

Department of Clinical Psychology, IOP

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.

FACULTY NEWS

Dr. Bidita Bhattacharya

Publications

- One publication in Journal of Rational Emotive and Cognitive behavior Therapy
- One publication in Bengal Journal of Psychiatry.
- One accepted paper in Psychological Studies

Resource Person

- Mindfulness and Stress Management Workshop at L&T Limited
- Three Workshops on Parenting

Research Guide

- 3 M.Phil Dissertations

Mr. Prasanta Kr. Roy

Publications

- One Publication in Journal of Clinical and Experimental Hypnosis
- One Publication in Indian Journal of Developmental Disabilities
- Two accepted papers in Journal of Projective Psychology and Mental Health

Resource Person :

- 22nd National Workshop on Clinical Hypnotherapy, Kolkata.
- International Conference of Developmental Disabilities.

Research Guide :

- Four M.Phil. dissertations
- Two IGNOU dissertations

Ms. Rudrani Chatterjee

Publication

- - Invited Article on dialectical behavior therapy in Bengal Journal of Psychiatry.

Ms. Amrita Mitra

- Registration for Ph.D. (University of Calcutta) Topic: "Cognitive Function of CRF patients"
- Attended one National Workshop.

Ms. Shreetama Chatterjee

Publications

- One accepted paper in Indian Journal of Clinical Psychology.
- Attended One International Conference and two national workshops.

Ms. Taparsri Das

- Attended one International Conference, One State Conference and one National Workshop

Ms. Doyel Ghosh

- Attended one national Workshop
- Resource person on parenting skills organized by World Vision, Darjeeling

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

- Ms. Vijaya Agarwala (Guide Mr Prasanto Kumar Roy, Co-guide Dr Sujit Sarkhel) titled '*Temperament and Neurocognitive Endophenotype of Adolescent Obsessive-Compulsive Disorder*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Soma Pramanik (Regn No 4757 of 2011- 2013), (Guide Dr. Bidita Bhattacharya, Co-guide Dr Neelanjana Paul) for Dissertation titled '*Executive Functioning, Coping, Defense Mechanisms & Metacognition in Patients with Dissociative Disorders: A Comparative Study*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Urbi Mukherjee (Guide-Dr. Bidita Bhattacharya; Co-Guide: Dr Sikha Mukhopadhyay) titled '*Self-concept, personality Correlates, Family Environment And Adjustment Related Issues: A Comparative Study Between Obese And Non-obese Adults*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Priya Puri (Guide: Mr. Prasanta Kumar Roy; Co-Guide: Dr Parthasarathy Biswas) titled '*Dynamics And Neurocognitive Correlates in Borderline Personality Disorder- A Comparative Study*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Shaona Sengupta (Guide: Dr Bidita Bhattacharya; Co-Guide: Dr Parthasarathy Biswas) titled '*A Comparative study Between Obese And Non-obese Adults Based on Impulsivity, Set Shifting And Attributional Styles*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Aditi Majumdar (Guide: Dr Bidita Bhattacharya; Co-Guide: Prof Pradeep Kumar Saha) titled '*A Study on Metacognition, Attributional Style And Executive functioning in Alcohol Dependence*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms. Akanksha Mohta (Guide Mr. Prasanta Kumar Roy; Co-guide: Prof Pradeep Kumar Saha) titled '*A Study on Parenting Style And Sexual Self Concept: Psychopathology of Transgender*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2011 – 2013
- Ms Bidisha Mitra (Guide Mr. Prasanta Kumar Roy; Co-guide: Dr Parthasarathy Biswas) A Comparative study on cognitive & psychological factors in children with specific learning disability & hyperkinetic disorder. submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Devika De ,Regn No: 3736 of 2013-2014,(Guide Mr Prasanto Kumar Roy, Co-guide Dr Sujit Sarkhel) for dissertation titled '*Psychosocial Perspectives of Organic and Unexplained Infertility*', submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Nikita Jalan,Regn No.: 3738 of 2013-2014 (Guide Dr. Bidita Bhattacharya, Co-guide Dr R Neogil) for Dissertation titled '*Cognitive Functions of Males with conduct disorder and childhood depression: a Comparative study*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Chhavi Tewary, Regn No: 3739 of 2013-2014, (Guide-Mr, Prasanto Kumar Roy; Co-Guide: Prof. Dr. P.K. Saha) titled '*Psychosocial risk factors for attempted suicide with respect to gender*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Srijita Gupta, Regn No. (Guide: Dr. Bidita Bhattacharya; Co-Guide: Dr. Nikhilesh Mondal) titled '*Ego Functioning, Defense style, type and direction of aggression and Quality of Life among Females clients with Dissociative Conversion disorder, obsessive compulsive disorder and Depression: A Comparative Study*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Megha Rathi, Regn No. 3740 of 2013-2014, (Guide: Dr Bidita Bhattacharya; Co-Guide: Prof Dr P.K. Saha) titled '*Family Functioning , self Cognition, Cognitive errors and Coping Strategies in Pateints with Dysthymia and Dissociative conversion Disorder, A comparative study*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.
- Ms. Navnita Bose, Regn No. 3742 (Guide: Dr Bidita Bhattacharya; Co-Guide: Dr S. Mukhopadhyay) titled '*A Comparative study of Personality traits, interaction pattern, Memory function and hemispheric function, an Endo-Phenotypical perspective in Bipolar affective Disorder*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013 – 2015.
- Ms. Bidisha Mittra, Regn No. 3741 of 2013-2014, (Guide Mr. Prasanta Kumar Roy; Co-guide: Dr. Partha Sarathi Biswas) titled '*A Comparative Study on Cognitive and Psychological factors in Children with specific learning disability and hyperkinetic Disorder*' submitted to the West Bengal University of Health Sciences for partial fulfillment in MPhil in Clinical Psychology, Session 2013-2015.

Department of Psychiatry Social Work, IOP

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 acknowledged 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).

FACULTY

1. Mrs. Mittu Muthu Varghese, Head, Assistant Prof. in PSW
2. Mr. Kamlesh Kumar Sahu, Assistant Prof. in PSW
3. Mrs. Ilori Barik Sil, Assistant Prof. in PSW
4. Mrs. Rupa Chakraborty, PSW
5. Mr. Ashok Kumar H, PSW
6. Ms. Oindrila Ganguly, PSW

FACULTY NEWS

Mrs. Mittu Muthu Varghese

- *Paper setters and examiner in state and central universities.*
- *Entrance examination question setter of national universities*
- *Guest lecturer at Netaji Subhash Open University, Kolkata, India*
- Participated in Internet Based Field Studies for ICD11 Mental and Behavioural Disorders as a member of the Global Clinical Practice Network (GCPN) WHO.

Mr. Kamlesh Kumar Sahu

- **Kamlesh Kumar Sahu, Soma Sahu (2015). Disability, Gender and the Trajectories of Power. Journal of Disability Studies, 1(1), Epub.**
- **Kamlesh Kumar Sahu, Soma Sahu (2015). Social stigma: a whopping barrier to care for psychosocial disability. Journal of Disability Studies, 1(1), 2-3.**
- Sahu S, **Sahu KK** (2015). College Counselling Service: The Need of the Day. Bangabasi Academic Journal, 12, 63-65.
- **Sahu KK, Kumar A., Mukherjee SB, Sahu S., Verma AN. (2014). Stigma Experienced by Primary Care Givers of Persons with Epilepsy and Mental Illness: A Comparative Study. Bengal Journal of Psychiatry 19(2). 7-16.**
- **Sahu KK** (2015). Intervening Negative Impact of Stigma on Employability of a Person with Schizophrenia through Social Case Work. Journal of Psychosocial Rehabilitation and Mental Health 2 (1), 87-95.
- Jash R, Sahu KK, Saha PK (2015). Living with a Person with Obsessive Compulsive Disorder: Spouses' Experiences. Research poster presented on Psychiatric Conference 2015 (Combined Annual State Conference of West Bengal State Branches of Indian Psychiatric Society & Indian Association of Private Psychiatry) held on 19th & 20th September 2015 at Kolkata.
- Nongmin M, Sahu KK, Mukhopadhyay S (2015). A Study of Emotional and Behavior Problems of School Going Adolescents in Kolkata. Research poster presented on Psychiatric Conference 2015.
- Bhattacharjee K, Sahu KK, Sarkhel S (2015). Need and Feasibility Study of Family Intervention in Bipolar Disorder in a Tertiary Care Setting. Research poster presented on Psychiatric Conference 2015
- Guest lecturer on 'Positive Psychology' 'Life Skills' at Ramakrishna Mission Sikshanamandira (An Autonomous Post-Graduate College under the University of Calcutta) Belur Math, Howrah on Sundays
- Participated in National Seminar on Women and Disabilities: Triumph & Challenges held on July 09 - 10, 2015; Organised by Women's Studies Research Centre, University of Calcutta
- Resource person in a psycho-educative awareness programme on Non-pharmacological approaches in Management of Schizophrenia held at IPSWB Seminar Hall at IMA House, Park Circus on 24.05.2015; organized by West Bengal Branch of Indian Psychiatric Society.
- Participated in Internet Based Field Studies for ICD11 Mental and Behavioural Disorders as a member of the Global Clinical Practice Network (GCPN) WHO.

- Guest lecturer on mental and substance abuse disorders at Netaji Subhash Open University, Kolkata, India
- Resource person in a workshop on 'How to Improve Self Esteem' for students org. by Turning Point, Kolkata on 27th January 2015.
- Managing Editor, Journal of Disability Studies, an International, multidisciplinary, peer reviewed / refereed open access journal.
- Executive Editor, Considering Disability Journal a biannual, peer-reviewed, open access UK based journal in the field of disability studies.

Mrs. Ilora Barik Sil

- Intervention for childhood sexual abuse through art therapy by Rachel Lev W easel 7th December 2015

Mrs. Rupa Chakraborty

- Attended a CRE Programme on "Vocational Rehabilitation of persons with mental retardation" organized by NIMH 2015.
- Attended a CRE Programme on "preschool education on persons with mental retardation " organized by NIMH, y 2015.

Mr. Ashok Kumar H

- Attended CME on Schizophrenia and Management at Golden Park Hotel Kolkatta
- Attended CME on PG-CME Programme at Institute of Psychiatry 22nd and 23rd December 2015

Ms. Oindrila Ganguly

- Workshop on basics of Family therapy and therapeutic Intervention at west Bengal state university by Sukanya Roy on 28th and 29th may 2015
- Intervention for childhood sexual abuse through art therapy by Rachel Lev W easel 7th December 2015

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.

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 inversions 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

- 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
- 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
- Social Cognition and Schizophrenia under guidance of Ms. Mittu Muthu Varghese and Prof. Pradip Kumar Saha
- A study of emotional and behaviour problems of school going adolescents in Kolkata under guidance of Mr. Kamlesh Kumar Sahu and Dr. Shikha Mukherjee
- 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
- 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

- 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
- A comparative study on human rights violence among patients with schizophrenia and bipolar affective disorder
- Need assessment of the family of the persons with mental retardation under guidance of Mr. Kamlesh Kumar Sahu and Dr. Shikha Mukherjee
- Vocational need assessment of the person with mental retardation Mr. Kamlesh Kumar Sahu and Dr. Amit Bhattacharya
- 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

List of candidates for M.Phil. in Psychiatric Social Work

Session 2013-15	Session 2014-16	2015-17
Mr. Sayan Ganguly Ms. Rituparna Jash Ms. Diya Chakraborty Ms. Komalika Bhattacharya Ms. Monisha Kaur Ms. Namita Sarkar Ms. Martina Nongmin	Ms. Jhila Bandyopadhyay Mr. Anupam Debnath Ms. Poulami Mitra Ms. K. Divya Ms. Hansa Kinkini Dev Roy Ms. Debjani Palit	Mrs. Anindita Roy Ms. Pooja Audhya Mr. Souradipta Mukherjee Mr. Manish Kumar Nigam Ms. Tumpa Sen Mrs. Pulomi Ganguli Ms. Parama Acharyya Ms. Moushumi Mondol Ms. Ranjana Banerjee Ms. Rinki Dey

Department of Psychiatry-Nursing, IOP

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 shortage 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 4pm from Monday to Friday and from 9 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.
- Counselling on medication compliance, sleep hygiene, nutrition and other needs.
- Social skills training for patients with chronic mental problems.
- Crisis management
- Group therapy for mentally challenged 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. (Along with Department of Clinical Psychology and Psychiatric Social Work).
- Family guidance based on the needs along with the 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 outreach 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 Dholakpur BPHC, Poilan 24 Parganas, South
- Field visits to different NGO based old age home, half way home and rehabilitation centres.
- Development of information, educational and communication (IEC) materials 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 & Masters in Psychiatric Nursing in the next academic year.

Research

On-going research as part of Department of Psychiatric Nursing

- Awareness and Practices of Menstruation Amongst Unmarried Female Adolescents in rural area of West Bengal by Mrs. Asha Sivaraman and Prof. Pradip Kumar Saha

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

Mrs. Kalpana Dey

Seminar attended: West Bengal State TNAI & SNA Annual conference

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.

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.

RESEARCH PROJECTS

- Epidemiology of common psychiatric disorders of the state of West Bengal funded by the DOFHW, 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

CANDIDATES DIPLOMA IN PSYCHIATRIC NURSING COURSE 2015-16

- Ms. Debamita Samanta
- Ms. Rakhi Mondal
- Ms. Somashree Susmal
- Ms. Thitishree Dey

IOP SERVICE INFORMATION 2015

Number of indoor beds: Male – 26; Female – 10

		Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
Indoor admissions in 2015	Male	09	13	19	12	16	15	20	16	20	10	22	13	
	Female	01	11	09	08	05	07	09	07	16	10	13	10	
	Total	10	24	28	20	21	22	29	23	36	20	35	23	

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 nd & 4 th	Prof. Dr. Pradip Kumar Saha	Dr. Parthasarathy Biswas

The following numbers of patients have been seen in Psychiatry OPD from January 2015 to 25th December 2015

		Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL
Adult Psychiatry	New	1282	1524	1535	1452	1649	1754	1724	1876	1926	1790	1309	1509	19330
	Old	6260	5650	6431	5874	6806	7359	7020	7580	8236	7827	7666	7906	84615
Child patients	New	87	96	103	103	123	112	144	136	150	122	87	90	1353
	Old	403	340	342	328	446	421	464	477	534	524	442	350	5071

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:

SN	Clinic	Consultant	Day
1	Child Adolescent Clinic	Dr. Sujit Sarkhel, Dr. Pradip Kumar Saha	Thursday
2	Substance Abuse Clinic	Dr. Shikha Mukhopadhyay, Dr. Parthasarathy Biswas	Friday
3	Geriatric Clinic	Dr. Shikha Mukhopadhyay, Dr. Pradip Kumar Saha	Tuesday
4	OCD Clinic	Dr. Pradip Kumar Saha, Dr Uday Sankar Mandal	Wednesday
5	Mood Clinic	Dr. Pradip Kumar Saha, Dr Subir Bhattacharya	Saturday

Data on patients seen at existing special clinics at IOP in 2015 (Jan to 25 TH Dec 2015)														
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	TOTAL
De-addiction clinic	New	15	10	08	11	13	13	13	17	12	14	8	9	143
	Old	64	67	80	71	78	79	84	69	70	72	45	53	832

Geriatric clinic (>50yrs)	New	7	3	7	10	4	5	5	8	0	0	3	6	58
	Old	18	09	13	24	18	16	32	25	20	30	30	12	247
OCD Clinic	New	0	0	4	4	5	5	7	3	5	4	3	2	42
	Old	0	0	2	8	14	16	27	24	22	21	18	10	162

Patients seen at Department of Clinical Psychology in 2015 (Jan-Dec 2015)														
	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	TOTAL	
IQ Assessment	69	56	43	50	51	63	54	58	61	66	88	40	699	
Diagnostic psychometry	26	28	29	22	34	21	34	42	58	56	89	34	473	
Individual & Group therapy	72	134	167	243	217	209	267	170	127	85	92	70	1853	
Other psychological Assessments	13	9	9	8	5	13	28	8	3	2	13	2	113	

Statistical report Department of Psychiatric Social Work														
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	
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	

Statistical report from May 2015 Department of Psychiatric Nursing											
Assignments	May	June	July	August	Sep	Oct	Nov	Dec	Total		
Case work ups	-	4	10	16		8	4	8	50		
Inpatient Case study	-	4	4	4	4			4	20		
In-patient Case presentation	-		5	5	5			5	20		
Group Therapy	-					8		8	16		
Home visits	-						48		48		
Health education	-	5	5	5	5		5		20		
Community outreach program	-					8			8		
School mental health program	-						1		1		

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- Family guidance based on the needs along with the 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 outreach 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 Dholakpur BPHC, Poilan 24 Parganas, South
- Field visits to different NGO based old age home, half way home and rehabilitation centres.
- Development of information, educational and communication (IEC) materials for community sensitization and education.

Department of Psychiatry Bio-Chemistry & Psychiatry-Pathology

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

To 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 1st 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, Immuno Biochemistry, Clinical Pathology and PCR have been submitted. Tender for all gadgets are in progress.

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, Bio-medical 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 9th November, 2015 at 11:00 A.M. for legal help to the mental ill patients.
