

DEPARTMENT OF PSYCHIATRY WELCOMES THE
NAAC PEER TEAM

Psychiatry Team



VISION



To be ranked amongst the top providers of psychiatric care and mental health education through continuous research and training.

MISSION



- To provide the latest evidence based mental health care and education par excellence.
- To engage in continuous research and enhanced learning towards providing quality patient care.
- To be recognized as the most preferred destination for Mental Health Care & Education.



FACULTY

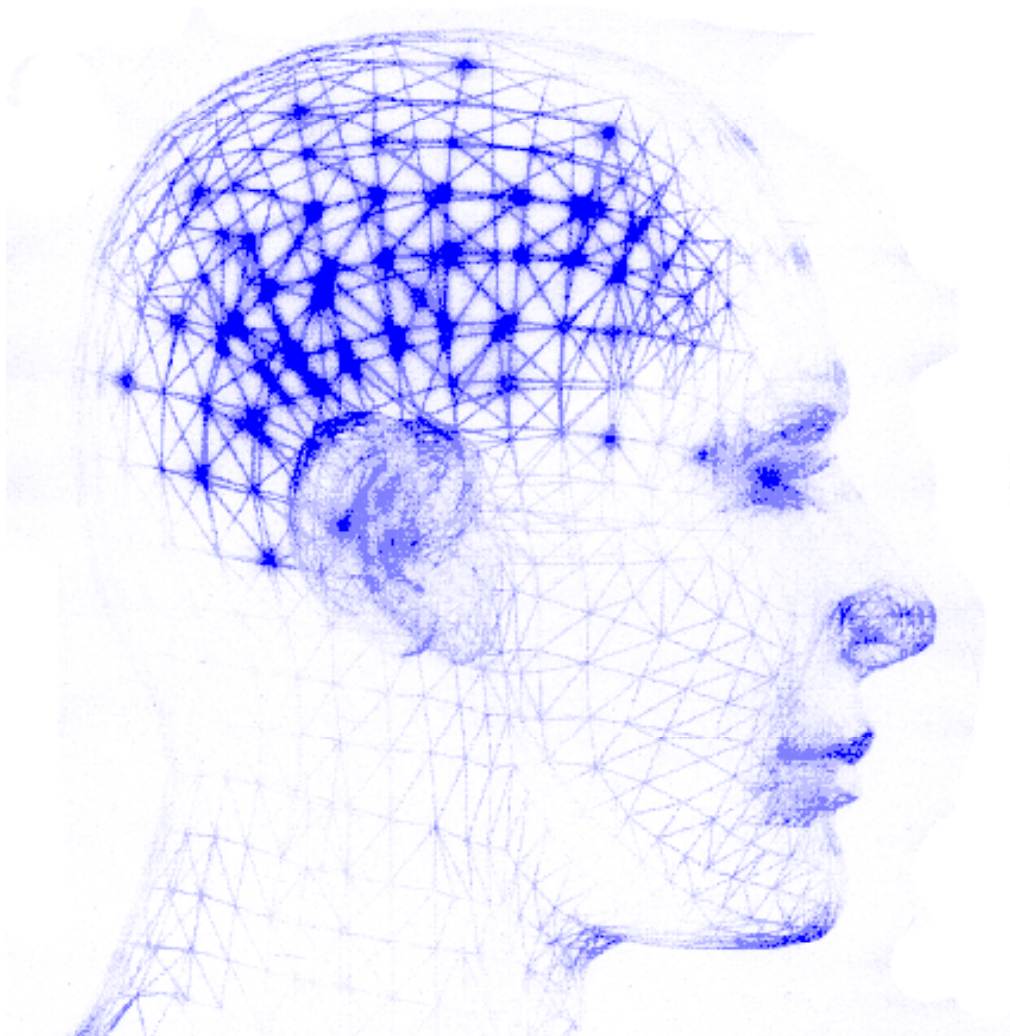
DR. AMAR BAVLE

DR. SUDHIR HEBBAR

DR. VISHNU VARDHAN

DR. VINODA KUMAR

DR. ASHA





DR. AMAR BAVLE

PROFESSOR & HEAD
DEPARTMENT OF PSYCHIATRY

QUALIFICATION



- MBBS from Karnatak Medical College, Hubli 1978
- DPM in 1983 from NIMHANS
- DNB (Psychiatry) in 1985 –National Board of Examinations, New Delhi
- MD (Psychiatry) in 1985 from Command Hospital, Air Force Bangalore

EXPERIENCE



- Senior Resident – Child & Adolescent Psychiatry, NIMHANS from 1985 to 1986
- Lecturer – M S Ramaiah Medical College, Bangalore from 1987 to 1992
- Asst. Professor - M S Ramaiah Medical College, Bangalore from 1992 to 1996
- Associate Professor – Rajarajeswari Medical College & Hospital, Bangalore from 2006 to 2010
- Professor - Rajarajeswari Medical College & Hospital, Bangalore from 2010 till date

OUTREACH ACTIVITY - RADIO & TV PROGRAMMES



- On Doordarshan, (Chandana TV channel) – Interaction with public and presentation on “Panic Disorder”.
- Talks on AIR Bangalore on the following topics
 - Emotional intelligence
 - Sleep disorders
 - Anxiety disorders

POSITIONS HELD - INDIAN PSYCHIATRIC SOCIETY



- Hon. Treasurer and member of the Central Organizing Committee of Annual National Conference of the Indian Psychiatric Society, 1996.
- In the year 2004-05, Editor of the Newsletter of the Indian Psychiatric Society, Karnataka State Branch (IPS –KB)
- Executive Committee member, Hon. Treasurer and Hon. Secretary, IPS - KB



DR. SUDHIR HEBBAR

PROFESSOR
DEPARTMENT OF PSYCHIATRY

QUALIFICATION



- MBBS from Kasturba Medical College, Mangalore, 1993
- DPM in 1995 from NIMHANS
- DNB (Psychiatry) in 1999 from NIMHANS

EXPERIENCE



- Senior resident at JIPMER, Pondicherry for 3 years.
- Lecturer at Siddhartha Medical College, Bangalore for 2 years
- Assistant Professor at MVJ Medical College, Bangalore for 2 years
- Assistant Professor and promoted to Associate Professor at Vydehi Medical College, Bangalore
- Associate Professor at Rajarajeshwari Medical College & Hospital, Bangalore for 3 years and promoted as Professor

Awards/ Recognitions



- Letter of appreciation from the Dr. Dhruvakumar Award team instituted by Indian Psychiatric Society, Karnataka Branch for work on psychotherapy during 2012-2013.



DR. VISHNU VARDHAN

ASSOCIATE PROFESSOR
DEPARTMENT OF PSYCHIATRY

QUALIFICATION



- MBBS (2001) : Dr. BR. Ambedkar Medical College, Bangalore University, Bangalore
- M.D. (2008) : KIMS, RGUHS, Bangalore

AWARDS/RECOGNITIONS



- Finalist in All India level Young Scholar Award
- Winner of the South Zone Torrent Award
- Winner of the Karnataka State level TYS- Award



DR. VINODA KUMAR

SENIOR RESIDENT
DEPARTMENT OF PSYCHIATRY

QUALIFICATION



- MBBS(1973) : Kasturba Medical Collage Mangalore
- DPM (1986) : NIMHANS

ACHIEVEMENTS



- Conducted training for the Medical officers of PHCs under the National Mental Health Programme
- Conducted the Training of the Trainers, a programme organised by Government of Karnataka
- Served as an EC member (1994) of the IPS-Karnataka state branch
- Has been a part of Richmond Fellowship, an internationally recognized NGO, working in the field of community psychiatry for more than 10 years



DR. ASHA

SENIOR RESIDENT
DEPARTMENT OF PSYCHIATRY

QUALIFICATION & EXPERIENCE



Qualification

- MBBS (2002): AIMS Bellur
- DPM (2010): MVJ Medical College & Research Centre, Bangalore

Experience

- Senior Resident - NIMHANS (2010 Nov. to Apr. 2011)
- Senior Resident - Rajarajeswari Medical College & Hospital (May 2011 till date)



JUNIOR RESIDENTS

DR. KOMAR. K S

DR. SHARANABASAVARAJ

DR. VIDHYA

DR. GIRISH

DR. AKSHAY

PSYCHIATRIC SOCIAL WORKER

MR. KIRAN

CLINICAL PSYCHOLOGIST

Ms. Shashikala K M

PUBLICATIONS



S.No.	Title of article	Name of journal	Year
1	Affective Disorders in Childhood	Indo-US Symposium publication	1985
2	Common Psychiatric Disorders in General Practice	Physician's Update	1992
3	The Suicidal Patient: Assessing the patient and Mitigating it	Karnataka Medical Journal	1995
4	Does low serum cholesterol increase suicide and aggressive behavior	Current Science, Volume 69, No.6,	1995
5	Chronic Fatigue Syndrome	Physician's Digest, Vol.5, No.1, 44 -54.	1996
6	Overcoming Alcoholism – A GP's Role	Physician's Digest, Vol.7, No.6.	1999
7	Fluoxetine-induced neutropenia	Indian Journal of Psychiatry, Published 19/12/2012, Volume 54, No.4, Page: 388-389.	2012



PUBLICATIONS

S.No.	Title of article	Name of journal	Year
8	A Case of Obsessive Compulsive Disorder Presenting as Eve-Teasing	Indian Journal of Private Psychiatry, Published: February 2012, Volume 6, Issue 1, Page 50-51.	2012
9	Obsessive Compulsive Disorder Revisited – Review Article	Journal of Medical Sciences, RRMC&H, Bengaluru, Aug.-Sept. 2013, Volume 2, Issue 1, Page: 5-9.	2013
10	A Case Report of Blonanserine Induced Hyponatremia	The Journal of Neuropsychiatry and Clinical Neurosciences, Date of acceptance 24/08/2013	2013
11	Prolonged, Self-Administration of Ultra-High Doses of Quetiapine	Indian Journal of Psychiatry, Published 25/10/2013, Volume 55, Issue 4, Page 404-405.	2013
12	Bupropion-Warfarin Combination: A Serious Complication	Indian Journal of Psychological Medicine –Published 08/10/2013, Volume 35, Issue 3, Page: 311-313	2013

PUBLICATIONS



S.No.	Title of article	Name of journal	Year
13	Olanzapine Induced Tardive Oculogyric Crises	Indian Journal of Psychological Medicine – published – 27/11/2013, Volume 35, Issue 4, Page : 423-424	2013
14	Rapid, illegible handwriting as a symptom of obsessive - compulsive disorder	Indian Journal of Psychological Medicine – Date of acceptance 26/12/2013	2013
15	Armodafinil induced mania in schizophrenia	Australian and New Zealand Journal of Psychiatry- Date of acceptance 24/10/2013	2013
16	A case report of clozapine induced neutropenia and re-challenge	The Journal of Neuropsychiatry and Clinical Neurosciences, Date of acceptance 22/11/2013	2013

PUBLICATIONS



S.No.	Title of article	Name of journal	Year
17	Mania in Turner syndrome	Indian Journal of Psychiatry	2000
18	Cognitive therapy of OCD	Indian Journal of Psychological Medicine	2012
19	Cognitive therapy of avoidant Personality Disorder	Indian Journal of Psychological Medicine	2013
20	Impact of age and gender on, the coping styles and psychiatric morbidity faced by informal primary caregivers of hiv/aids individuals living in India.	JIAPAC	2012
21	Case Report: Olfactory delusional syndrome	Australian and New Zealand Journal of Psychiatry	2013
22	Case Report:Late onset OCD, presenting as Genital self mutilation.	Australian and New Zealand Journal of Psychiatry	2013

PUBLICATIONS



S.No.	Title of article	Name of journal	Year
23	Psychiatric comorbidity and gender differences among suicide attempters in Bangalore, India..	General Hospital Psychiatry	2012
24	Case report/letter to editor-Amisulpride in the treatment of somatoform disorders..	Australia Newzealand Journal of Psychiatry	2011
25	Obesity, diabetes and hypertension associated with antipsychotic use in remitted schizophrenia..	International Journal of Risk and Safety	2011
26	Case report/letter to editor: Sapophagia (Compulsive Soap Eating) and Attention-Deficit/Hyperactivity Disorder in a Child Responsive to Clonidine	Australia Newzealand Journal of Psychiatry	2011

PUBLICATIONS IN INTERNATIONAL JOURNALS



1. Dr. Vishnuvardhan :Paper: Obesity, diabetes and hypertension associated with antipsychotic use in remitted schizophrenia. International journal of risk and safety.2011.
2. Dr. Vishnuvardhan:Case report/letter to editor-Amisulpride in the treatment of somatoform disorders. Australia Newzealand journal of psychiatry.2011.
3. Dr. Vishnuvardhan : Case report/letter to editor: Sapophagia (Compulsive Soap Eating) and Attention-Deficit/Hyperactivity Disorder in a Child Responsive to Clonidine. Australia Newzealand journal of psychiatry.2011
4. Dr. Vishnuvardhan: Paper: Psychiatric comorbidity and gender differences among suicide attempters in Bangalore, India. General hospital psychiatry.2012.
5. Dr. Vishnuvardhan: Paper: Impact of age and gender on, the coping styles and psychiatric morbidity faced by informal primary caregivers of HIV/AIDS individuals living in India. JIAPAC: 2012.
6. Dr. Vishnuvardhan: Case Report: Olfactory delusional syndrome. (ODS).ANZJP.2013.
7. Dr. Vishnuvardhan.G. :Case Report:Late onset OCD, presenting as Genital self mutilation. ANZJP.2013.
8. Dr. Amar Bavle: A Case Report of Blonanserine Induced Hyponatremia. The Journal of Neuropsychiatry and Clinical Neurosciences, Date of acceptance 24/08/2013
9. Dr. Amar Bavle: Armodafinil induced mania in schizophrenia. Australian and New Zealand Journal of Psychiatry- Date of acceptance 24/10/2013
10. Dr. Amar Bavle: A case report of clozapine induced neutropenia and re-challenge. The Journal of Neuropsychiatry and Clinical Neurosciences, Date of acceptance 22/11/2013

ONGOING RESEARCH PROJECTS IN THE DEPARTMENT



- Dr. Sudhir Hebbar: Study of anxiety and depressive disorders in tension type head ache
- Dr. Vishnuvardhan: Depression –is there a biomarker. Estimation of homocysteine, folate and Vit B12 levels depression
- Dr. Amar Bavle: Study of antenatal depression – liaison work with the department of Obstetrics and Gynecology

Paper presentations and sessions chaired in 5 years



- Prof. Sudhir Hebbar presented a case of panic disorder with agorophobia at monthly case conference conducted by IPS KC -2012
- PG paper presented by Dr. Vidhyavati at ANCIPS 2013
- PG paper presented by Dr. Akshay and Dr. Girish at IMSA conference 2013
- Prof. Amar Bavle: Chairperson of a session on “Scientific Research Papers” at ANCIPS - 2009 in Agra
- Prof. Amar Bavle: Chairperson of a session on newer challenges in teaching-learning in medical colleges at ANCIPS 2013 held at NIMHANS
- Prof. Amar Bavle: Chairperson at the Bangalore centre in an international webcast on Pharmacotherapy of Major Depression from Paris by Prof. Stuart Montgomery

Conferences / Programmes attended in last 5 years



- Teaching staff regularly attend monthly case conferences conducted by IPS-KC
- Drug launches and presentations on newer drugs are attended by teaching staff to update the knowledge
- CMEs conducted at Rajarajeswari Medical College & Hospital are attended regularly

Academic Activities of the Department



Undergraduate training programs for MBBS students

- 40 hours of lectures in psychiatry divided between the 6th and the 8th term
All theory classes are interactive, using the latest A - V aids. We use video clippings of clinical material while teaching.
- 15 days of clinical posting for the students of 4th term. Psychotic patients are shown from in patients and neurotic patients from out patients. Focus is on the neurotic cases and liaison psychiatry
- **Every intern** is given problem based learning. Feed back is given on their skills.
Training in MCQ

Post graduate MD psychiatry course

PG intake – 2 per year
Currently 5 PGs are getting trained

CURRICULUM



- Undergraduate and Postgraduate curriculum is in tune with MCI and RGUHS
- Departmental manual for UGs specifies the priorities and the road map
- PG curriculum is modified and made suitable for current use
- There is focus on the theories of psychopathology and projective tests.

CURRICULUM -ADDITIONS



1. DSM-5
2. Current status of cognitive behavior therapies
3. Mindfulness cognitive therapy
4. Recently introduced psychotropic medications.
5. Intervention studies in early schizophrenia
6. Karnataka State Mental Health Act

Value added courses for PG



- Cognitive Behavior Therapy
- Psycho-analytic psychotherapies
- Treatment in special populations

Enrichment courses for PG



- CT and MRI reading
- EEG reading
- Advances in neuro-imaging in psychiatric disorders
- Supervised psychotherapy
- Psychiatric advances in special populations

Innovations in teaching



- Collection of videos of patients from websites and from hospital
- Collection of pictures from websites and books
- Training in MCQ during internship
- Surprise tests for PGs
- Internet and library facility used extensively

Problem based learning



Cases

- *The Man with Serious Indigestion Problems*
- *A Young Patient with Heat*
- *Patient whose Pen Would not Keep Up with his Thoughts*
- *The Heavy Drinker with Abdominal Pain*

CAMPAIGNS AND OUTREACH PROGRAMMES



- Flyer - Alcoholism and its Effects on the Families
- Psychiatric treatment for patients in homes for the aged
- Free psychiatric services for NGO - Basava Samithi for the aged and sumana half-way home.
- Radio talks
- TV interviews

Awards in last 5 years



- One intern secured second place in a State Level Psychiatry MCQ competition conducted by IPS- KC in 2012
- Psychotherapy work of Prof. Sudhir Hebbar was appreciated by Dr. Dhruva Kumar psychotherapy award committee sponsored by IPS KC- 2013

Infrastructure in the Department of Psychiatry



OPD

consultation rooms 7

Seminar room 1

Demo room 1



WARDS

Female ward 20 beds

Male ward 20 beds



DEPARTMENT

Office room 1

HOD room 1

Professor room 1

Room for senior residents

Seminar room

Museum



LIBRARY

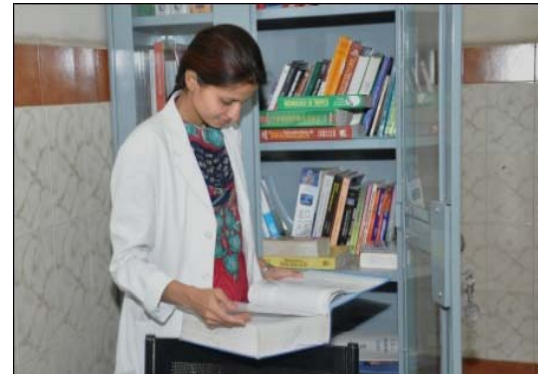


- **Department Library**

- Well stocked with the latest text / reference books - 130
- Journals available IJP, IJPM, BJP, JCP

- **Central Library**

- E- journals



MAJOR EQUIPMENTS



- 2 ECT Machines with provision for EEG monitoring.
- EEG machine.
- GSR Biofeedback machine
- Alcohol breath analyzer
- Lithium analyzer
- High performance liquid chromatography
- Psychological test material.
 - Projective tests
 - Intelligence tests
 - Personality tests
 - Neuropsychological tests
- Weighing machines
- LCD projector
- Computers and Laptops



PROCEDURES



- Modified Electro-Convulsive Therapy with pulse wave ECT machine-3 patients weekly
- Pentothal / Lorazepam interview- 2 per week
- IQ and Psychometric assessments
- Biofeedback relaxation
- Cognitive behavior therapy

Services Offered



Daily out - patient consultation services from 9 am – 4 pm

Consultation and liaison services from 9 am – 4 pm

- Adult psychiatry
- Marital therapy
- Psychotherapy
- Psychological assessment
- HIV counseling
- Emergency
- Liaison psychiatry



Specialty Clinics



➤ De-addiction for alcohol and other substances

➤ Child guidance clinic

➤ Geriatric psychiatric clinic

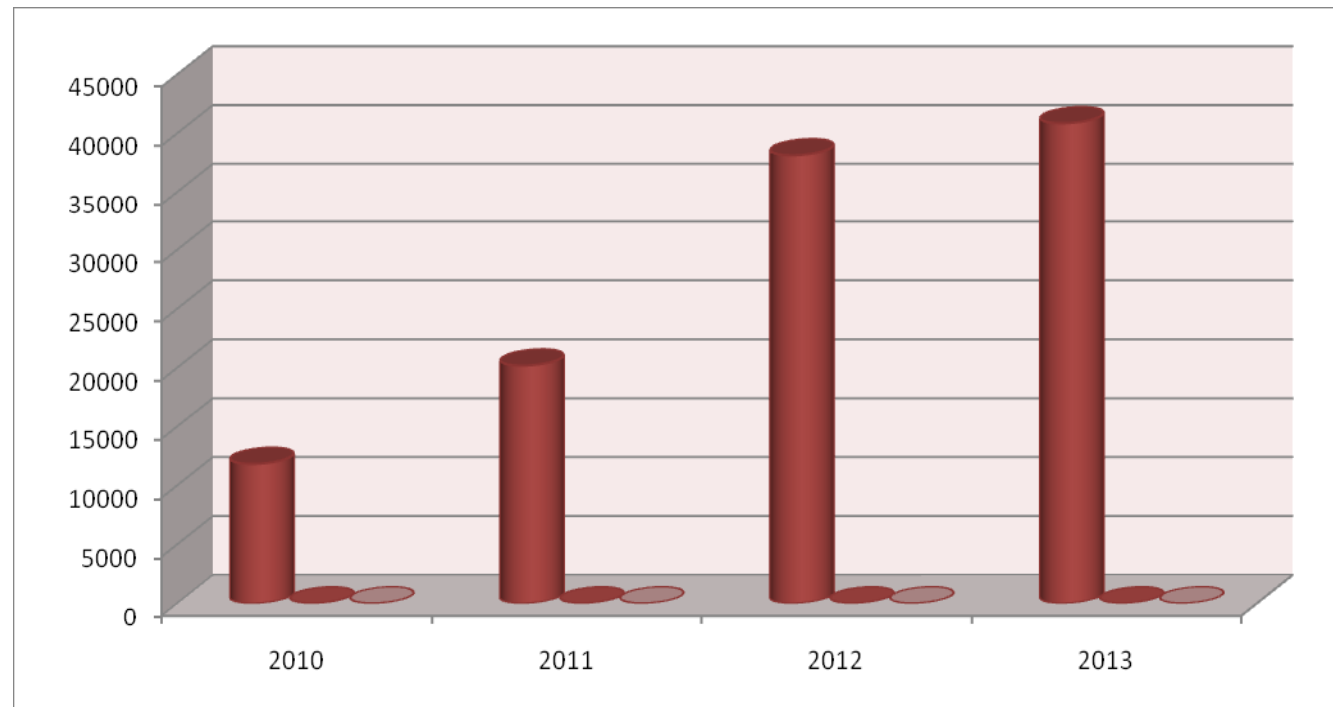


Statistics

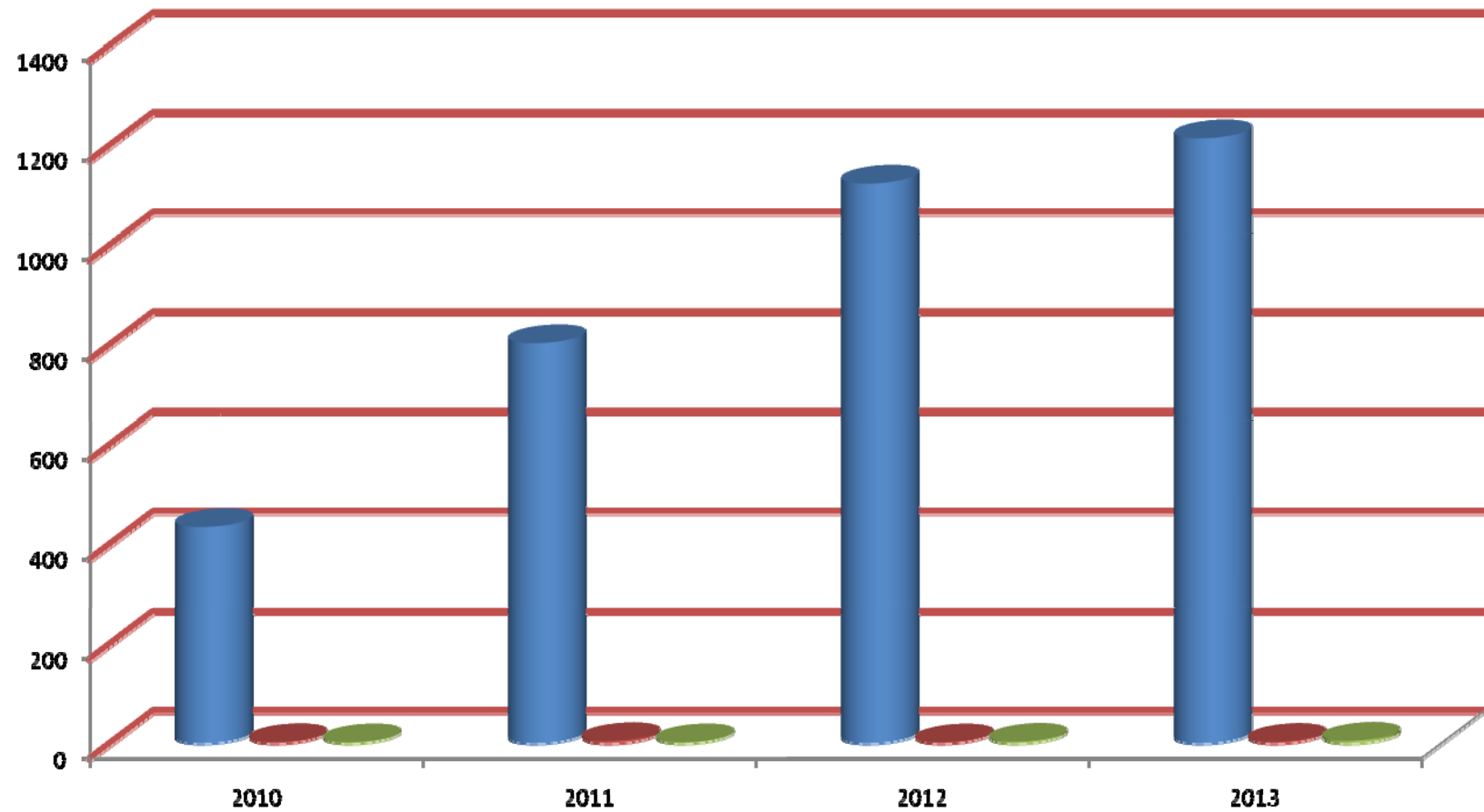


- Average of 5 admission per day
- Out Patient Department - visits 160 per day
- Number of In – Patients – 40 (20 male & 20 female)
- Average bed occupancy of 83 %

OPD statistics for the last 4 years



In-patient statistics



Department of Psychiatry SWOC



STRENGTHS

- Well qualified and motivated teaching Staff
- Psychiatric patient care to population in the large catchment area with no other psychiatric facility leading to rapid growth in patient strength
- Outreach activity – camps and other social services offered
- Extension activities like conferences and TV and radio talks.
- Continuous research activity
- Publications in national and international journals by teaching staff
- **Support and encouragement from management for any new proposed activity**

WEAKNESS: Linear growth of the department should change to an exponential growth.

OPPORTUNITIES

- Establishment of De-addiction centre.
- Establishment of a separate Department of Psychology.
- Increase in Post graduate seats
- Conduct of more CMEs

CHALLENGES

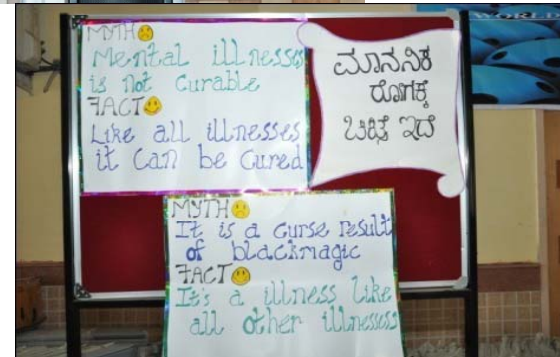
- Creating an exponential growth of the department from the present linear growth

FUTURE PLANS



- To make the department a referral centre for difficult to treat psychiatric illnesses from all over the state
- To make the department a sought after department for training in MD Psychiatry
- To start a unit for training in psychiatric research
- To start collaborative research work with researchers from centers of excellence globally

World Mental Health Day Celebration 2013



Teachers Day Celebration 2013



Banner Display on World Mental Health Day 2013



Good Mental Health in Later Life

World Health Organization

WHAT DO I NEED TO KNOW?

- Mental health problems are common among older adults. Depression affects 7% and dementia 5% of the older population.
- Many of these mental health problems go undetected. Older people are often reluctant to seek help.
- Dementia is a progressive brain disease seriously impacting the lives of affected individuals, their families and their caregivers.
- Although less common, alcohol and substance use disorders affect 1% of older adults.

SYMPTOMS OF DEPRESSION

include persistent sadness, low energy and difficulty functioning. Severe depression can lead people to attempt suicide.

SYMPTOMS OF DEMENTIA

include forgetfulness, confusion and changes in behaviour.

WHAT ARE THE RISKS TO MENTAL HEALTH IN OLDER AGE?

- Older adults are particularly at risk of social isolation and financial difficulty which can negatively affect mental and general health.
- Chronic physical illnesses such as stroke, diabetes and high blood pressure are common and increase risk for mental disorders among older adults.
- Older adults are vulnerable to neglect and maltreatment.

De-stressing after work..!





THANK YOU