

# Institute of Psychiatry

## Department of Psychiatry, IOP

Institute of Psychiatry (IOP) has been identified for upgradation under Centre of Excellence Scheme of National Mental Health Programme (NMHP) – 11<sup>th</sup> Five Year Plan (vide Ref.F.-No. T. 210013/15/09-ncd Dt- 11.06.09). Three new departments are functioning, namely Psychiatric Social Work, Clinical Psychology and Psychiatric Nursing.

### DEPARTMENT OF PSYCHIATRY

#### FACULTY & STAFF

Faculty & Medical Officer	Qualification	Designation
Dr. Pradip Kumar Saha	M.D., NIMHANS (Bangalore)	Director & Professor
Prof. Dr. Amit Kumar Bhattacharyya	MD	Professor
Dr. Sikha Mukhopadhyay	MD	Associate Professor
Dr. Prathama Guha	MD, DNB	Associate Professor
Dr. Prasanta Kumar Das	MD	Associate Professor
Dr. Indranil Saha	MD, DPM	Associate Professor
Dr. Paramita Ray	MD	Associate Professor
Dr. Anirban Ray	MD, DM	Associate Professor
Dr. Parthasarathy Biswas	MD	Assistant Professor
Dr. Rajarshi Neogi,	MD	Assistant Professor
Dr. Nikhiles Mandal	MD, DPM	Assistant Professor
Dr. Sikha Ghosh	DPM	RMO-cum-Clinical tutor
Dr. Subir Hazra Choudhury	DPM	RMO-cum-Clinical tutor
Dr. Subir Bhattacharjee	MD	RMO-cum-Clinical tutor
Dr. Nirmal Kanti Dutta	DPM	Medical Officer
Dr. Nabakumar Maiti	MD, DPM	Medical Officer

Postgraduate trainees	Course	Session
Dr. Alok Kumar Mondal MBBS	MD	2014 – 2017
Dr. Aritra Chakraborty MBBS	MD	2014 – 2017
Dr. Awdhesh Solanki MBBS	MD	2014 – 2017
Dr. Sagarika Roy, MBBS	MD	2015 – 2018
Dr. Narottam Halder, MBBS, DCH	MD	2015 – 2018
Dr. Sikha Murmu, MBBS, DPH	MD	2015 – 2018
Dr. Paritosh Roy, MBBS	MD	2015 – 2018
Dr. Kanika Das, MBBS	MD	2016 – 2019
Dr. Jolly Das, MBBS	MD	2016 – 2019
Dr. Gautam Mahati, MBBS	MD	2016 – 2019
Dr. Aratrika Sen, MBBS	MD	2016 – 2019
Dr. Krishnendu Ghosh, MBBS	DPM	2015 – 2017
Dr. Rahul Bansal, MBBS	DPM	2015 – 2017
Dr. Gunjesh Kumar, MBBS	DPM	2015 – 2017
Dr. Saurav Kumar Chattopadhyay, MBBS	DPM	2015 – 2017
Dr. Dhiman Mondal, MBBS	DPM	2015 – 2017
Dr. Soma Das, MBBS	DPM	2015 – 2017
Dr. Soukhin Biswas, MBBS	DPM	2015 – 2017
Dr. Jishnu Bhattacharya, MBBS	DPM	2015 – 2017
Dr. Abdur Rashid, MBBS	DPM	2015 – 2017
Dr Dipanwita Maschatak, MBBS	DPM	2016 – 2017

Dr. Nabanita Roy	DPM	2016 – 2017
Dr Gargi Bagchi, MBBS, DPH	DPM	2016 – 2017
Dr Santosh Pandit	DPM	2016 – 2017
Dr Sudipta Roy	DPM	2016 – 2017
Dr Soumyak Banerjee	DPM	2016 – 2017
Dr Soumyadeep Saha	DPM	2016 – 2017
Dr Somnath Barman	DPM	2016 – 2017
Dr Partha Sarathi Hazra	DPM	2016 – 2017

## DEPARTMENT OF PSYCHIATRIC SOCIAL WORK (PSW)

### Faculty

	Qualification	Designation
Mrs Ilora Barik Sil	M.S.W, M.Phil in PSW(NIMHANS)	Head & Asst. Prof
Mrs Soma Saha	M.S.W, M.Phil in PSW	Associate Prof.
Ms. Rupa Chakraborty	MSW, B.Ed. Mental Retardation	Psychiatric social worker
Ms Oindrila Ganguly	M.A. (Psychology), M.Phil in PSW	Psychiatric social worker

### Students

Jhilam Bandopadhyay	M.Phil in PSW	2014-2016
K.Divya	M.Phil in PSW	2014-2016
Debjani Palit	M.Phil in PSW	2014-2016
Anindita Roy	M.Phil in PSW	2015-2017
Pooja Audhya	M.Phil in PSW	2015-2017
Souradipto Mukherjee	M.Phil in PSW	2015-2017
Tumpa sen	M.Phil in PSW	2015-2017
Poulami Ganguly	M.Phil in PSW	2015-2017
Parama Acharya	M.Phil in PSW	2015-2017
Kankani Roy	M.Phil in PSW	2015-2017
Arkita Pal	M.Phil in PSW	2015-2017
Indira Bhowmick	M.Phil in PSW	2015-2017
Rinki Dey	M.Phil in PSW	2015-2017
Ranjana Banerjee	M.Phil in PSW	2015-2017

There is a total of 20 seats in this 2-year M Phil PSW course (from 2016 onwards), which is affiliated to West Bengal University of Health Sciences, vide letter No. OG/UHS/1771/2012, dated 27.10.2012

## DEPARTMENT OF CLINICAL PSYCHOLOGY

### Faculty

	Qualification	Designation
Dr. Bidita Bhattacharya	MA; MPhil Clinical Psychology; PhD	Head & Assistant Professor
Mr. Prasanta Kumar Roy	MA; MPhil Medical & Social Psychology	Assistant Professor
Ms. Amrita Mitra	MA; MPhil Clinical Psychology	Clinical Psychologist
Ms. Rudrani Chatterjee	MA; MPhil Clinical Psychology	Clinical Psychologist
Ms Sreetama Chatterjee	MA; MPhil Medical & Social Psychology	Clinical Psychologist
Ms Tapasri Das	MA; MPhil Clinical Psychology	Clinical Psychologist
Ms. Doyel Ghosh	MA; MPhil Clinical Psychology	Clinical Psychologist

### Students

Ms Richi Parasrampur	M.Phil Clinical Psychology	2014 – 2016
Ms Sabornee Karmakar	M.Phil Clinical Psychology	2014 – 2016
Ms. Anuradha Palit	M.Phil Clinical Psychology	2014 – 2016
Ms. Trina Banerjee	M.Phil Clinical Psychology	2014 – 2016
Ms. Aparajita Chakraborty	M.Phil Clinical Psychology	2014 – 2016
Ms. Sneha Das	M.Phil Clinical Psychology	2014 – 2016
Ms. Torsa Sinha	M.Phil Clinical Psychology	2014 – 2016
Ms. Pooja Chaudhury	M.Phil Clinical Psychology	2014 – 2016
Ms. Pritha Roy	M.Phil Clinical Psychology	2015 – 2017
Ms. Sampurna Chakraborty	M.Phil Clinical Psychology	2015 – 2017
Ms. Megha Chaudhuri	M.Phil Clinical Psychology	2015 – 2017
Ms. Lekshmi Priya K.	M.Phil Clinical Psychology	2015 – 2017

The following faculty members were given appointments on purely contractual basis in November, 2016 under Centre of Excellence Scheme of National Mental Health Programme (NMHP):

	<b>Qualifications</b>	<b>Designation</b>
Dr. Sushmita Halder	MA, MPhil Clinical Psychology , PhD	Associate Professor
Ms. Chhavi Tewary	MSc, MPhil Clinical Psychology	Clinical Psychologist
Ms. Ankita Biswas	MSc, MPhil Clinical Psychology	Clinical Psychologist

There are 16 seats in this 2-year M. Phil course (2016 onwards), which is affiliated to West Bengal University of Health Sciences. Application which was sent to Rehabilitation Council of India for recognition of the course and has been approved.

#### **TRANSFERS & POSTINGS**

<b>Faculty</b>	<b>Designation</b>	<b>Status</b>	<b>Date of Release</b>
Ms. Asha Shivraman	Associate Professor, Nursing	Study Leave	
Ms Liza T. Daniel	Assistant Professor, Nursing	Resigned	
Ms. Mittu Muthu Varghese	Assistant Professor, CP	Resigned	30.04.2016
Mr. Kamlesh Kumar Sahu	Assistant Professor, PSW	Resigned	11.05.2016

#### **FACULTY NEWS**

##### **Prof. Pradeep Kumar Saha**

- Chairman, Penal & Ethical Committee, West Bengal Medical Council
- Hony. State Secretary IMA (Academics), West Bengal
- Executive member, Governing Body of IPGME&R & SSKM Hospital
- Member, Medical Council, West Bengal
- Principal investigator of SCOPE Study: Epidemiology of common psychiatric disorders of the state of West Bengal. The first time ever study involving tablet device to collect data in a door-to-door survey. First systematic psychiatric epidemiology study in the state of West Bengal since independence. The field data collection phase is going on.
- Principal investigator of National Mental Health Survey: Principal investigator in the NMHS which is the largest Psychiatric Epidemiology studies in the world which uses State-of-the-art tablet/hand-held device technology. The field collection phase is on.

##### **Awards / Felicitations**

- Rashtriya Vidya Gurav Gold Medal Award 2015
- "Best Principal Award 2015"

##### **CME / Conferences / Workshops attended**

- Participated in ANCIPS 2015 at Hyderabad Jan 2015. The conference was granted 4 CME points.
- Participated in World Psychiatric Association Regional Congress 2015 held at Le Meridian Hotel, Kochi, India from 25<sup>th</sup>-27<sup>th</sup> September 2015.
- Participated in 41<sup>ST</sup> Annual Conference of Indian Psychiatric Society of East Zonal Branch (CEZIPS 2015), held at Shillong Convention Centre, Shillong, Meghalaya, from 8<sup>th</sup>-10<sup>th</sup> October 2015.
- Psychiatric Conference 2015 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Hyatt Regency Hotel, on 12<sup>th</sup>&13<sup>th</sup> of September 2015. The conference was granted 3 CME credit hours by the West Bengal Medical Council, vide Ref No. 1086-C/28-2012, dated 23.08.15
- Participated in the 16<sup>th</sup> National Conference of Indian Association of Social Psychiatry' held at Hotel Clarks, Khajuraho, Madhya Pradesh from 3<sup>rd</sup> to 6<sup>th</sup> December, 2015. This conference has been accredited for 13 CME credit hours, by the Madhya Pradesh Medical Council, vide Ref No. 1631-C/28-2015, dated 24.10.15
- Hosted, conducted, chaired and lectured in the '4<sup>TH</sup> Kolkata PG CME' held at Institute of Psychiatry-Kolkata, on 22.12.15 & 23.12. 2015.

#### Others

- Expert interviewee to several Health awareness programmes in 'Sushtha Bharat' of Doordarshan-1 have been broadcasted where Dr. Saha was a Speaker viz. "Sishu Mone Oboshad", "Obosore Oboshad", "Living with Schizophrenia", "Nidra O Anidra"
- Guide: "Family burden and Quality of Life in Primary caregivers of patients with schizophrenia, Bipolar Affective Disorder and Depression: A comparative study."
- Guide: "A comparative study of Childhood and adolescent Bipolar Disorder with or without anxiety disorder co-morbidity and its clinical implications".
- Guide: "A study on Quality of Life and psychopathology in parents of children with Attention Deficit Hyperkinetic Disorder."
- Guide: A comparative study of Childhood, Adolescent and Adult onset OCD with respective to phenomenology, Genetic Loading, Quality of Life, Executive function and correlates of insight.
- Guide: A study on use of volatile solvents : Its clinical, Socio-demographic profile, Psychiatric comorbidities and Genetic loading and quality of life.
- Guide: Use of dimensional Yale Brown Obsessive Compulsive Scale for assessment of Obsessive Compulsive Spectrum in patients with Obsessive Compulsive disorder and the prevalence of the Spectrum in their first degree relatives.
- Guide: A cross-sectional study on restricted repetitive behavior patterns in children and adolescents with pervasive developmental disorder in a tertiary care centre in eastern India: a factor analytic study.
- Guide: A study of factors and predictors of depression in patients of renal transplant recipients in a tertiary care hospital in eastern India. Protocol submitted to the West Bengal University of Health Sciences for partial fulfillment in MD (Psychiatry), Session 2013 – 2016
- Guide: A comparative study on comorbidities, stressor. Genetic loading in children and adolescent patients with dissociative (Conversion) disorder and their age and gender matched controls in a tertiary care hospital in eastern India. Protocol submitted to the West Bengal University of Health Sciences for partial fulfillment in MD (Psychiatry), Session 2013 – 2016

#### Landmarks achieved :

- Establishment of 3 new colleges under INSTITUTE OF PSYCHIATRY (IOP) in the last 2 yrs. namely :-
  - College of Clinical Psychology providing Post Doctoral Degree M.Phil in Clinical Psychology (8 seats/year)
  - College of Psychiatric Social Work (PSW) providing Post Doctoral Degree in M.Phil in PSW (16seats/year)
  - College of Psychiatric Nursing providing Basic Diploma Degree in Psychiatric Nursing (20seats/year)
- Establishment of 24 Hrs. Psychiatric Emergency at IOP : 2nd in India next to NIMHANS, Bangalore and running successfully.
- Establishment of Advanced Sleep laboratory at IOP: 1st in India in a government psychiatric set-up inaugurated by the Hon'ble CM of Govt. of West Bengal on 17th July 2015 and running successfully.
- Establishment of Psychiatric Pathology and Bio-Chemistry Department, at IOP
- Establishment of New Modernized 6-storied fully air-conditioned Academic Building at IOP
- Establishment of 24x7 upgraded modern e-Library at IOP
- Increment in indoor patient bed strength from 36 to 140 at IOP
- Increment in M.D. Psychiatry seats from 4 to 8 seats in total at IOP
- Creation of 67 new posts including 4 Professors in Psychiatry, Clinical Psychology, PSW at IOP
- Opening of the "Free Legal Aid Clinic" at the Institute Of Psychiatry first time in Eastern India.

#### Prof. Amit Kumar Bhattacharyya

- Participated in ANCIPS 2015 at Hyderabad Jan 2015. The conference was granted 4 CME points.

- Participated in World Psychiatric Association Regional Congress 2015 held at Le Meridian Hotel, Kochi, India from 25<sup>th</sup>-27<sup>th</sup> September 2015.
- Participated in 41<sup>ST</sup> Annual Conference of Indian Psychiatric Society of East Zonal Branch (CEZIPS 2015), held at Shillong Convention Centre, Shillong, Meghalaya, from 8<sup>th</sup>-10<sup>th</sup> October 2015.
- Psychiatric Conference 2015 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Hyatt Regency Hotel, on 12<sup>th</sup> & 13<sup>th</sup> of September 2015. The conference was granted 3 CME credit hours by the West Bengal Medical Council, vide Ref No. 1086-C/28-2012, dated 23.08.15
- Participated in the 16<sup>th</sup> National Conference of Indian Association of Social Psychiatry' held at Hotel Clarks, Khajuraho, Madhya Pradesh from 3<sup>rd</sup> to 6<sup>th</sup> December, 2015. This conference has been accredited for 13 CME credit hours, by the Madhya Pradesh Medical Council, vide Ref No. 1631-C/28-2015, dated 24.10.15
- The 4<sup>TH</sup> 'Kolkata PG CME' held at Institute of Psychiatry-Kolkata, on 22.12.15 & 23.12. 2015

#### **Dr. Sikha Mukhopadhyay**

- Attended Midterm CME, IPS WB, held on occasion of the Silver Jubilee year of the West Bengal state branch of Indian Psychiatric Society, held at Pride Hotel, Kolkata, on 28.04.14
- Participated & chaired a session in PG-CME of the of Indian Psychiatric Society (East Zone), held at New Digha, on 14.06.14 & 15.06.14
- Participation in 16<sup>th</sup> Mid-term CME programme of Eastern Zonal Branch of Indian Psychiatric Society, held at Hotel One 'N' Only, at New Digha, West Bengal, on 15<sup>th</sup> & 16<sup>th</sup> June 2014
- Psychiatric Conference 2014 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Raichak on Ganges, South 24 Parganas, on 28<sup>th</sup> & 29<sup>th</sup> of September 2014. The conference was granted 3CME credit hours by the West Bengal Medical Council, vide Ref No. 1086-C/28-2014, dated 23.08.14
- Participated & chaired a session in the 20<sup>th</sup> National Conference of Indian Association of Social Psychiatry held at the Stadel, Kolkata from 8<sup>th</sup> to 10<sup>th</sup> November, 2014. This conference has been accredited for 13 CME credit hours, by the West Bengal Medical Council, vide Ref No. 1631-C/28-2014, dated 24.10.14
- Participated & chaired a session in the 3<sup>rd</sup> 'Kolkata PG CME' held at Hotel Golden Parkk, on 07.12.14
- Guide for thesis by Dr Ajay Haldar, titled 'Effects of Cannabis Use on Cognitive Function & Clinical Features of Bipolar Disorder' submitted, to the West Bengal University of Health Sciences for the partial fulfillment of MD degree in Psychiatry, Session 2011 - 2014
- Co-Guide (Guide Dr. Bidita Bhattacharya) for Dissertation by Ms. Urbi Mukherjee, titled 'Self Concept, Personality Correlates, Family Environment & Adjustment Related Issues: A Comparative Study between Obese & Non-Obese Adults' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Biswas P, Mukhopadhyay S. Poster Titled "Socio demographic and clinical correlates of patients attending a de-addiction clinic in tertiary care hospital in Eastern India" presented at ANCIPS (Jan 10-13, Bangalore 2013)
- Guide for Thesis of Dr Joydeep Acharjee Titled "A comparative study of incidence of new onset obsessive compulsive symptoms in patient taking atypical antipsychotics (Olanzapine, Risperidone) and Haloperidol".

#### **Dr. Prathama Guha**

##### **Publications**

- Prevalence of Restless leg syndrome in somatoform pain disorder and its effect on quality of life. J of neurosciences in rural practice. 6 (2):160-164 March 2015
- Metaphor comprehension deficit in schizophrenia with reference to the hypothesis of abnormal lateralization & right hemisphere dysfunction language science. July 2015
- Autism: a rare presentation of Bardet – Biedel syndrome. British medical journal, June 2015

##### **CME / Conferences / Workshops attended**

- Delivered a lecture on "Soft bipolar spectrum" at the Post Graduate CME conducted by East Zone of Indian Psychiatric Society in March 2015.
- Attended World Psychiatric Association (WPA) conference at Kochi, India in September 2015
- Attended WPA conference at Madrid, Spain in September 2014
- Participated in ANCIPS 2015 at Hyderabad Jan 2015. The conference was granted 4 CME points.
- Chaired 2 sessions in the 4TH 'Kolkata PG CME' held at Institute of Psychiatry-Kolkata, on 22.12.15 & 23.12.15
- Guide of several post-graduate thesis in Psychiatry.

## **Dr. Anirban Ray**

### **Publications**

- Aniruddha Basu, Anirban Ray, Chapter "Nicotine & Schizophrenia" in Biology of Addictive disorders ed. Victor Preddy in Elsevier March - 2016
- Sutar R, Ray A, Seshadri SP, Leukodystrophy presenting as hyperactivity and bipolarity with uncommon adverse drug reaction; Indian Journal of Psychological Medicine

### **CME / Conferences / Workshops attended**

- Attended & presented symposium titled "Aggression in child & adolescence " in ANCIPS – 2017 (5th to 8th January 2017)
- Presented "Pervasive developmental disorder & overview " in National PGCME 28th & 29th December at Institute of Psychiatry – COE, Kolkata – 25.
- Paediatric Movement Disorder Update, NIMHANS, Bangalore, Dated 12.6.2016
- Child Mental Health in India : Catalysing the Public Health Response; NIMHANS, Bangalore, Dated 20.1.2016

## **Dr. Parthasarathy Biswas**

### **Publications**

- Socio-Demographic, Clinical Correlates And Predictors Of Adverse Outcome In Substance Use Disorder (SUD) Patients Attending The De-Addiction Clinic Of A Tertiary Care Hospital In Eastern India. Bengal Journal of Psychiatry, 2015
- Ethambutol induced psychosis: A rare case. Accepted for publication in Indian Journal of Psychiatry
- Escitalopram induced Hyperprolactinemia: A case series. Accepted for publication in Journal Psychiatry Clinical Neurosciences.

### **Dissertation co-guide**

- A Comparative study on cognitive & psychological factors in children with specific learning disability & hyperkinetic disorder

### **CME / Conferences / Workshops attended**

- Participated in ANCIPS 2015 at Hyderabad Jan 2015. The conference was granted 4 CME points.
- Participated in World Psychiatric Association Regional Congress 2015 held at Le Meridian Hotel, Kochi, India from 25th-27th September 2015.
- Participated in 41ST Annual Conference of Indian Psychiatric Society of East Zonal Branch (CEZIPS 2015), held at Shillong Convention Centre, Shillong, Meghalaya, from 8th-10th October 2015.
- Psychiatric Conference 2015 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Hyatt Regency Hotel, on 12th & 13th of September 2015. The conference was granted 3 CME credit hours by the West Bengal Medical Council, vide Ref No. 1086-C/28-2012, dated 23.08.15
- Participated in the 16th National Conference of Indian Association of Social Psychiatry' held at Hotel Clarks, Khajuraho, Madhya Pradesh from 3rd to 6th December, 2015. This conference has been accredited for 13 CME credit hours, by the Madhya Pradesh Medical Council, vide Ref No. 1631-C/28-2015, dated 24.10.15
- The 5TH 'Kolkata PG CME' held at Institute of Psychiatry-Kolkata, on 28.12.16 & 29.12. 2016

## **Dr. Rajarshi Neogi**

### **Publications**

- Phenomenology and beliefs of patients with Dhat syndrome: A nationwide multicentric study. S Grover, A Avasthi, S Gupta, A Dan, R Neogi et al. International Journal of Social Psychiatry, 2015
- Comorbidity in Patients with Dhat Syndrome: A Nationwide Multicentric Study. S Grover, A Avasthi, S Gupta, A Dan, R Neogi et al.- The journal of sexual medicine, 2015
- Poster presented in the World Psychiatry Association, Regional Congress, Kochi, September 2015. profile of patients with dhat syndrome – a study from West Bengal, India. Kaustav Chakraborty, Dr. Rajarshi Neogi, Dr. Amitava Dan, Dr. Ajit Avasthi, Dr. Sandeep Grover.

### **Lectures delivered:**

- Neurobiology of Psychotherapy. PGCME 2015, Hosted by the IOP-COE, 22-23 December, 2015
- Newer treatment options for the treatment of stress and anxiety disorders: Biomolecules/Neutraceuticals now. Hosted by the Indian Association of Private Psychiatry, West Bengal Branch, November 2015.

### **Dissertation co-guide**

- Cognitive functions in conduct disorder and childhood depression: A comparative study. M.Phil Trainee: Nikita Jalan. Submitted to the department and the WBUHS in October, 2015.

### **Departmental studies**

- SCOPE Study: Epidemiology of common psychiatric disorders of the state of West Bengal. The first time ever study involving tablet device to collect data in a door-to-door survey. First systematic psychiatric epidemiology study in the state of West Bengal since independence. The field data collection phase is going on.
- National Mental Health Survey: Co-investigator in the NMHS which is the largest Psychiatric Epidemiology studies in the world which uses State-of-the-art tablet/hand-held device technology. The field collection phase is on.

#### **Conferences/CME participated**

- Participated in ANCIPS 2015 at Hyderabad Jan 2015. The conference was granted 4 CME points.
- Participated in World Psychiatric Association Regional Congress 2015 held at Le Meridian Hotel, Kochi, India from 25th-27th September 2015.
- Psychiatric Conference 2015 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Hyatt Regency Hotel, on 12th&13th of September 2015. The conference was granted 3CME credit hours by the West Bengal Medical Council, vide Ref No. 1086-C/28-2012, dated 23.08.15
- The 4TH'Kolkata PG CME' held at Institute of Psychiatry-Kolkata, on 22.12.15 & 23.12. 2015

#### **Dr. Sujit Sarkhel**

- An open label trial of memantine in resistant obsessive –compulsive disorder. Industrial Psychiatry (accepted for publication)

#### **Publications:**

- Neuropsychiatric profiles in patients with Alzheimer's disease and vascular dementia. Bandyopadhyay TK, Biswas A, Roy A, Guin DS, Gangopadhyay G, Sarkhel S, Ghoshal MK, Senapati AK. Ann Indian Acad Neurol. 2014 Jul;17(3):325-30.
- Pseudo-dementia: A neuropsychological review. Kang H, Zhao F, You L, Giorgetta C, D V, Sarkhel S, Prakash R. Ann Indian Acad Neurol. 2014 Apr;17(2):147-54. .
- An open-label trial of memantine in treatment-resistant obsessive-compulsive disorder. Bakhla AK, Verma V, Soren S, Sarkhel S, Chaudhury S. Ind Psychiatry J. 2013 Jul;22(2):149-52.
- Clinical features, MRI brain, and MRS abnormalities of drug-naïve neurologic Wilson's disease. Pulai S, Biswas A, Roy A, Guin DS, Pandit A, Gangopadhyay G, Ghorai PK, Sarkhel S, Senapati AK. Neurol India. 2014 Mar-Apr;62(2):153-8.
- Acute dystonia, akathisia, and parkinsonism induced by ziprasidone. Praharaj SK, Jana AK, Sarkhel S, Sinha VK. Am J Ther. 2014 Mar-Apr;21(2)
- Speaker In Cme
- Gender and Sexuality in IPS Eastern Zone Mid Term CME held in Imphal in July, 2014
- Motivation Enhancement Therapy in Eastern Zone PG CME held in Gangtok in August, 2014.

#### **Paper presented**

- Stressful life Events in Obsessive – Compulsive Disorder poster presented in KC Dubey Award held at Annual National Conference of IPS at Pune in January, 2014

#### **Other activities**

- Served as Hony. Editor of Bengal Journal of Psychiatry

#### **Dr. Sikha Ghosh**

- Attended the 65<sup>th</sup> Annual National Conference of Indian Psychiatric Society (ANCIPS 2012), held at Bangalore, Karnataka from 10<sup>th</sup> to 13<sup>th</sup> January 2013, which was eligible for 4 (four) CME credit hours, granted by the Karnataka Medical Council
- CME on 'Compliance issues in Psychiatry' organized by the West Bengal State branch of Indian Psychiatric Society, on 19.01.13
- Midterm CME, IPS WB, held on occasion of the Silver Jubilee year of the West Bengal state branch of Indian Psychiatric Society, held at Pride Hotel, Kolkata, on 28.04.13
- Attended Psychiatric Conference 2013 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held at Raichak on Ganges, South 24 Parganas on 28<sup>th</sup> & 29<sup>th</sup> of September 2013. The conference was granted 3 CME credit hours by West Bengal Medical Council.
- Participated in the 20<sup>th</sup> National Conference of Indian Association of Social Psychiatry' held at the Stadel, Kolkata from 8<sup>th</sup> to 10<sup>th</sup> November, 2013 as the Editor of the Souvenir of Organizing Committee. This conference has been accredited 13 CME credit hours, by the West Bengal Medical Council
- The 3<sup>rd</sup> Kolkata PG CME held at Hotel Golden Parkk, on 07.12.13

**Dr. Subir Kumar Hajra Chaudhuri**

- Attended the 65<sup>th</sup> Annual National Conference of Indian Psychiatric Society (ANCIPS 2012), held at Bangalore, Karnataka from 10<sup>th</sup> to 13<sup>th</sup> January 2013, which was eligible for 4 (four) CME credit hours, granted by the Karnataka Medical Council
- Attended the 14<sup>th</sup> ANCIAPP held at Ahmedabad on 21-24, Nov 2013
- 9th Annual National Conference of Indian Association Of Biological Psychiatry 13th & 15th September 2013, Grand Mumtaz, Srinagar, Kashmir
- The 3<sup>rd</sup> Kolkata PG CME held at Hotel Golden Parkk, on 07.12.13

**Dr. Subir Bhattacharjee****Publications**

- A study into the psycho-socio-demographic profile and suicidal intent in the persons making suicide attempt: a search for distinctive group. Bengal Journal of Psychiatry. 2015
- Relationship between disease severity and suicidal ideation: comparison of major depression, bipolar depression and bipolar mania. Indian Journal of Public Health and Research & Development. 2015.
- Prevalence and Contributory Factors of Acute Stress Disorder in a Train Accident in India. Indian Journal of Public Health and Research & Development. 2015.

**Seminar presenter**

- Topic- Vitamin Deficiency induced Encephalopathies - ASCIPS & ASCIAPP- 2015)

**Dr. Nikhiles Mandal****Publication**

- Extrapyramidal side effects with low doses of Amisulpride in Indian Journal of Psychiatry 56:2, 197-199, 2014.

**Dr. Naba Kumar Maiti****Publication**

- Nabakumar Maiti, Malay Kumar Ghosal, Anupam Gupta, Amnrita Sil, Sushmita Chakraborty, Suparna Chatterjee. Clinical effectiveness and safety of escitalopram and desvenlafaxine in patients of depression with anxiety: A randomized, open-label controlled trial. Indian Journal of Pharmacology. Aug 2014: 46 (4); 433-9

**Academic Roster of the department of Psychiatry, IOP, IPGME&R**

Teacher	Day	Time
Dr. Sujit Sarkhel	Monday	8:30 AM – 9: 30 AM
Dr. Dhruva Jyoti Bagchi	Tuesday	8:30 AM – 9: 30 AM
Dr. Sikha Mukhopadhyay	Wednesday / Thursday	8:30 AM – 9: 30 AM
Dr. Rajarshi Neogi	Friday	8:30 AM – 9: 30 AM
Dr. Parthasarathy Biswas	Saturday	8:30 AM – 9: 30 AM



## Department of Clinical Psychology, IOP, Kolkata

### FACULTY NEWS

**Dr. Bidita Bhattacharya**, Associate Professor & Head of the Department

Resource Person:

- Conducted classes in Kasturba Medical College, Manipal, Karnataka, May, 2016
- Conducted workshop on Stress Management in corporate sector

Paper Presentation:

- Attended & presented paper in Conference of Applied Psychology, Bangalore, May, 2016

**Shri Prasanta Kumar Roy**, Assistant Professor

Resource Person

- Attended & conducted workshop in 42<sup>nd</sup> NACIAP, Manipur

Attended:

- 6<sup>th</sup> National Conference of Medical Service Centre, Rohtak

**Ms. Rudrani Chatterjee**, Clinical Psychologist

Resource Person:

- Conducted Teacher Awareness Programme & Panel Discussion organized by IPS, COB
- Participated in CNN News: Panel Discussion on rising violence & inhuman action, September, 2016

Attended:

- Seminar on "Psychoanalysis: A Journey from Classical to Contemporary Perspectives", Kolkata, March, 2016
- Attended Seminar on "Implicit Measurement", organized by CPEPA, Kolkata, September, 2016
- Seminar on "Psychotherapies- Contemporary Approaches in 21<sup>st</sup> Century, India", Loreto College, Kolkata, November, 2016

**Ms. Amrita Mitra**, Clinical Psychologist

Attended:

- Seminar on "Psychoanalysis: A Journey from Classical to Contemporary Perspectives", Kolkata, March, 2016

**Ms. Tapasri Das**, Clinical Psychologist

Publication:

- Published Article titled: A Comparative study of Emotional Intelligence & Cognitive Emotion regulation of Emotionally Unstable Personality Disorder- Borderline Type; International Journal of Multidisciplinary & Current Research, July-August, 2016 Issue

**Ms. Sreetama Chatterjee**, Clinical Psychologist

Resource Person :

- Participated in Panel Discussion on 'Behavioral & Developmental Disorders in Children- Cause & Remedy', Kolkata, May, 2016
- Conducted Teacher Awareness Programme for Montessori School Teachers, Kolkata, September, 2016

Attended:

- Workshop on "Psychological Management of Dementia in Cancer", Kolkata, August, 2016
- Workshop on "Sensory Integration & Neuro-Developmental Training" (SINDT), Kolkata, May, 2016

**Ms. Doyel Ghosh**, Clinical Psychologist

Attended:

- Workshop in 42<sup>nd</sup> NACIAP, Manipur
- 6<sup>th</sup> National Conference of Medical Service Centre, Rohtak

### Faculty newly joined from November, 2016

**Dr. Sushmita Halder**, Associate Professor

**Ms. Chhavi Tewary**, Clinical Psychologist

Attended:

- Seminar on "Psychotherapies- Contemporary Approaches in 21<sup>st</sup> Century, India", Loreto College, Kolkata, November, 2016

**Ms. Ankita Biswas**, Clinical Psychologist

- Resource Person:
- Conducted Session on Assessment and Diagnosis of Specific Learning Disabilities, CRE Program on Psychological/Educational assessment of persons with Intellectual Disabilities and associated conditions, National Institute for the Empowerment of Persons with Intellectual Disabilities, Kolkata, November, 2016

#### **Theses completed & submitted as part of requirement for M.Phil Clinical Psychology**

- Ms. Anuradha Palit (Guide Mr Prasanta Kumar Roy, Co-guide Dr Pradeep Kumar Saha) titled 'Memory dynamics in Obsessive Compulsive Disorder' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Sabornee Karmakar (Guide Mr Prasanta Kumar Roy, Co-guide Dr A.K. Bhattacharya) titled 'Knowledge acceptance emotional & interpersonal perspectives in Juvenile Diabetes' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Trina Bannerjee (Guide Mr Prasanta Kumar Roy, Co-guide Dr Rajarshi Neogi) titled 'Information processing in children with Specific Learning Disorder and Specific Language Impairment' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Aparajita Chakraborty (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Obsessive Compulsive Disorder and Depression in males against one backdrop of Inter-Generational Attachment Related insecurities submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Richi Parasrampurua (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Body-image, Depression, Anxiety and Coping in unmarried women with Polycystic ovarian syndrome' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Sneha Das (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Psychosocial Perspectives in Post Burn Injury' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Torsa Sinha (Guide Mr Prasanta Kumar Roy, Co-guide Dr. Partha Sarathi Biswas, Dr. Joydeep Singha) titled 'Psychosocial Perspectives of Vitiligo in married and unmarried women' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Pooja Chaudhuri (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Family functioning, Marital quality, Personality and Coping strategies in patients with Alcohol and Cannabis dependence: A comparative study' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016

#### **DEPARTMENTAL CLINICAL WORK**

The Department of Clinical Psychology has started functioning in March 2011 and is providing services on an outpatient and inpatient basis. The general outdoor runs on all working days where evaluation, management and follow-ups of patients are performed. Services offered include IQ assessment, psycho diagnostics, personality & neuropsychological assessment, cognitive retraining, psychotherapy & counselling (individual, family & group). Group therapy sessions are being conducted (along with PSW department) for ADHD & Conduct Disorder (separately for children & parents), Mental Retardation (for parents), OCD, substance abuse, dementia and life-skill education (for adolescents). The Department is also planning to expand its functioning in the area of Behavioural Medicine, i.e. use of psychological services in general medical conditions including burn cases, cancer, HIV/AIDS, gynaecological problems, cardio-vascular disease, pre- and post- surgery cases, dermatological issues, diabetes etc.

The following numbers of patients have been seen in Department of Clinical Psychology OPD from January 2016 to November 2016

## Department of Psychiatric Social Work, IOP, Kolkata

### FACULTY NEWS

#### Mrs. Ilora Barik Sil

- Resource person on Child Rights & Child Protection at Emmanuel Ministries Calcutta dated 7th May, 2016.
- Attended a seminar on "Depression & Diabetes" at SSKM Hospital, Kolkata on 13.04.2016.
- Attended a seminar on "History, Neurology & Psychiatry" at IOP, Kolkata on 12.08.2016.
- Guide for thesis by Ms. K. Divya - "A Study on the difference in Perceived Stress, Anger Expression and Coping strategy between persons with Obsessive Compulsive disorder and Depressive disorder" to be submitted to the West Bengal University of Health Sciences for partial fulfillment in M.Phil In PSW course, Session 2014 – 2016.

#### Mrs. Rupa Chakraborty

- Attended a CRE on Assessment, Diagnosis & Intervention of Autism Spectrum Disorder from 8th January, 2016 to 12th January, 2016 at NIMH, Kolkata.
- Attended a seminar on "Depression & Diabetes" at SSKM, Kolkata on 13.04.2016.
- Attended a seminar on the "Overview of Smoking & Cessation" at IOP, Kolkata on 02.06.2016.

#### Ms. Oindrila Ganguly

- Attended a seminar on "Psychoanalysis- a journey from Classical to Contemporary perspectives" at Rotary Sadan, Kolkata on 02.03.2016 and 03.03.2016
- Attended a seminar "Depression & Diabetes" at SSKM, Kolkata on 13.04.2016.
- Attended a seminar on the "Overview of Smoking & Cessation" at IOP, Kolkata on 02.06.2016.
- Attended a seminar on "History, Neurology & Psychiatry" at IOP, Kolkata on 12.08.2016.

### DEPARTMENTAL CLINICAL WORK

The Department of Psychiatric Social Work has started functioning from 2011 and is providing services on an outpatient and inpatient basis. The general outpatient service runs 6 days a week between 9.00 am and 4 pm from Monday to Friday and from 9 am to 2 pm on Saturday where psycho-social and clinical assessment, management and follow-ups are done on a regular basis. Wide range of Services offered by the department include individual therapy, group therapy for patients with mental retardation, autism spectrum, patients with substance abuse and their families and patients with OCD and Depression. Department also conducts family therapy, marital therapy, couple therapy and Crisis management. To boot, the department is also actively involved in conducting home visits, school visits, community visits and Institutional visits as and when necessary.

## Department of Psychiatric Nursing, IOP, Kolkata

### FACULTY NEWS

#### Mrs. Asha Sivaraman

- Publication : Effect of sensory stimulation techniques on emotional wellbeing and sensory perceptual ability of mentally retarded children attending selected special school ( Journal of Kerala Nursing Forum)
- Presentation : Issues in sexual abuse research ( National Seminar on "Mental Health & Wellbeing" University of Calicut Kerala)
- Registered PhD. Scholar with Mahatma Gandhi University Kerala.
- Subject : Effectiveness of safety skill training programme on perceived self assertiveness against sexual abuse among adolescent girls
- Ongoing project: Awareness and Practices of Menstruation Amongst Unmarried Female Adolescents in rural area of West Bengal by Mrs. Asha Sivaraman and Prof. Pradip Kumar Saha

#### Ms. Gita Purkait

- Participated in many national and international conferences and training programs. Among those on Psychiatry
- 3 days ISPN National Conference on Prevention & management of Tobacco Addiction in India in 2013,
  - 1 day continuing Nursing Education Program on "Mental Health Nursing Emergencies" in 2014.

Nursing Research done (Unpublished) -

- "A Study of the Stress experienced and Coping Strategies adopted by the Mothers of the Children suffering from Leukemia in a selected hospital at Kolkata" in 2009 – 2011."
- Ms. Gita Purkait attended international conference organized by TNAI.

**Mrs. Payel Saha**

- Attended National Workshop on Research Methodology - "Transversing Pathway" in St. John College of Nursing.

Nursing Research done (Unpublished) -

- "A Study to assess the Stress and Coping Strategies among Children of Alcohol Dependents in Urban areas in Bangalore."
- A Study to assess the Knowledge and Attitude among the Psychosocial Stress of Senior Citizen in Urban areas, Maraimalar Nagar, Karnataka."

**Mrs. Kalpana Dey**

- Attended seminar organized by Indian Psychiatric Society and TNAI

**REGULAR ACADEMIC ACTIVITIES**

- Weekly Case Conferences are also being held.
- Separate weekly seminars are held in the Departments of Clinical Psychology & Psychiatric Social Work
- Theory classes are being taken by faculty member and periodic internal theory & practical examinations are being taken  
Please See Appendix/Roster on last page.

**RESEARCH PROJECTS**

**Ongoing research projects (IPGME&R):**

- Epidemiology of common psychiatric disorders of the state of West Bengal funded by the DOFW, Govt. of West Bengal.. The first time ever study involving tablet device to collect data in a door-to-door survey. First systematic psychiatric epidemiology study in the state of West Bengal since independence. The software development phase is on and the field study will be launched in January.
- Study on "Factors affecting adherence to treatment and outcome Substance use Disorders (SUD) patients attending de-addiction clinic of a tertiary care hospital": Principal investigator: Dr Shikha Mukhopadhyay, Co-investigator: Dr Parthasarathy Biswas

**Ongoing research as part of MD Psychiatry course:**

- Dr Alok Kumar Mandal (Guide: Dr Sikha Mukhopadhyay) Titled " A study of factors and predictors of depression in patients of renal transplant recipients in a tertiary care hospital in Eastern India"
- Dr Aritra Chakraborty (Guide: Prof. (Dr) Pradeep Kumar Saha) Titled "A comparative study on comorbidities, stressors, genetic loading in children and adolescent patients with dissociative (conversion) disorder and their age and gender matched controls in a tertiary care hospital in eastern India
- Dr Awadhesh P. Solanki (Guide: Prof. (Dr) Pradeep Kumar Saha) Titled

**Theses completed & submitted as part of requirement for MD Psychiatry**

- Dr. Amitava Das (Guide: Prof. (Dr) Pradeep Kumar Saha) "Family burden and Quality of Life in Primary caregivers of patients with schizophrenia, Bipolar Affective Disorder and Depression: A comparative study."
- Dr. Sandip Kumar Hazra (Guide: Dr Sikha Mukhopadhyay) "The role of Life Events in Obsessive Compulsive Disorder"
- Dr. Sudipta Ghosh (Guide: Prof. (Dr) Pradeep Kumar Saha) "A comparative study of Childhood and adolescent Bipolar Disorder with or without anxiety disorder co-morbidity and its clinical implications".
- Dr. Sk. Maidul Islam (Guide: Prof. (Dr) Pradeep Kumar Saha) "A study on Quality of Life and psychopathology in parents of children with Attention Deficit Hyperkinetic Disorder."
- Dr. Tamoghna Bandhopadhyay: (Guide: Prof. (Dr) Pradeep Kumar Saha) – A comparative study of Childhood, Adolescent and Adult onset OCD with respect to phenomenology, Genetic Loading, Quality of Life, Executive function and correlates of insight.

- Dr. Avik Kumar Layek: (Guide: Prof. (Dr) Pradeep Kumar Saha) – A study on use of volatile solvents : Its clinical, Socio-demographic profile, Psychiatric comorbidities and Genetic loading and quality of life.
- Dr. Arghya Halder : (Guide: Prof. (Dr) Pradeep Kumar Saha) Use of dimensional Yale Brown Obsessive Compulsive Scale for assessment of Obsessive Compulsive Spectrum in patients with Obsessive Compulsive disorder and the prevalence of the Spectrum in their first degree relatives.
- Dr. Joydeep Acharjee: (Guide: Prof. (Dr) Sikha Mukhopadhyay) – A comparative study of incidence of new onset obsessive compulsive symptoms in patient taking atypical antipsychotics (Olanzapine, Risperidone) and Haloperidol.
- Dr. Abhijit Chakraborty: (Guide: Prof. (Dr) Pradeep Kumar Saha) A cross-sectional study on restricted repetitive behavior patterns in children and adolescents with pervasive developmental disorder in a tertiary care centre in eastern India: a factor analytic study.

#### **Theses completed & submitted as part of requirement for M.Phil Clinical Psychology**

- Ms. Anuradha Palit (Guide Mr Prasanta Kumar Roy, Co-guide Dr Pradeep Kumar Saha) titled 'Memory dynamics in Obsessive Compulsive Disorder' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Sabornee Karmakar (Guide Mr Prasanta Kumar Roy, Co-guide Dr A.K. Bhattacharya) titled 'Knowledge acceptance emotional & interpersonal perspectives in Juvenile Diabetes' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Trina Bannerjee (Guide Mr Prasanta Kumar Roy, Co-guide Dr Rajarshi Neogi) titled 'Information processing in children with Specific Learning Disorder and Specific Language Impairment' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Aparajita Chakraborty (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Obsessive Compulsive Disorder and Depression in males against one backdrop of Inter-Generational Attachment Related insecurities submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Richi Parasrampurua (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Body-image, Depression, Anxiety and Coping in unmarried women with Polycystic ovarian syndrome' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
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- Ms. Torsa Sinha (Guide Mr Prasanta Kumar Roy, Co-guide Dr. Partha Sarathi Biswas, Dr. Joydeep Singha) titled 'Psychosocial Perspectives of Vitiligo in married and unmarried women' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016
- Ms. Pooja Chaudhuri (Guide Dr. Bidita Bhattacharya, Co-guide Dr Pradeep Kumar Saha) titled 'Family functioning, Marital quality, Personality and Coping strategies in patients with Alcohol and Cannabis dependence: A comparative study' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2014 – 2016

## 7. SERVICE INFORMATION

Number of indoor beds: 140

		Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
Indoor admissions in 2016	<b>Male</b>	18	24	21	21	21	29	39	48	61	30	46	50	<b>408</b>
	<b>Female</b>	09	14	12	06	09	15	20	23	35	25	21	22	<b>211</b>
	<b>Total</b>	27	38	33	27	30	44	59	71	96	55	67	72	<b>619</b>

Distribution of outdoor services is as follows

Days	Consultants	
Monday & Tuesday	Prof. Dr. Pradip Kumar Saha	Dr. Indranil Saha, Dr. Nikhiles Mondal, Dr. Rajarshi Neogi, Dr. Sujit Sarkhel Dr. Sikha Ghosh
Wednesday & Friday	Dr. Sikha Mukhopadhyay	Dr. Prasanta Kumar Das, Dr. Paramita Roy, Dr. Parthasarathy Biswas Dr. Subir Bhattacharjee
Thursday & Saturday	Prof. Dr. Amit Kumar Bhattacharya	Dr. Prathama Guha, Dr. Subir Hazra Chowdhury Dr. Dhruvajyoti Bagchi
Sunday 2 <sup>nd</sup> & 4 <sup>th</sup>	Prof. Dr. Pradip Kumar Saha	Dr. Parthasarathy Biswas

The following numbers of patients have been seen in Psychiatry OPD from January 2016 to December 2016

		Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
Adult Psychiatry	<b>New</b>	6428	4397	3564	2718	3073	2745	2766	2915	2868	2123	2337	2531	<b>38465</b>
	<b>Old</b>	2658	6199	7568	7298	8877	8211	8391	9441	9142	8137	9219	9913	<b>95054</b>
Child patients	<b>New</b>	87	96	103	103	123	112	144	136	150	122	87	90	<b>1353</b>
	<b>Old</b>	403	340	342	328	446	421	464	477	534	524	442	350	<b>5071</b>

IOP is also running multi-disciplinary special clinics in, de-addiction, geriatric and child psychiatry, obsessive compulsive & mood disorders. Patients are referred to these clinics from the general psychiatry outdoor or indoor, for detailed assessment and management, including individual & family therapy. The schedule of special clinics is as follows:

S.No.	Clinic	Consultant	Days
1.	<b>Child Adolescent Clinic</b>	Dr. Sujit Sarkhel, Dr. Pradip Kumar Saha	Thursday
2.	<b>Substance Abuse Clinic</b>	Dr. Shikha Mukhopadhyay, Dr. Parthasarathy Biswas	Friday
3.	<b>Geriatric Clinic</b>	Dr. Shikha Mukhopadhyay, Dr. Pradip Kumar Saha	Tuesday
4.	<b>OCD Clinic</b>	Dr. Pradip Kumar Saha, Dr Uday Sankar Mandal	Wednesday
5.	<b>Mood Clinic</b>	Dr. Pradip Kumar Saha, Dr Subir Bhattacharya	Saturday

Data on patients seen at existing special clinics at IOP in 2016 (Jan to Dec 2016)

		Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
De-addiction clinic	<b>New</b>	15	10	08	11	13	13	13	17	12	14	8	9	<b>143</b>
	<b>Old</b>	64	67	80	71	78	79	84	69	70	72	45	53	<b>832</b>
Geriatric clinic (>50yrs)	<b>New</b>	7	3	7	10	4	5	5	8	0	0	3	6	<b>58</b>
	<b>Old</b>	18	09	13	24	18	16	32	25	20	30	30	12	<b>247</b>
OCD Clinic	<b>New</b>	0	0	4	4	5	5	7	3	5	4	3	2	<b>42</b>
	<b>Old</b>	0	0	2	8	14	16	27	24	22	21	18	10	<b>162</b>

The Department of Clinical Psychology has started functioning in March 2011 and is providing services on an outpatient and inpatient basis. The general outdoor runs on all working days where evaluation, management and

follow-ups are performed. Services offered include IQ assessment, psycho diagnostics, personality & neuropsychological assessment, cognitive retraining, psychotherapy & counselling (individual, family & group). Group therapy sessions are being conducted (along with PSW department) for ADHD & Conduct Disorder (separately for children & parents), Mental Retardation (for parents), OCD, substance abuse, dementia and life-skill education (for adolescents). The Department is also planning to expand its functioning in the area of Behavioural Medicine, i.e. use of psychological services in general medical conditions including burn cases, cancer, HIV/AIDS, gynaecological problems, cardio-vascular disease, pre- and post- surgery cases, dermatological issues, diabetes etc.

#### **Patients seen at Department of Clinical Psychology by MPhil Trainees in 2016 (Jan-Nov 2016)**

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	TOTAL
IQ Assessment	250	217	235	228	242	207	195	216	203	185	236	<b>2414</b>
Diagnostic psychometry	111	144	133	134	118	109	121	105	130	102	107	<b>1314</b>
Individual & Group therapy	--	224	223	227	229	235	231	240	229	247	185	<b>2270</b>

#### **Patients seen at Department of Clinical Psychology by Faculty in 2016 (Jan-Nov 2016)**

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	TOTAL
Individual & Group therapy	316	253	256	200	221	220	205	206	212	177	318	<b>2584</b>

**Nurses Training Program on Rights of Persons with Mental Illness:** Lectures were held at IOP on various aspects of management of psychiatric patients. The audience included Nursing staff of IOP, Pavlov & Lumbini Mental Hospitals.

#### **Department of Psychiatric Social Work**

**The Department of Psychiatric Social Work** is newly formed in 2011 along with other two departments – The Department of Clinical Psychology and The Department of Psychiatric Nursing with the objective of starting psychosocial service to persons in need and higher teaching programs in Psychiatric Social Work (PSW). Psychiatric Social Work is an integral part in multidisciplinary team in treatment and rehabilitation of persons with mental illness or persons with psychosocial problems. However, professionally qualified psychiatric social workers are very limited in our country. The Government of India has acknowledges the growing need for psychiatric social work and therefore has included in the project for men power development in mental health under National Mental Health Programme (NMHP)

#### **Services of Department of Psychiatric Social Work**

The Department offer a wide range of clinical services through outpatient clinics and inpatient services. The general outpatient service runs 6 days a week between 9.00 am and 4pm from Monday to Friday and from 9 am to 2 pm on Saturday, both assessment and psychosocial management and follow ups to individuals and their family are being provided along with inpatient services.

#### **Our current services**

##### **Assessment**

- Psychosocial and Clinical assessment of individuals and family.

##### **Psychosocial Intervention**

- For individuals: Social Case Work, Individual Counselling and various therapies. Social skills training for mentally challenge children and persons with schizophrenia.
- For group of people with special needs: Social Group Work and Group Therapies for: mentally challenge children and their caregivers, children with ADHD and their parents, children with conduct disorder and their parents, persons with OCD and their care givers, persons with substance abuse and behavioural problems and their families. Various group interventions will be started soon e.g. for Dementia care giver's and Life skill Education for Adolescents etc. (along with Department of Clinical Psychology).
- For families in need: Marital and Family Therapy, Crisis Management, Psychoeducation and Family Guidance.

##### **Rehabilitation**

- Department has started to undertake various community based care and service programmes e.g. home/work place/school visits. Plan is to scale up community outreach services e.g. awareness

programs on mental health, initiation of self-help groups. Active liaising with other Government organizations, NGOs and agencies. We are developing information, educational and communication (IEC) materials for community sensitization and education.

#### Community services

- Home visits: For psychosocial assessment and intervention
- Department has plan to undertake various community based care and service programmes e.g. home/work place/school visits, community outreach services, awareness programs on mental health, initiation of self-help groups. Active liaising with other Government organizations, NGOs and agencies. We are developing information, educational and communication (IEC) materials for community sensitization and education.

#### Training and Men Power Development:

- Department started Master of Philosophy in Psychiatric Social Work (M. Phil PSW) a 2 years full time course in 2011. Apart from this, department will offer short term training to students and trainees of various courses such as MSW, rehabilitation and nursing professionals etc. We will be organizing various academic programmes time to time.

#### Research:

- Priority area of research of the department is psychosocial aspect of mental health, psychosocial disabilities/rehabilitation.

#### Completed research as part of M.Phil. PSW dissertation

1. A study of the role of meta-cognition and cognitive insight on symptom severity and the quality of life in OCD under guidance of Ms. Mittu Muthu Varghese and Prof. Pradip Kumar Saha
2. An assessment of psychosocial determinants of female convicts and general female population :A Comparative study under guidance of Ms. Mittu Muthu Varghese and Prof. Pradip Kumar Saha
3. Social Cognition and Schizophrenia under guidance of Ms. Mittu Muthu Varghese and Prof. Pradip Kumar Saha.
4. A study of emotional and behaviour problems of school going adolescents in Kolkata under guidance of Mr. Kamlesh Kumar Sahu and Dr. Shikha Mukherjee
5. Need and Feasibility study of family Intervention in Bipolar Disorder in a Tertiary Care Setting under guidance of Mr. Kamlesh Kumar Sahu and Dr. Sujit Sarkhel
6. Living with a person with Obsessive Compulsive Disorder:Spouses Experiences under guidance of Mr. Kamlesh Kumar Sahu and Prof. Pradip Kumar Saha

#### Ongoing research as part of M.Phil. PSW dissertation

7. A comparative study on the role of temperament on resilience among artist and non artist group under guidance of Ms. Mittu Muthu Varghese and Prof. Pradip Kumar Saha
8. A comparative study on human rights violence among patients with schizophrenia and bipolar affective disorder
9. Need assessment of the family of the persons with mental retardation under guidance of Mr. Kamlesh Kumar Sahu and Dr. Shikha Mukherjee
10. Vocational need assessment of the person with mental retardation Mr. Kamlesh Kumar Sahu and Dr. Amit Bhattacharya
11. Perceived stress, Anger expression and Coping strategies among the patients with OCD and Depressive episode: A comparative study under guidance of Ilora Barik Sil and Prof. Pradip Kumar Saha.

Statistical report - Department of Psychiatric Social Work													
	Jan	Feb	Mar	April	May	June	July	August	Sep	Oct	Nov	Dec	
Individual sessions (old)	51	70	40	41	68	95	109	97	148	79	122	83	1003
Individual sessions (new)	30	28	25	29	35	52	43	34	34	29	27	29	395
Group Therapy	04	05	05	05	05	05	05	04	04	04	08	08	62
Group Meeting	-	-	-	-	-	-	-	-	-	-	-	20	20
Home visits	04	04	04	04	04	04	06	06	05	05	05	00	51
Institutional visits	-	01-	02-	01-	-	01	-	01	-	-	-	-	06



## **The Department of Psychiatric Nursing**

The Department of Psychiatric Nursing is newly formed in 2012 along with other two departments- The Department of Clinical Psychology and The Department of Psychiatric Social work with the objective to promote mental health and to provide holistic care to individuals, families and communities.

Psychiatric Nursing is an integral part of multidisciplinary team in providing holistic care to persons with mental illness. They also play an effective role in the preventive aspects of mental health by sensitizing the community with mental awareness programs. However, there is an acute short age of professional psychiatric nurses in the country. Therefore National Mental Health program highlighted the need for establishing POST BASIC DIPLOMA (DPN) in this field thus the same has been included in the project to develop more mental health nursing professionals.

### **SERVICES OF DEPARTMENT OF PSYCHIATRIC NURSING**

The Department offer a wide range of clinical services through outpatient clinics, inpatient, emergency and community services. The general service runs 6 days a week between 9.00 am and 4 pm from Monday to Friday and from 9.00 am to 2 pm on Saturday in which psychiatric Nursing assessment and need based management of individuals and their family are being done. Our Current services:

#### **PSYCHIATRIC NURSING ASSESSMENT**

- Psychiatric Nursing assessment of individuals and family

#### **PSYCHIATRIC NURSING INTERVENTION**

- For individuals: based on the nursing diagnosis, tailor made interventions were planned and implemented.
- Tasks like assisting in the activities of daily living, milieu planning, group and individual recreational and occupational activities.
- Counseling on medication compliance, sleep hygiene, nutrition and other needs
- Social skill training for patients with chronic mental problems.
- Crisis management
- Group therapy for mentally challenged and their care givers, children with ADHD and their parents, children with conduct disorder and their parents, persons with OCD and their care givers, persons with substance abuse and behavioral problems and their families.(Along with Department of Clinical psychology and Psychiatric Social work).
- Family guidance based on the needs along with department of psycho social work.

#### **REHABILITATION**

- Follow up of chronic cases
- Assessment of Occupational skills of patients along with occupational therapist.
- Plan is to scale up community services along with Department of Psychiatry, IOP.
- Assisting in indoor based occupational therapy

#### **COMMUNITY SERVICES:**

- Home visits: For Psychosocial assessment and intervention along with department of psychiatric social work.
- Health education on various aspects related to mental health promotion and mental illness prevention
- School health programs as adolescent life skills, parenting skills and teachers training on childhood psychiatric disorders.
- Awareness program on geriatric mental health problem
- Community outreach program at Dhokalpur BPHC, Poilan, 24 Paraganas, south.
- Field visits to different NGO based old age home, halfway home and rehabilitation centers.
- Development of information, educational, and communication (IEC) material for community sensitization and education.

#### **TRAINING AND MANPOWER DEVELOPMENT**

- Department has started one year Diploma in Psychiatric Nursing which is recognized by INC and WBNC
- Department is also planning to start BSC Nursing and Masters in Psychiatric Nursing in the next academic year.

#### **RESEARCH**

##### **On-going Research as a part of department of Psychiatric Nursing**

- Non-compliance of medication in patient with schizophrenia by Prof. Pradip kumar saha, Mrs. Asha sivaraman & Mrs Kalpana Dey.

### Statistical report - Department of Psychiatric Social Work

Assignments	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC	TOTAL
Case work ups		11		16	16	18							61
Child Clinic					10	10			17				37
Deaddiction clinic									10				10
Inpatient case study									4	2	4		10
Inpatient case presentation									4	2	4		10
Group therapy										2		2	4
Home visit							42	12					54
Health education			6	6				6	6	4			28
Community outreach program								4					4
School mental health program								1					1

#### List of candidates diploma in psychiatric nursing course-2016

- Barnali Roy
- Chandrima Paria
- Priya Batul
- Suhita Dutta
- Sangita Panigrahi
- Sumana Das

#### LIST OF DEPARTMENTAL FACULTY JOINING AND LEAVING AFTER LAST INSPECTION (PSYCHIATRIC NURSING)

DESIGNATION	NO.	NAMES	
		JOINING FACULTY	LEAVING FACULTY
Associate professor	1	Smt. Asha Shivaraman	Study leave
Assistant professor	5	Smt. Papiya paul Smt. Jharna Bag Smt. Liza T.Daniel Smt. Payel Saha Ms. Gita Purkait	Smt.Papiya paul Smt.Jharna Bag Smt.Liza T.Daniel
Nursing Tutor	2	Smt. Bina pani kundu Smt.kalpana Dey	Smt.Bina pani Kundu (superannuation)

#### Department of Psychiatry Biochemistry & Psychiatry Pathology

The department of Pathology-IOP, Centre of Excellence, Kolkata was envisioned under guidance of Dr. P. Saha in 2013.

The materialize this, Dr. M. Banerjee and Ms. Rita Guha were employed in November 2013. The proposed building was under construction - so a standwise space was demarketed for the Lab on the 1<sup>st</sup> floor of the Office building of the Institute. The layout of the Lab was prepared by Dr. M. Banerjee and submitted to Dr. P.K.Saha for approval. Subsequently, three rooms were identified and their repair work started. The main room – Haematology/Bio-chemistry with its Electrical plumbing and infrastructure work is now completed. The work for the other two rooms earmarked for Clinical Pathology and Molecular Biology are still in progress. The reception and Phlebotomy rooms are also under minor renovation.

Simultaneously, the proposal for various instruments for the Department of Haematology/Coagulation, Routine Bio-Chemistry, Immunochemistry, Clinical Pathology and PCR have been submitted. Tender for all gadgets are in progress. In accordance with West Bengal Government regulations.

Test Menu for each Department has been made in consultation with Doctors according to Departmental requirements.

In the meantime, Dr. M. Banerjee attended NABL Audit Courses to be a certified Internal Auditor. In accordance with guidelines led down ISO 15189, 2012.

The departmental staff was increased from 2 to 4. Pathologist, Dr. S.K.Das and Mrs. Chitra Mondal was included in the team in June 2014.

The following theoretical courses have been taken by Dr. M. Banerjee and Dr. S. K. Das regularly to impart full and functional understanding in matters of Lab management, quality policy, SOP, Bio-Statistics, Psychology, Lab Safety precaution, Biomedical Waste disposal, Phlebotomy, Critical Call policy, Staining procedures, Manual tests, Lab Software and so on.

As we eagerly await for the sanction of the instruments, we at the Lab have worked tirelessly to put together every possible aspect of knowledge pertaining to good Lab practices and sincerely pledged to work towards it to make IOP, Kolkata indeed a Centre for Excellence and in the Path Lab the first NABL accredited one for IPGME&R.

### **Free Legal Aid Centre at Institute of Psychiatry – COE**

Legal Aid Centre" inside the campus of Institute of Psychiatry – COE has been inaugurated and started functioning from 9<sup>th</sup> November, 2015 at 11:00 A.M. for legal help to the mental ill patients.

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