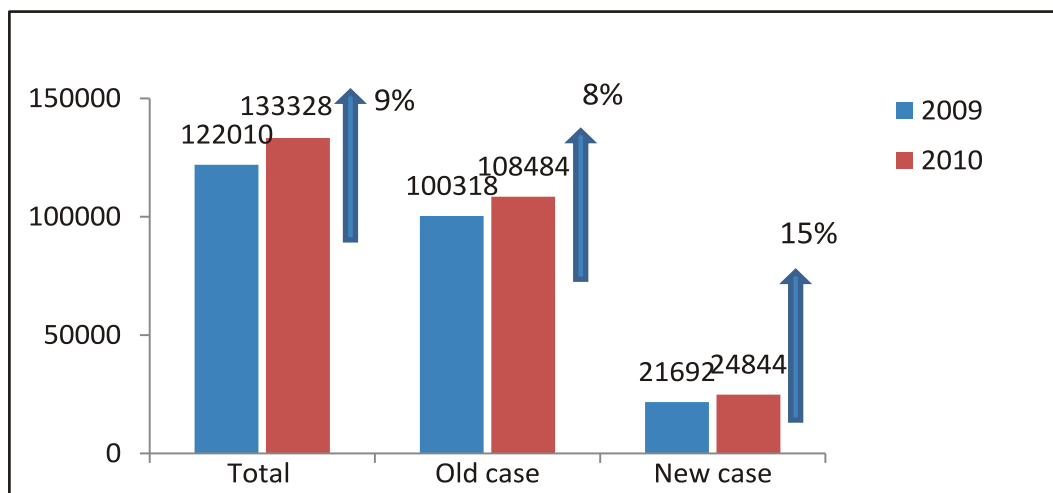
Radiology Services

Radiology Services	2009	2010	%(increase/decrease)
X-Ray	6530	6216	5
Ultra Sound	3954	3354	15

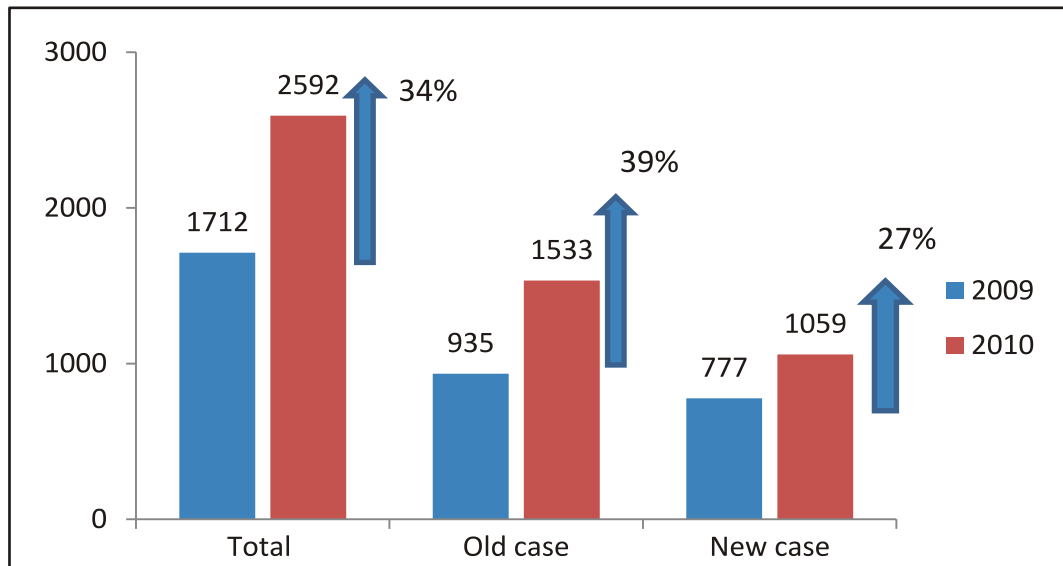
Department of Psychiatry



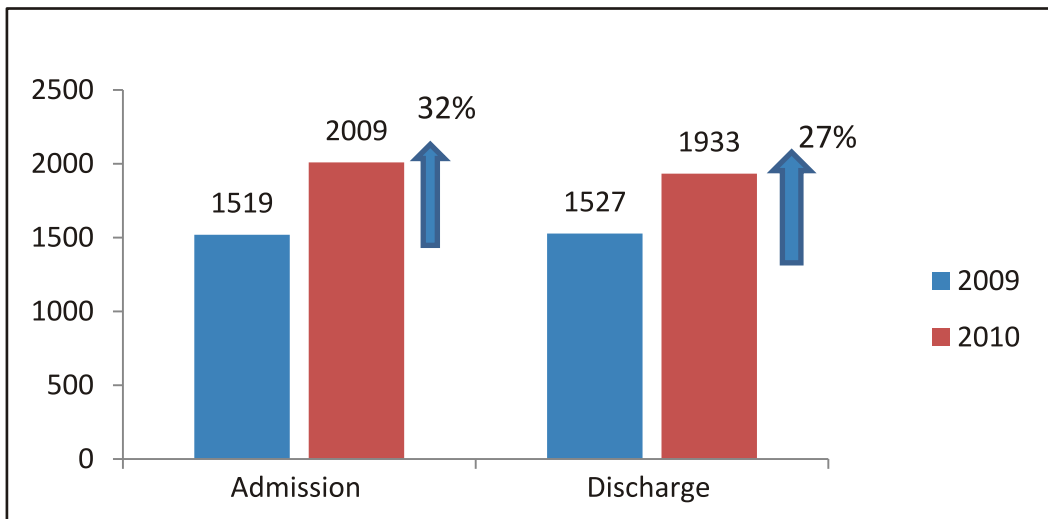
Department of Neurology



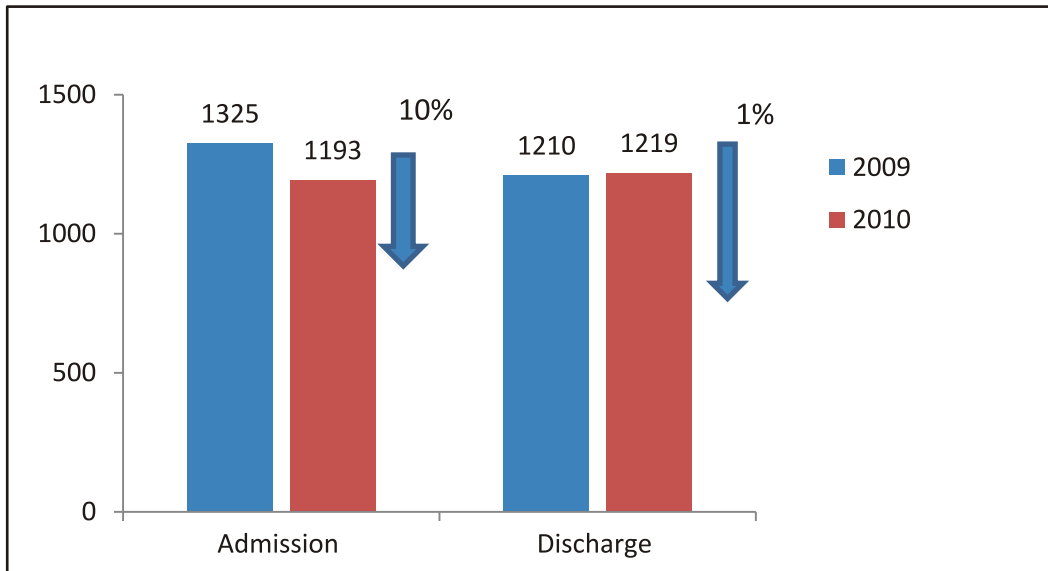
Department of Neurosurgery



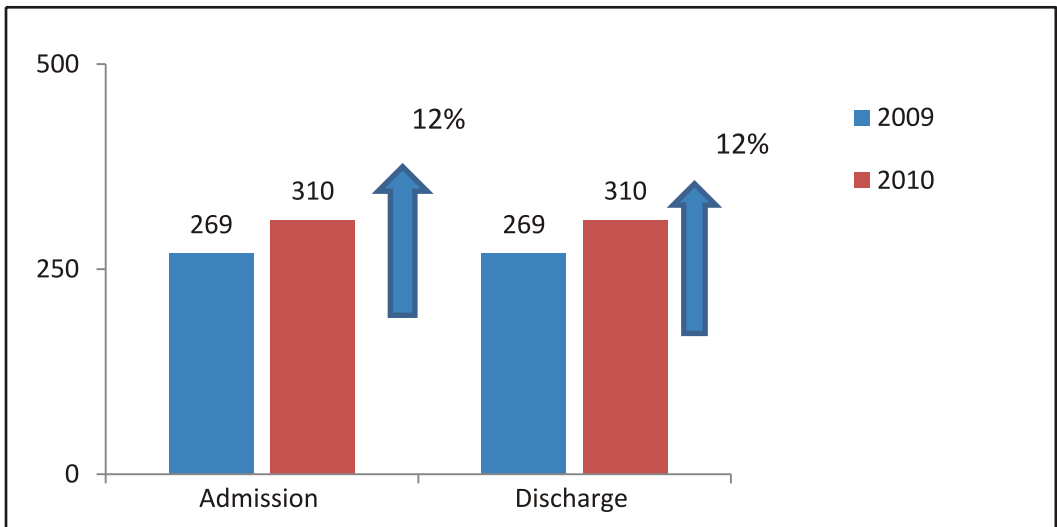
Department of Psychiatry



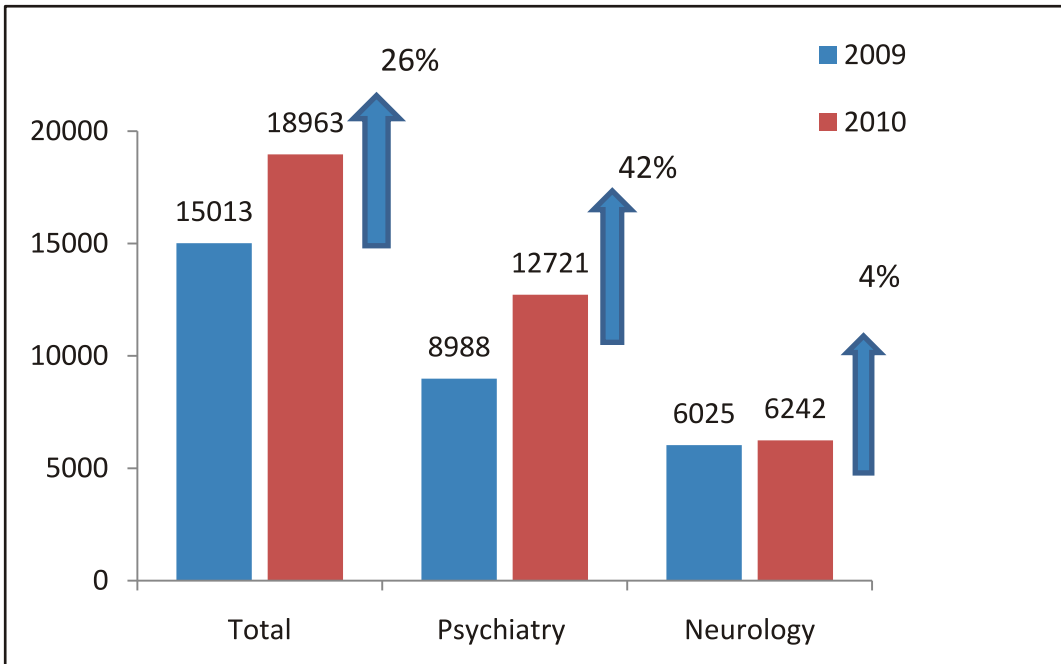
Department of Neurology



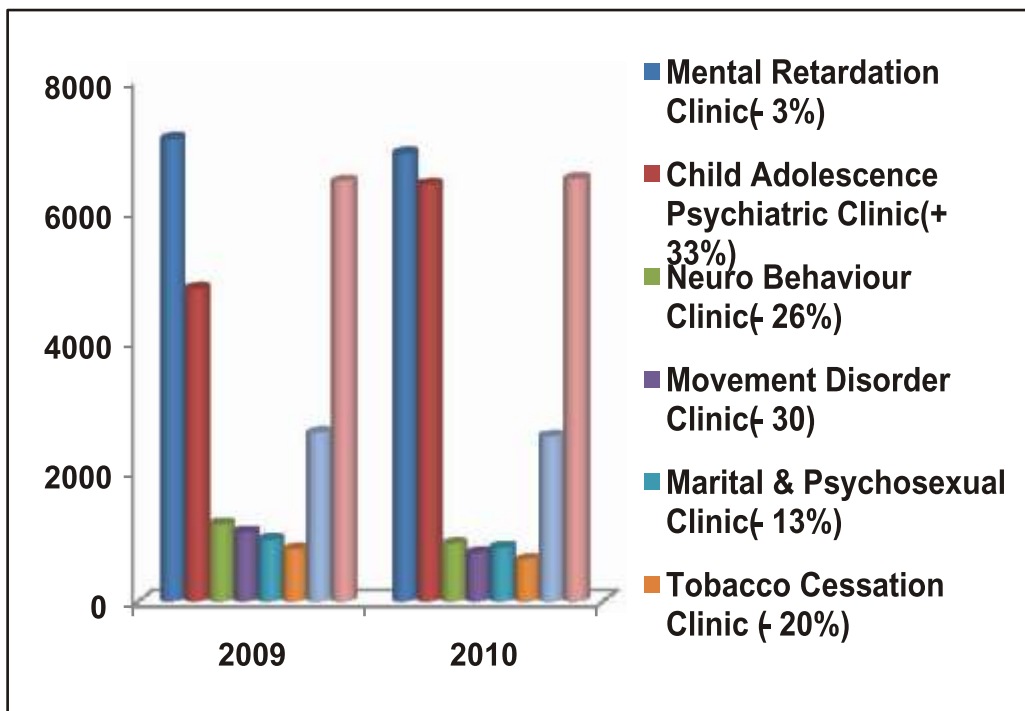
Department of Neurosurgery



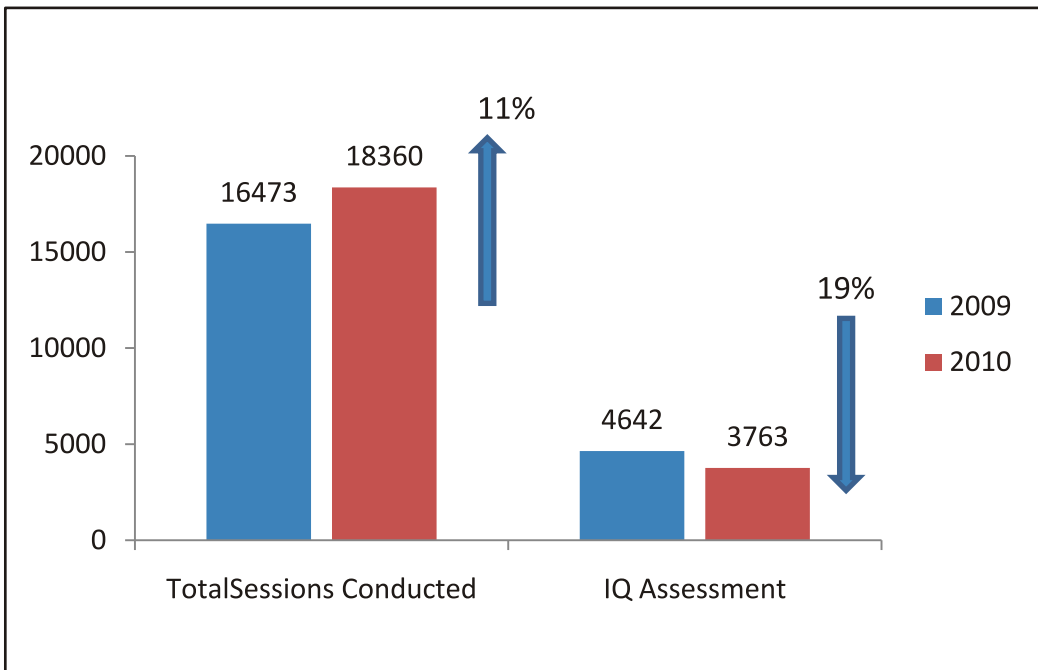
Emergency Services



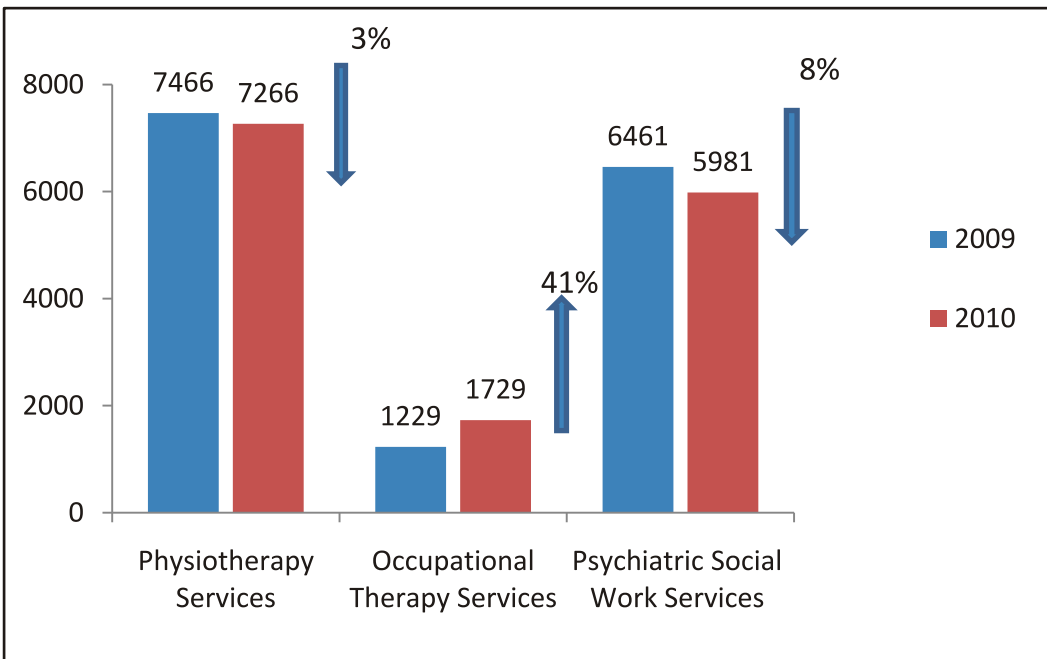
Speciality Clinics Services



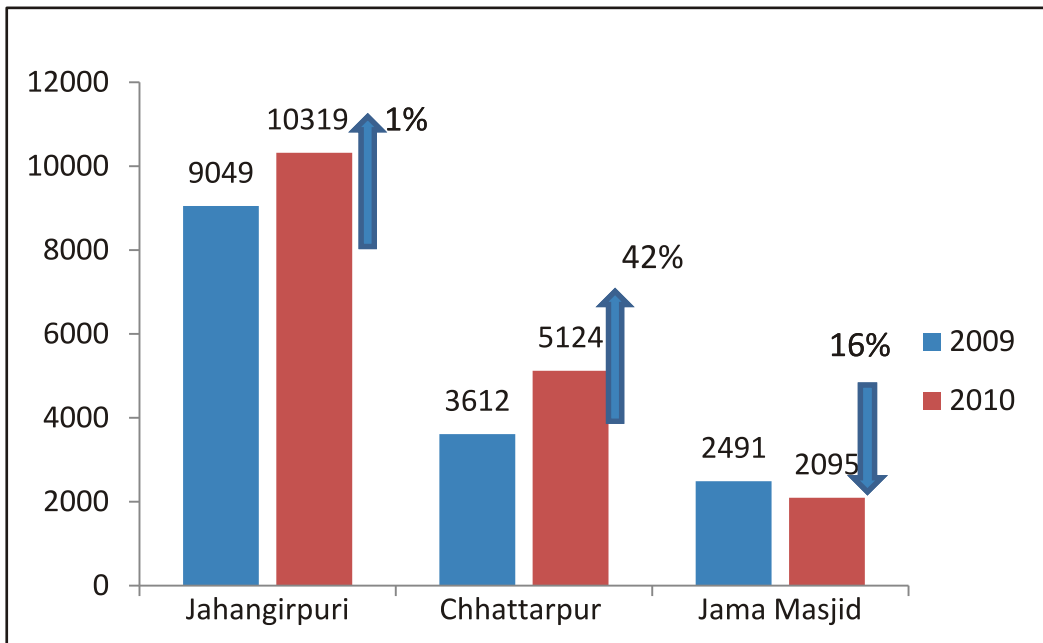
Clinical Psychology Services



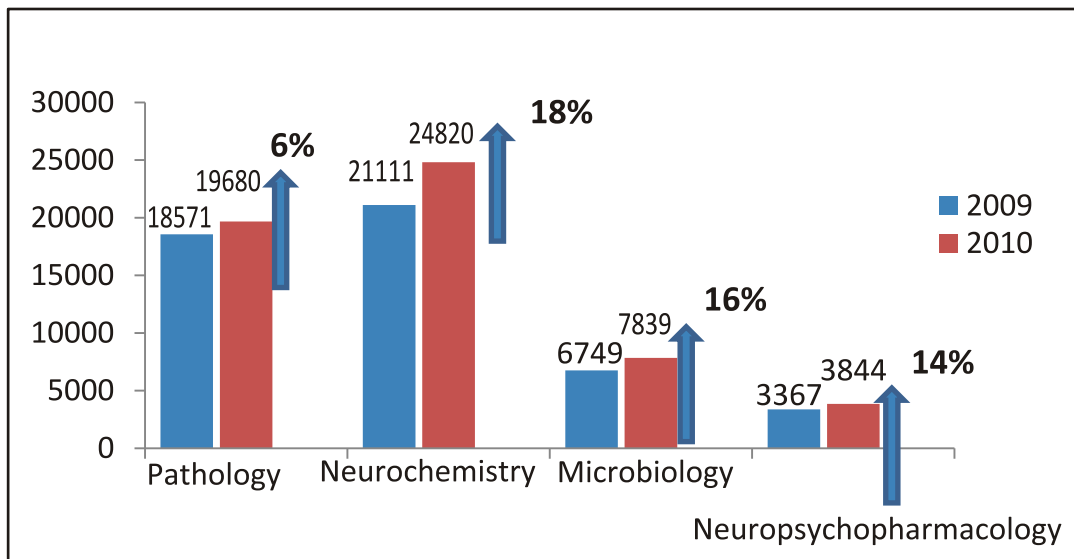
Other Services



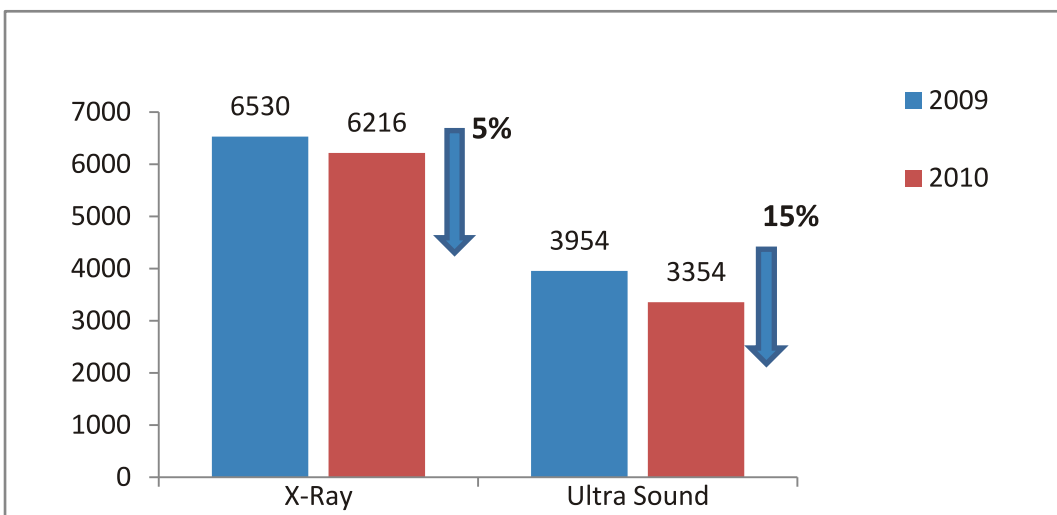
Community Outreach Clinics



Laboratory Services



Radiology Services



Library and Information Centre

Library and Information Centre continues to be an essential component of the Institutes 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. Exchange programme were established with different national and international



institutions such as NBRC, NIMHANS, NML, National Institute on Drug Abuse (NIDA), World Health Organization (WHO) etc. to retrieve the update information in the related subject fields. To extend facility to the users, library timing has been extended up to 9.00 p.m. The following services were made available during the year:

1. Acquisition services
2. Circulation services
3. Online access/e-resources
4. Reference services
5. Internet/E-mail services
6. Documentation services (CAS& SDI)
7. Photocopy services
8. Inter Library Loan services

Resource Development

Library resource collection comprises of books, periodicals, thesis, annual reports, standards and other non book material in health & allied sciences. Library and information centre is being actively involved in the growth & development of health resources and services during the period. It has developed an update collection of books, periodicals, annual reports in the field of mental health, neurosciences and allied sciences. To lay greater stress on latest information and research studies, importance was given more to scientific periodicals. Library subscribed 141 scientific periodicals and procured 209 new documents on different subjects. The documents were technically processed and added in the library holdings for easy access to the users. Photocopies of available literatures were provided to the users for personal use on nominal charges.



Automation Services

Library and Information Centre has equipped with modern information technology and continued to serve & disseminate information to the users effectively by the use of Internet, E-mail and online access of global databases. Current Awareness Services (CAS) was provided to the users by way of inputting in-house documentation services. SDI services were provided to the users through searching of current/ retrospective literature on given specific keywords from primary, secondary sources of data. Database "BOOK" of library holdings were updated and made available to the users. LibSys software and Bar coding of documents for the automation of library activities has been acquired and installed. The process for inputting data is under process. LAN with WIFI facility has been installed in the library to facilitate the users for global access of databases.

E-Resources and Resource Sharing

Library and Information Centre has been included in the member list of NMLERMED Consortia, sponsored by Govt. of India, to access approx. 2500

online journals for resource sharing and web-based access of information to over 50 full text journals to the users. A list with publisher's user ID & password has been made available to the faculty members for easy access of e-resources. Exchange programme were established with different national and international institutions such as National Institute on Drug Abuse (NIDA), Australia, World Health Organization (WHO), NIMHANS, Bangalore National Medical Library, New Delhi, NBRC etc. to retrieve update information in related subject fields.

Reference, Consultation and Circulation

Reference services were provided to the users as and when required. Circulation services have strengthened with inputting some more services. Card system, introduced for borrowing documents to regular faculty members were extended to other library users like Research officers, Pool officers, Junior Residents etc. Documents were made classified and technically processed. Post graduate students and PhD scholars from various institutions, medical colleges and universities i.e. from UCMS & GTB Hospital, Delhi, 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 visited and consulted the library during the year.

Library Statistics at a glance

New documents added	209
Scientific Journals subscribed	141
Scientific journals received on exchange/complimentary	02
Books/Journals circulated	25740
Internet/Online access provided to the users	4500
Users visited the library	18301
Photocopy provided	65000

Physical verification, Binding work and photocopy Service

Physical verification of library holdings was carried out. A very few

Engineering Section

Engineering Section of the Institute is fully equipped to cater the requirements of construction of infrastructural facilities and maintenance needs of the Institute.

The Engineering Section is headed by Superintending Engineer, who also acts as Project Manager for Remodelling Project works of IHBAS. The first phase of Remodelling has already come to an end and the planning for second phase of Remodelling is being considered.

The Engineering Section consists of two divisions-Civil (Including horticulture) and Electrical, each headed by concerned Executive Engineer. The Civil as well as Electrical Divisions comprise of two subdivisions headed by Assistant Engineers and supported by Junior Engineers.

Horticulture units is also looked after by Executive Engineer (Civil) supported by Assistant Director (Horticulture) and Section Officer (Horticulture) and has already developed Nursery, Herbal Garden, Net & Poly Houses and also responsible for the maintenance and development of Horticulture in the Institute.

General Information

Present staff at IHBAS as on 31.3.2011

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
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1.	Director	A	Ministerial Staff	1	1
2.	Medical Superintendent	A	Ministerial Staff	1	-
3.	Joint Director (Admn)	A	Ministerial Staff	1	1
4.	FA & CAO	A	Ministerial Staff	1	-

Professor (Medical & Non-Medical)

5.	Pathology	A	Faculty	1	1
6.	Microbiology	A	Faculty	1	1
7.	Neuro Chemistry	A	Faculty	1	--
8.	Neuro Psychopharmacology	A	Faculty	1	1
9.	Neuro -Radiology	A	Faculty	1	--
10.	Neuro Surgery	A	Faculty	1	--
11.	Psychiatric Social Work	A	Faculty	1	---
12.	Clinical Psychology	A	Faculty	1	1
13.	Psychiatry	A	Faculty	3	2
14.	Neurology	A	Faculty	1	--
15.	Neuro Anesthesia	A	Faculty	1	--
16.	Human Behaviour Deptt.	A	Faculty	1	--

Addl. Professor (Medical & Non-Medical)

17.	Neuro Surgery	A	Faculty	1	--
18.	Psychiatric Social Work	A	Faculty	1	--
19.	Clinical Psychology	A	Faculty	1	--
20.	Psychiatry	A	Faculty	4	1
21.	Neurology	A	Faculty	1	1
22.	Neuro Anesthesia	A	Faculty	1	--

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
Associate Professor (Medical & Non-Medical)					
23.	Pathology	A	Faculty	1	1
24.	Microbiology	A	Faculty	1	--
25.	Neuro Chemistry	A	Faculty	1	2
26.	Neuro Psychopharmacology	A	Faculty	1	--
27.	Neuro -Radiology	A	Faculty	1	1
28.	Neuro Surgery	A	Faculty	1	1
29.	Psychiatric Social Work	A	Faculty	1	--
30.	Clinical Psychology	A	Faculty	1	1
31.	Psychiatry	A	Faculty	8	5
32.	Neurology	A	Faculty	3	1
33.	Neuro Anesthesia	A	Faculty	1	--
34.	Medical Anthropology	A	Faculty	1	--
35.	Psychiatric Nursing	A	Faculty	1	--
Assistant Professor (Medical & Non-Medical)					
36.	Pathology	A	Faculty	1	1
37.	Microbiology	A	Faculty	1	1
38.	Neurochemistry	A	Faculty	1	--
39.	Neuro Psychopharmacology	A	Faculty	1	--
40.	Neuro -Radiology	A	Faculty	2	--
41.	Neuro Surgery	A	Faculty	2	2
42.	Psychiatric Social Work	A	Faculty	2	1
43.	Clinical Psychology	A	Faculty	3	2
44.	Psychiatry	A	Faculty	15	4
45.	Neurology	A	Faculty	6	2 + 02 (on contract)
46.	Neuro Anesthesia	A	Faculty	2	2
47.	Biostatistics	A	Faculty	1	1

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
48.	Epidemiology	A	Faculty	1	1
49.	Medical Anthropology	A	Faculty	1	1
50.	Psychiatric Nursing	A	Faculty	1	--
51.	Social Work	A	Faculty	1	--
52.	Psychology	A	Faculty	1	--
53.	Social & Cultural Anthropology	A	Faculty	1	--
54.	Education	A	Faculty	1	--
55.	Clinical Psychologist	A	Clinical Psychologist	13	05+04 (on tenure)
56.	Psychiatric Social Worker	A	PSW	13	08
57.	Project Engineer (Superintending Engineer)	A	Engineering	1	01
58.	Administrative Officer	A	Ministerial Staff	2	02
59.	Executive Engineer (Civil)	A	Engineering	1	1
60.	Executive Engineer (Elec.)	A	Engineering	1	--
61.	Librarian & DO	A	Ministerial Staff	1	1
62.	Research Officer (Yoga)	A	Paramedical Staff	1	--
63.	Emeritus Prof.	A	Ministerial Staff	2	2
64.	Post Doctoral Fellowship	A	Under ICMR	2	--
65.	Research Associate	A	Under ICMR	2	--
66.	Senior Resident	A	SR	70	44
67.	Junior Resident	A	JR	80	43
68.	Sr. Research Fellow	B	Under ICMR	2	--
69.	Accounts Officer	B	Accounts Staff	2	02
70.	Programmer	B	Ministerial Staff	1	1
71.	Demonstrator (non-Medical)	B	SR	1	1
72.	Asst. Admn. Officer	B	Ministerial Staff	3	2

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
73.	Asst. Research Officer (Yoga)	B	Paramedical Staff	1	--
74.	Senior Physiotherapist	B	Paramedical Staff	1	1
75.	Asst. Engineer (Civil)	B	Engineering	2	1
76.	Asst. Engineer (Electrical)	B	Engineering	2	2
77.	Asst. Director (Horticulture)	B	Engineering	1	--
78.	Senior PA/PS	B	Ministerial Staff	1	1
79.	Asst. Accounts Officer	B	Accounts Staff	2	1
80.	Asst. Librarian (Gr.- I)	B	Ministerial Staff	1	--
81.	Dy. Nursing Supdt.	B	Nursing Staff	1	--
82.	Asst. Nursing Supdt./ANS	B	Nursing Staff	9	5
83.	Sister Tutor	B	Nursing Staff	1	--
84.	MSW	B	Paramedical Staff	2	1
85.	PRO	B	Ministerial Staff	1	--
86.	Documentation Asst. (Lib. Gr. – II)	B	Ministerial Staff	1	--
87.	Medical Record Officer	B	Paramedical Staff	1	1
88.	JMRO/Medical Record Supervisor	B	Paramedical Staff	2	--
89.	Junior Engineer (Civil)	B	Engineering	2	1
90.	Junior Engineer (Elec.)	B	Engineering	2	1
91.	Sectional Officer (Horticulture)	B	Engineering	1	01
92.	Sr. Pharmacist	B	Paramedical Staff	2	01
93.	Dietician	B	Paramedical Staff	1	1
94.	Asstt. Dietician	B	Paramedical Staff	1	1
95.	Assistant	B	Ministerial Staff	3	06
96.	Sr. Steno	B	Ministerial Staff	4	03
97.	Asstt. Sister Tutor	C	Nursing Staff	1	--

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
98.	Nursing Sister	C	Nursing Staff	41	29
99.	Health Education Technical Officer		C Paramedical Staff		1--
100.	Computer Asstt.	C	Ministerial Staff	2	01
101.	Occupational Therapist	C	Paramedical Staff	6	05
102.	Physiotherapist	C	Paramedical Staf	1	01
103.	Library Asst.(Gr.-III)	C	Ministerial Staff	3	02
104.	Staff Nurse	C	Nursing Staff	233	31-regular 126- contact 02-ad hoc
105.	Statistical Asstt.	C	Paramedical Staff	1	01
106.	Senior Technician	C	Paramedical Staff	2	--
107.	CSSD Technician	C	Paramedical Staff	1	--
108.	Central Gas Pipe line Technician	C	Paramedical Staff	1	01
109.	Research Asst. (Yoga)	C	Paramedical Staff	1	--
110.	Speech Therapist	C	Paramedical Staff	1	01
111.	ICU Technician	C	Paramedical Staff	5	03
112.	OT Technician	C	Paramedical Staff	3	--
113.	Jr. Physiotherapist	C	Paramedical Staff	6	05
114.	Jr. Medical Record Officer	C	MRO Staff	1	--
115.	Medical Record Technician	C	Paramedical Staff	2	--
116.	Photographer	C	Ministerial Staff	1	--
117.	Artist	C	Ministerial Staff	1	01
118.	Pharmacist	C	Paramedical Staff	8	04 + 04 (on contract)
119.	UDC	C	Ministerial Staff	6	03 + 01 (on contract)
120.	Medical Record Clerk In-Charge	C	Paramedical Staff	1	--
121.	Psycho Clinic cum Lab Asstt.	C	Paramedical Staff	2	02

Sl. No.	Name Of Post	Group	Group	Sanctioned Posts	No. of posts filled
122.	EEG Technician	C	Paramedical Staff	2	02
123.	Electro-Physiology Technician	C	Paramedical Staff	2	02
124.	X-ray Technician	C	Paramedical Staff	2	02
125.	Lab Technician	C	Paramedical Staff	9	03
126.	Jr. Stenographer	C	Ministerial Staff	10	06
127.	Data Entry Operator	C	Ministerial Staff	11	0 + 04 (on contract)
128.	Lab. Assistant	C	Paramedical Staff	18	07+15 (On contract)
129.	Radiographer	C	Paramedical Staff	3	01
130.	LDC	C	Ministerial Staff	12	--
131.	LDC/ MR Clerk	C	Paramedical Staff	1	--
132.	Telephone Operator	C	Ministerial Staff	4	outsource
133.	Projectionist	C	Ministerial Staff	1	01
134.	Driver	C	Ministerial Staff	8	7
135.	Lab Attendant	D	Class IV	15	outsource
136.	Library Attendant	D	Class IV	1	Outsource
137.	Occupational Therapy Attendant	D	Class IV	4	04
138.	Cook	D	Class IV	10	10
139.	Nursing Orderly	D	Class IV	3	Outsource
140.	Class IV (D)	D	Class IV	7	Outsource
141.	Hawaldar	D	Class IV	1	--
142.	Technical Asstt.	D	Class IV	1	--

Faculty of IHBAS

Director

Prof. Dr Nimesh G Desai (Psychiatry)

Emeritus Professors

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

Professors

- Dr. Somnath Sengupta (Psychiatry)
- Dr. Tej Bahadur Singh (Clinical Psychology)
- Dr. Sujata Chaturvedi (Pathology)
- Dr. Sangeeta Sharma (Neuropsychopharmacology)
- Dr. Rajiv Thakur (Microbiology)

Additional Professors

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

Associate Professors

- Dr. Neelam Chhillar (Neuro Chemistry)
- Dr. Anshu Gupta (Pathology)
- Dr. P.K. Upadhyay, (Neurosurgery)
- Dr. Deepak Kumar (Psychiatry)
- Dr. Suman Seryam Kushwaha (Neurology)
- Dr. Rachna Agarwal (Neuro Chemistry)

- Dr. Om Parkash (Psychiatry)
- Dr. Vibha Sharma (Clinical Psychology)
- Dr. Jahanara M. Gajendragad (Psychiatric Social Work)
- Dr. Sarbjeet Khurana (Epidemiology)
- Dr. Mukul Kumar Jain (Neuroanesthesia)
- Dr. C. B. Tripathi (Biostatistics)
- Dr. Rupali Shivalkar (Psychiatry)
- Dr. Rajesh Kumar (Psychiatry)
- Dr. Reema Kumari (Neuro radiology)
- Dr. Vijender Singh (Psychiatry)
- Dr.V. N. Mishra (Neurology)
- Dr. Ravinder Singh (Medical Anthropology)

Assistant Professors

- Dr. Vinod Kumar Singh Gautam (Neurosurgery)
- Dr. Deepak Kumar Jha (Neurosurgery)
- Dr. Arvind Arya (Neuroanesthesia)
- Dr. Renu Goyal (Microbiology)
- Dr. Krishna Vaddiparti (Psychiatric Social Work)
- Dr. Naveen Grover (Clinical Psychology)
- Dr Hardeep Singh Malhotra (Neurology)
- Dr. Ishita Pant (Pathology)
- Dr. Pankaj Kumar ((Psychiatry)
- Dr. Manoj Kumar (Psychiatry)
- Dr Aldrin Anthony Dung Dung (Neurology) On contract basis
- Dr Ritu Agarwal (Neurology) On contract basis
- Dr Deepa Dash (Neurology) On contract basis

Committees and apex bodies of IHBAS

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

General body

- Hon'ble Minister of Health, Government of NCT of Delhi and President of IHBAS
- Chief Secretary, Government of NCT of Delhi and Vice-President of General Body of IHBAS
- Vice Chancellor, Delhi University and Vice-President of General Body of IHBAS
- Joint Secretary, Ministry of Health & Family Welfare, Government of India and Vice-President of General Body of IHBAS
- Principal Secretary (Finance), Government of NCT of Delhi
- Principal Secretary (H&FW), Government of NCT of Delhi
- Principal, University College of Medical Sciences (UCMS), Delhi
- Medical Superintendent, GTB Hospital, Delhi
- Advisor (Health), Planning Commission, Yojana Bhawan
- Joint Secretary (T), Department of Education, Ministry of Human Resource Development, Government of India
- DDG (DD), Ministry of Social Justice and Empowerment, Govt. of India
- Advisor/Scientist 'G', Department of Bio-Technology, 7-8 Floor, Block-2, CGO Complex, Lodhi Road, New Delhi.
- Advisor (TT), Department of Science & Technology, Technology Bhawan, New Mehrauli Road, New Delhi.
- Dr.Bela Shah, Chief Sr. Deputy Director, NCD, ICMR, Ansari Nagar, New Delhi-110029.
- Prof. Ranjit Roy Chaudhury, Emeritus Scientist, National Institute of Immunology, New Delhi

- Prof. P.N. Tandon, Professor Emeritus, Department of Neurosurgery, AIIMS, New Delhi-110029.
- Dr. S.K. Khandelwal, Professor of Psychiatry, AIIMS, New Delhi.
- Prof. N.G. Desai, Professor, Head, Deptt. of Psychiatry, IHBAS.
- Dr. T.B. Singh, Professor of Clinical Psychology, IHBAS.
- Director, IHBAS – Member Secretary

Executive Council

- Chief Secretary, Government of NCT of Delhi-cum-Chairman of IHBAS, Delhi Sachivalaya, IP Estate, New Delhi.
- Additional Secretary & Financial Adviser, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan, New Delhi.
- Joint Secretary, Ministry of Health & Family Welfare, Government of India, Nirman Bhawan, New Delhi.
- Principal Secretary (Finance), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, New Delhi.
- Principal Secretary (H&FW), Government of NCT of Delhi, Delhi Sachivalaya, IP Estate, New Delhi.
- Principal, UCMS, Delhi.
- Medical Superintendent, G.T.B. Hospital, Delhi.
- Dr. Manju Mehta, Professor and HOD (Clinical Psychology) AIIMS, New Delhi.
- Professor A.K. Singh, Director (Neurosurgery Dept.), FORTIS Hospital, NOIDA
- Professor M. Gourie-Devi, Advisor (Neurology), IHBAS
- Professor & HOD (Clinical Psychology), IHBAS, Delhi
- Professor & HOD (Neuropsychopharmacology), IHBAS
- Joint Director (Administration), IHBAS
- Senior Accounts Officer, IHBAS

Standing finance and budget committee

Chairman

- Principal Secretary (Finance) Government of NCT of Delhi

Members

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

Building and Works Committee

Chairman

Principal Secretary (H&FW), GNCTD

Members

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

- Shri Dharam Pal, Acting FA&CAO, IHBAS & Member, B&WC

Rehabilitation Committee

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

Members:

- Mr Pankaj Joshi, Jt. Secretary, CDD, Ministry of Social Justice and Empowerment, Govt. of India, New Delhi
- Dr. S K Chaturvedi, Professor of Psychiatry and Head, Dept of Rehabilitation, NIMHANS, Bangalore
- Mr. P K Sharma, Deputy director, Social Welfare, GNCT of Delhi
- Mrs. Sreerupa Mitra Choudhary, Chairperson, Sudinalaya, Delhi
- Mrs. Paramjeet Kaur, Director, Ashray Adhikar Abhiyan, Delhi
- Mrs. Rangashree Kishore, Richmond Fellowship, Delhi
- Dr. Rupali P Shivalkar, Assoc Prof. of Psychiatry, IHBAS, Delhi
- Dr. Jahanara M G, Assoc Prof. of Psychiatric Social Work, IHBAS, Delhi
- Dr. Vibha Sharma, Assoc Prof. of Clinical Psychology, IHBAS, Delhi
- Dr. Pankaj Kumar, Asst. Prof. of Psychiatry, IHBAS, Delhi

Member Secretary:

- Dr. Vijender Singh, Assoc. Prof. of Psychiatry, IHBAS, Delhi

Academic Committee

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

Members:

- Dr. Amol Ranjan Singh, Director, RINPAS, Ranchi

- Dr. V Ravi, Registrar, NIMHANS, Bangalore
- Dr. S V Madhu, Head, Dept of Medicine, UCMS, Delhi
- Dr. N K Chadha, Head, Dept of Psychology, University of Delhi
- Dr. M M Mehndiratta, Professor of Neurology, GB Pant Hospital, New Delhi
- Dr. Sushma Batra, Head, Dept of Social Work, University of Delhi, Delhi
- Dr. H S Kohli, Professor, Dept of Social Work, Jamia Milia Islamia, New Delhi
- Dr. Uday K Sinha, Addl. Prof. of Clinical Psychology, IHBAS, Delhi
- Dr. Om Prakash, Assoc Prof. of Psychiatry, IHBAS, Delhi

Member Secretary:

- Dr. Neelam Chhillar, Assoc. Prof. of Neurochemistry, IHBAS, Delhi

Establishment committee

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

Scientific Advisory Committee

- Professor Ranjit Roy Chaudhary, Emeritus Scientist, National Institute of Immunology, Aruna Asif Ali Marg, New Delhi
- Professor P N Tandon, 1 Jagriti Enclave, Delhi

- Professor J S Neki, 52, Hem Kunt Colony, New Delhi
- Professor S D Sharma, Emeritus Professor, IHBAS, Delhi
- Professor M Gourie Devi, Former Director, NIMHANS, Bangalore
- Professor R R Singh, director, Tata Institute of Social Sciences, Sion Trombay road, Deonar, Mumbai
- Professor N N Wig, H.No. 279, Sector 6, Panchkula, Haryana
- Professor A K Agarwal, Upasana, B-104/2, Nirala Nagar, Lucknow
- Dr Manju Mehta, Additional Professor, Department of Psychiatry, De-addiction centre, AIIMS, Ansari Nagar, New Delhi

Ethics Committee

Chairperson

Prof. LM Nath, Former Director, AIIMS

Members

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

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

Member Secretary

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

Board of Visitors

- Ms. Asha Menon, Member Secretary, Delhi Legal Services Authority (DLSA), Patiala House, New Delhi.
- Prof. R.C. Jiloha, Head Department of Psychiatry, G.B.Pant Hospital, New Delhi.
- Prof. Anjali Gandhi, Professor of Social Work, Jamia Millia University, New Delhi.
- Prof. Manju Mehta, Professor of Clin. Psychology, Department of Psychiatry, AIIMS, New Delhi.
- HOD (Neurology), GB Pant Hospital, New Delhi-110002.
- Medical Superintendent, GTB Hospital, Shahdara, Delhi.
- Prof. Aruna Bhardwaj, Professor of Social Work, H-45, Bali Nagar, New Delhi-110 015.
- District Social Welfare Officer, North West– I, NPS Complex, Sector-4, Rohini, Delhi.
- Director, Directorate of Health Services (DHS), Govt. of NCT of Delhi or his/ her nominee, preferably a Psychiatrist.

Financial Report for the Year 2010-2011

GUPTA NAVEEN ASSOCIATES
CHARTERED ACCOUNTANTS
1505, KUCHA SETH, DARIBA KALAN, DELHI-110 006

NAVEEN GUPTA
M.Com. F.C.A.

Ref. No.

Dated :

TO,
THE DIRECTOR,
INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
DELHI - 110 095.

AUDIT REPORT FOR THE YEAR 2010-2011

WE HAVE AUDITED THE ATTACHED BALANCE SHEET OF INSTITUTE OF HUMAN BEHAVIOUR & ALLIED SCIENCES AS ON 31ST MARCH 2011 ALONGWITH INCOME & EXPENDITURE ACCOUNT OF THE SOCIETY FOR THE YEAR ENDED ON THAT DATE ANNEXED THERETO, AND REPORT THAT :-

1. WE HAVE OBTAINED ALL THE INFORMATION AND EXPLANATIONS WHICH TO THE BEST OF OUR KNOWLEDGE AND BELIEF WERE NECESSARY FOR THE PURPOSE OF OUR AUDIT.
2. THE BALANCE SHEET AND OTHER ANNEXED STATEMENTS FORMING PART OF THE BALANCE SHEET ARE IN AGREEMENT WITH THE BOOKS OF ACCOUNT MAINTAINED.
3. IN OUR OPINION, AND TO THE BEST OF OUR INFORMATION AND ACCORDING TO THE EXPLANATIONS GIVEN TO US, THE SAID ACCOUNTS, SO REQUIRED GIVE A TRUE & FAIR WITH SUBJECT TO OUR OBSERVATIONS AS PER ANNEXURE ATTACHED GIVE A TRUE AND FAIR VIEW.
 - (a) IN CASE OF BALANCE SHEET, OF THE STATE OF AFFAIRS OF THE INSTITUTE FOR THE YEAR ENDED ON 31ST MARCH 2011.
 - (b) IN THE CASE OF INCOME & EXPENDITURE A/C OF THE SURPLUS OF THE INSTITUTE FOR THE YEAR ENDED ON THAT DATE.

FOR GUPTA NAVEEN ASSOCIATES
CHARTERED ACCOUNTANTS

PLACE : DELHI
DATE : 11.10.2011

Sd/-
CA NAVEEN GUPTA
F.C.A.

G.T. ROAD, SHAHDARA, DELHI-110 095

[illegible]

ADMINISTRATIVE SERVICES & OFFICE EXP. {ANNEX-1}	959,96,413.00	4500,00,000.00	GRANT IN AID FROM GOVT OF DELHI	5500,00,000.00
SALARY & OTHER BENEFITS	2341,14,593.00	98,07,585.28	INTT. INCOME {ANNEX-4}	116,73,061.87
TO EMPLOYEES {ANNEX-2}		103,35,346.00	MISC INCOME {ANNEX-5}	152,35,370.73
DIETARY ITEMS	51,51,632.45	16,23,380.00	RENTAL INCOME {ANNEX-6}	9,93,781.00
GENERAL STORE	174,25,982.77			
MEDICINES & DRUGS	147,56,362.14			
TRAVELLING & CONV. EXP.	18,00,561.00			
MAINTENANCE OF EQUIPMENT	16,05,614.00			
PUBLICATION & PERIODICALS	10,99,091.00			
DIESEL & PETROL	6,82,380.00			
PAITENT WELFARE EXP.	45,39,158.00			
NABH EXPENSES	3,85,600.00			
LEGAL & PROFESSIONAL FEES	5,63,500.00			
MAINT. OF EXIST. BUILD{ANNEX-3}	320,07,163.00			
REPAIRS OF MOTOR VEHICLE	1,27,491.00			
RENT & TAXES	86,18,536.00			
CAPITAL EXPENDITURE				
UPTO 31ST MARCH 2009	NIL			
EQUIPMENT	231,52,422.00			
FURNITURE	1,11,608.00			
FREEZ	15,400.00			
L.C. FDR FOR CT MACHINE	75,08,194.00			
NET INCOME OVER				
EXPENDITURE	12,82,40,512.24			
	<u>57,79,02,213.60</u>	<u>47,17,66,311.28</u>		<u>57,79,02,213.60</u>

AS PER OUR AUDIT REPORT
OF EVEN DATE ATTACHED.
GUPTA NAVEEN ASSOCIATES
CHARTERED ACCOUNTANTS

Sd/-
CA NAVEEN GUPTA
F.C.A.

Sd/-
SR. ACCOUNTS OFFICER

Sd/-
D.D.O

Sd/-
DIRECTOR

PLACE: DELHI

DATE : 11.10.2011

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

BALANCE SHEET AS ON 31ST MARCH, 2011.

PREVIOUS YEAR	LAIBILITIES	AMOUNT	PREVIOUS YEAR	ASSETS	AMOUNT
91,09,54,831.80	CAPITAL FUND	94,17,42,455.80	91,09,54,831.80	FIXED ASSETS {ANNEX-7}	94,17,42,455.80
9,86,47,711.57	RESERVES & SURPLUS {ANNEX-10}	22,68,88,223.81	67,70,784.34	CURRENT ASSETS {ANNEX-8}	3,03,64,766.32
1,00,44,458.67	DEFERRED CREDIT & BORROWING-PROJECT {ANNEX-11}	5,65,52,049.94	21,62,38,727.60	CASH & BANK A/C {ANNEX-9}	36,66,79,760.13
11,43,17,341.70	CURRENT LIABILITIES & PROVISIONS {ANNEX-12}	11,36,04,252.70			
113,39,64,343.74		113,87,86,982.25	113,39,64,343.74		113,87,86,982.25

PLACE : DELHI

DATE : 11.10.2011

AS PER OUR AUDIT REPORT
OF EVEN DATE ATTACHED.
GUPTA NAVEEN ASSOCIATES
CHARTERED ACCOUNTANTS

Sd/-
DIRECTOR

Sd/-
D.D.O

Sd/-
SR. ACCOUNTS OFFICER

Sd/-
CA NAVEEN GUPTA
F.C.A.

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDING ON 31ST MARCH, 2011.

RECEIPTS	AMOUNT	PAYMENTS	AMOUNT
TO OPENING BALANCE		TELEPHONE EXP.	20,18,735.00
CASH & BANK BALANCE		POSTAGE & COURIER EXP.	79,312.00
{ANNEXURE-9}	21,62,38,727.60	OFFICE EXPENSES	29,97,143.00
GRAND IN AID RECD.	55,00,00,000.00	NETWORK & CABLE	2,70,633.00
S/B INTEREST	26,14,207.00	TUTION FEES	8,53,129.00
F.D.R. INTEREST RECD.	70,70,830.53	HOUSE KEEPING	506,37,239.00
MEDICAL SCHEME	9,32,669.00	SECURITY SERVICES	107,21,620.00
PATIENT REALISATION INC.	69,63,823.00	ELECTRICITY EXP.	177,90,200.00
LICENCE FEES	14,80,508.00	BANK COMM. & CHARGES	52,713.00
MISC INCOME	17,79,190.73	MEETING & CONFERENCE	9,18,574.00
COLLECTION CHARGE ON LWC	2,587.00	PRINTING & STATIONARY	7,58,205.00
ELECT. CHARGE RECEIPT	14,84,460.00	MOBILE HANDSET	1,04,100.00
LOSS OF I-CARD	75.00	HONOUARIUM TO VISITORS	76,890.00
RECRUITMENT FEES	1,85,125.00	WATER CHARGES	59,58,604.00
RTI FEES	618.00	CUTT. SHAVING & WASHING	7,94,869.00
SALE OF O.T. ITEMS	25,480.00	NEWSPAPER & MAGAZINES	1,03,749.00
SALE OF TENDER FORMS	1,10,100.00	HOTICULTURE	2,64,822.00
TUTION FEES AND TRG FEES	13,86,064.00	ADVERTISEMENT	15,95,876.00
DONATION BOX INCOME	1,318.00	SALARY TO STAFF	23,41,14,593.00
INSTITUTIONAL RECEIPTS	1,90,218.00	CIVIL MAINTAINENCE	1,20,94,728.00
INTERNSHIP INCOME	1,43,500.00	ELECTRIC MAINTAINENCE	1,99,12,435.00
PENALTY FROM PARTIES	10,150.00	DIETARY ITEMS	51,88,499.00
TUTION FEES {M. PHIL}	3,52,935.00	GENERAL STORE	2,58,67,946.00
WATER CHARGE RECEIPT	1,86,550.00	MEDICINES & DRUGS	2,39,45,526.00
CANTEEN RENT	3,49,055.00	TRAVELLING & CONV.	18,00,561.00
DHARAMSHALA RENT	15,625.00	MAINT. OF EQUIPMENT	16,05,614.00
GUEST HOUSE RENT	1,35,400.00	PUBLICATION & PERIOD	10,99,091.00
PHOTOSTATE RENT	12,800.00	DIESEL & PETROL	6,82,380.00
HOSTEL RENT	4,80,901.00	PAITENT WELFARE EXP.	30,39,158.00
G.P.F. RECEIVABLE	5,529.00	NABH EXPENSES	3,85,600.00
INC. IN PROJECT A/C	4,50,07,591.27	H.B.A. PAYABLE	6,780.00
		DECREASES IN OTH. LIAB	7,13,089.00
		LEGAL & PROFESS. FEES	5,63,500.00
		PROJECT LOAN	39,36,713.00
		REPAIRS OF MOTOR VEHICLE	1,27,491.00
		RENT & TAXES	86,18,536.00
		CAPITAL EXPENDITURE	3,07,87,624.00
		CLOSING BALANCE	
		CASH & BANK BAL.	36,66,79,760.13
TOTAL	8371,66,037.13		8371,66,037.13

PLACE : DELHI
DATE : 11.10.2011

AS PER OUR AUDIT REPORT
OF EVEN DATE ATTACHED.
GUPTA NAVEEN ASSOCIATES
CHARTERED ACCOUNTANTS

Sd/-
DIRECTOR

Sd/-
D.D.O

Sd/-
SR. ACCOUNTS OFFICER

Sd/-
CA NAVEEN GUPTA
F.C.A.

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

EXPENDITURE SCHEDULE

PARTICULARS	AS ON 31-03-2011	AS ON 31-03-2010
ADMN. SERVICE & OFFICE EXPENSES		ANNEXURE-1
TELEPHONE EXP.	20,18,735.00	22,49,696.00
POSTAGE & COURIER EXP.	79,312.00	68,977.00
OFFICE EXPENSES	29,97,143.00	32,22,516.00
NETWORK & CABLE	2,70,633.00	3,10,038.00
TUTION FEES	8,53,129.00	7,18,635.00
HOUSE KEEPING	506,37,239.00	422,55,657.00
SECURITY SERVICES	107,21,620.00	150,88,923.00
ELECTRICITY EXP	177,90,200.00	212,08,344.00
BANK COMMISSION & CHARGES	52,713.00	31,890.00
MEETING & CONFERENCE	9,18,574.00	NIL
PRINTING & STATIONARY	7,58,205.00	NIL
MOBILE HANDSET	1,04,100.00	NIL
HONOUARIUM TO VISITORS	76,890.00	NIL
WATER CHARGES	59,58,604.00	33,42,224.00
CUTTING SHAVING & WASHING	7,94,869.00	1,82,204.00
NEWSPAPER & MAGAZINES	1,03,749.00	64,092.00
HORTICULTURE	2,64,822.00	4,42,824.00
ADVERTISEMENT	15,95,876.00	35,31,344.00
TOTAL	9,59,96,413.00	9,27,17,364.00
SALARY & OTHER BENEFITS TO EMPLOYEES		ANNEXURE-2
SALARY	2118,35,483.00	2204,52,040.00
LSPC	10,89,039.00	35,20,539.00
LEAVE TRAVEL CONCESSION	8,94,165.00	17,62,622.00
CPF (EMPLOYER SHARE)	181,81,675.00	127,41,580.00
MEDICAL REIMBRSEMENT	13,72,629.00	18,18,253.00
HONARARIUM TO STAFF	20,203.00	NIL
LEARNING RESOURCES ALLOWANCE	5,42,165.00	NIL
LEAVE ENCASHMENT	1,15,585.00	NIL
STIPEND TO STUDENTS	22,600.00	NIL
TRAVELLING ALLOWANCE	41,049.00	NIL
TOTAL	2341,14,593.00	2402,95,034.00
MAINTAINENCE OF EXTISTING BUILDING		ANNEXURE-3
CIVIL MAINTAINENCE	120,94,728.00	56,22,633.00
ELECTRIC MAINTAINENCE	199,12,435.00	94,91,893.00
ADDITION/ALTERATION	----	3,80,842.00
TOTAL	320,07,163.00	54,65,368.00

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

INCOME SCHEDULE

PARTICULARS	AS ON 31-03-2011	AS ON 31-03-2010
INTEREST INCOME		ANNEXURE-4
INTEREST ON CONFERENCE FUND	6,619.00	6,372.00
INTEREST ON CPF BANK A/C	1,30,517.00	35,259.00
INTEREST ON FCRA A/C	55.00	53.00
INTEREST ON IHBAS A/C	23,99,556.00	3,90,585.00
INTEREST ON PROJECT A/C	77,460.00	55,893.00
INTEREST ON PROJECT TDR	4,84,008.00	2,94,219.00
INTEREST ON CPF TDR	66,61,411.87	59,38,364.28
INTEREST ON GRANT TDR	13,54,647.00	25,30,387.00
INTEREST ON L/C TDR	99,267.00	5,56,453.00
INTEREST ON AUTO TDR	4,59,521.00	NIL
TOTAL	116,73,061.87	98,07,585.28
MISC. RECEIPTS		ANNEXURE-5
MEDICAL SCHEME	9,32,669.00	2,93,329.00
PATIENT REALISATION CHARGES	69,63,823.00	48,08,833.00
LICENCE FEES	14,80,508.00	10,75,657.00
MISC INCOME	17,79,190.73	4,75,778.00
COLLECTION CHARGE ON LWC	2,587.00	1,492.00
ELECTRICITY CHARGE RECEIPT	14,84,460.00	17,17,275.00
LOSS OF I-CARD	75.00	90.00
RECRUITMENT FEES	1,85,125.00	2,80,200.00
RTI FEES	618.00	448.00
SALE OF O.T. ITEMS	25,480.00	7,380.00
SALE OF TENDER FORM	1,10,100.00	72,250.00
TUTION FEES AND TRG FEES	13,86,064.00	12,88,025.00
DONATION BOX INCOME	1,318.00	NIL
INSTITUTIONAL RECEIPTS	1,90,218.00	NIL
INTERNSHIP INCOME	1,43,500.00	NIL
PENALTY FROM PARTIES	10,150.00	NIL
TUTION FEES {M. PHIL}	3,52,935.00	NIL
WATER CHARGE RECEIPT	1,86,550.00	3,14,589.00
TOTAL	152,35,370.73	103,35,346.00
RENTAL INCOME		ANNEXURE-6
CANTEEN RENT	3,49,055.00	4,58,810.00
DHARAMSHALA RENT	15,625.00	8,950.00
GUEST HOUSE RENT	1,35,400.00	1,62,350.00
PHOTOSTATE RENT	12,800.00	8,000.00
HOSTEL RENT	4,80,911.00	9,85,270.00
TOTAL	9,93,781.00	16,23,380.00

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

SCHEDULE OF FIXED ASSETS AS ON 31ST MARCH 2011.

ANNEXURE-7

S. NO.	PARTICULARS	TOTAL COST AS ON 01/04/2010	ADDITION DURING THE YEAR	SOLD DURING THE YEAR	TOTAL COST AS ON 31/03/2011
01.	LAND	1.00	NIL	NIL	1.00
02.	BUILDING	6,85,53,584.00	NIL	NIL	6,85,53,584.00
03.	FITTING & FIXTURE	23,52,650.00	NIL	NIL	23,52,650.00
04.	ASSETS FROM HMD	3,92,761.00	NIL	NIL	3,92,761.00
05.	NON CONSUMABLE	47,36,884.00	NIL	NIL	47,36,884.00
06.	COMPUTER	1,17,41,257.00	NIL	NIL	1,17,41,257.00
07.	OFFICE EQUIPMENT	26,76,990.00	NIL	NIL	26,76,990.00
08.	MEDICAL EQUIPMENT	14,85,40,112.80	2,31,52,422.00	NIL	17,16,92,534.80
09.	FURNITURE & FIXTURE	1,00,16,550.00	1,11,608.00	NIL	1,01,28,158.00
10.	VEHICLES	26,30,916.00	NIL	NIL	26,30,916.00
11.	PLANT & MACHINERY	83,70,364.00	NIL	NIL	83,70,364.00
12.	BUILDING {NEW CONSTR}	13,02,753.00	NIL	NIL	13,02,753.00
13.	T.V. & AUDIO VISUAL	4,27,770.00	NIL	NIL	4,27,770.00
14.	LIBRARY BOOKS	1,21,265.00	NIL	NIL	1,21,265.00
15.	DMPH VEHICLE	2,11,016.00	NIL	NIL	2,11,016.00
16.	BUILDING {UNDER CONSTRUCTION}	58,46,95,743.00	NIL	NIL	58,46,95,743.00
17.	RENOVATION OF HMD BUILDING	6,41,84,215.00	NIL	NIL	6,41,84,215.00
18.	L.C. FDR {FOR CI MACHINE}	NIL	75,08,194.00	NIL	75,08,194.00
19.	FREEZ	NIL	15,400.00	NIL	15,400.00
	TOTAL	91,09,54,831.80	3,07,87,624.00	NIL	94,17,42,455.80

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

PARTICULARS	AS ON 31-03-2011	AS ON 31-03-2010
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CURRENT ASSETS, LOAN & ADVANCES

ANNEXURE-8

ADVANCE / DEPOSIT WITH PWD, {GOVT. OF DELHI} FOR REPAIR	2,39,704.00	2,39,704.00
INTEREST ACCURED ON F.D.R.	64,12,026.34	44,24,002.00
HOUSE BUILDING ALLOWANCE	NIL	- 6,780.00
PROJECT LOAN	39,36,713.00	NIL
G.P.F.	NIL	5,529.00
CLOSING STOCK		
GENERAL STORE ITEMS	92,47,348.68	8,05,385.45
MEDICINE & DRUGS	103,93,546.00	12,04,382.14
DIETARY ITEMS	1,35,428.30	98,561.75
TOTAL	303,64,766.32	67,70,784.34

CASH AND BANK BALANCE

ANNEXURE-9

CASH IN HAND	26,672.00	99,594.00
FCRA A/C WITH S.B.I.	1,601.96	1,546.96
S/B A/C WITH SBI	22,80,20,647.13	1389,50,073.13
S/B A/C WITH BANKS (CPF)	206,65,111.50	150,89,761.50
S/B A/C {CONFERENCE FUND}	1,93,474.07	1,86,855.07
TERM DEPOSIT WITH BANKS (CPF)	727,23,118.47	437,69,899.94
TERM DEPOSIT WITH BANKS (GRANT)	400,00,000.00	82,94,219.00
TERM DEPOSIT WITH BANKS (PROJECT)	33,13,036.00	NIL
IMPREST WITH EMPLOYEES	34,500.00	35,800.00
AUTO SWEEP {F.D.R.}	17,01,599.00	98,10,978.00
TOTAL	3666,79,760.13	1485,12,352.32

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

PARTICULARS	AS ON 31-03-2011	AS ON 31-03-2010
=====		
RESERVE AND SURPLUS		ANNEXURE-10
OPENING BALANCE	974,87,008.18	974,87,008.18
ADD-EXCESS OF INCOME OVER EXPENDITURE	11,60,703.39	11,60,703.39
TOTAL	986,47,711.57	986,47,711.57
	=====	=====
OTHER LIABILITIES AND PROVISIONS		ANNEXURE-12
T.D.S PAYABLE	1,017.00	NIL
EARNEST MONEY DEPOSIT	1,06,43,950.00	1,34,33,290.00
SECURITY DEPOSIT	1,61,01,766.25	1,56,92,744.25
CONTRIBUTORY PF (DUE TO EMPLOYEES)	2,62,78,627.38	2,62,78,627.38
CONFERENCE FUND	1,60,869.07	1,60,869.07
LABOUR WELFARE CEES	3,709.00	NIL
OUTSTANDING EXPENSES PAYABLE	NIL	2,77,16,298.00
CPF PAYABLE	6,04,14,314.00	3,10,35,513.00
TOTAL	11,36,04,252.70	11,43,17,341.70
	=====	=====

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES
G.T. ROAD, SHAHDARA, DELHI-110 095

PROJECT A/C

ANNEXURE-11

S. NO.	NAME OF THE PROJECT { TO THE EXTENT NOT UTILIZED TILL END OF THE YEAR }	AS ON 31-03-2011	AS ON 31-03-2010
01.	DMHP MIN. OF HEALTH & FA. WEL {GOI}	----	– 86,548.27
02.	MDNIY (YOGA PROJECT)	23,215.00	23,170.00
03.	MISC PROJECT	1,94,772.00	1,43,300.00
04.	NACO	5,14,705.00	5,14,705.00
05.	RP 04	35,375.00	35,375.00
06.	RP 05	7,01,566.00	8,05,644.00
07.	RP 07	1,53,049.00	1,53,049.00
08.	RP 09	1,97,910.00	2,13,954.00
09.	RP 10	13,369.00	13,369.00
10.	RP 12	22,247.00	22,247.00
11.	RP 13	10,87,463.00	11,09,497.00
12.	RP 15	-1,115.00	-1,115.00
13.	RP 17	67,598.00	67,598.00
14.	RP 18	87,794.00	87,794.00
15.	RP 19	-16,332.00	– 16,332.00
16.	RP 21	11,265.94	6,37,163.94
17.	RP 22	1,81,543.00	1,57,543.00
18.	RP 23	-12,493.00	– 12,493.00
19.	RP 25	5,07,782.00	5,46,869.00
20.	RP 26	1,19,626.00	1,19,626.00
21.	RP 27	2,93,865.00	2,97,903.00
22.	RP 28	2,01,074.00	1,14,666.00
23.	RP 30	7,83,424.51	7,75,952.51
24.	RP 31	7,21,960.00	5,66,207.00
25.	RP 34	11,317.00	11,317.00
26.	RP 35	-1,15,513.00	– 1,15,513.00
27.	RP 36	2,40,962.00	2,03,719.00
28.	RP 37	27,112.00	74,022.00
29.	RP 38	4,14,989.00	3,69,197.00
30.	RP 39	2,904.00	2,904.00
31.	RP 40	7,77,442.00	0.00
32.	RP 41	4,949.00	22,381.00
33.	STP-01	-14,24,091.00	NIL
34.	STP 04A	1,549.00	1,549.00
35.	STP-4B	87,362.00	78,161.00
36.	STP 07	1,10,248.00	12,08,950.00
37.	STP 08	10,22,894.00	23,23,133.00
38.	STP 09	6,67,498.00	22,64,247.00
39.	STP 10	3,73,098.00	NIL
40.	STP 11	10,88,251.00	NIL
41.	PROJECT RP BANK A/C	-54,28,584.51	– 26,88,752.51
42.	GRANT-C EXCELLANCE	5,28,00,000.00	NIL
TOTAL		5,65,52,049.94	1,00,44,458.67