IMHANS Kozhikode – 2024



The Institute of Mental Health & Neurosciences (IMHANS), Kozhikode is an autonomous institute established by the Government of Kerala in 1982.

The main objectives with which this institute was formed were: -

1. To develop the institute into a premier centre with advanced treatment and post- graduate training in all the neuropsychiatry disciplines

2. To provide comprehensive mental health care for the mentally ill patients by early detection, modern treatments and rehabilitation.

3. To develop community mental health programs and training of primary health care personnel including medical and para-medical staff.

4. To conduct research activities regarding the molecular, neurophysiological, psychological and sociological basis of neuropsychiatric disorders.

5. To educate the public about neuropsychiatric disorders in the public.

The teams here include

**1. Department of Psychiatry**

The Department of psychiatry at IMHANS provides regular consultations for

Adult Psychiatry OPD, Child Development Services, Rehabilitation Centre, Psycho

Oncology OP at Pain and Palliative clinic, aphasia clinic, and Tribal Mental Health Project,

Wayanad.

Psychiatry department also provides regular Child and adolescent and Adult

Psychiatry telemedicine services through the e-sanjeevani OPD, online portal established by

Ministry of Health and Family welfare, Government of India. Faculty from Psychiatry

department are involved in various training programs including that of DNB Psychiatry

trainees, Pediatrics post graduate trainees, house surgeons, MPhil trainees etc.

**2. Department of Clinical Psychology**

The Department of Clinical Psychology at IMHANS is presently running the

fifth batch of the MPhil program in Clinical Psychology under Kerala University of

Health Sciences (KUHS), recognized by Rehabilitation Council of India (RCI); with its

first batch having successfully passed out in the month of October 2019 and second batch

passed out in 2021. The current strength of the MPhil trainees is 16 with 8 in each batch

(Part I &amp; II). IMHANS is the only centre in the Government sector in Kerala to

conduct MPhil course in clinical psychology. The department provides

1 IQ assessment   
2 LD assessment   
3 Psycho diagnostic assessment   
4 Neuropsychological assessment   
5 Rating scales   
6 Case work up of child and adolescent cases   
7 Case work up of adult cases   
8 Counselling   
9 Psychotherapy   
10 Supportive therapy   
11 Behaviour therapy   
12 Family/marital interventions   
13 Relaxation training/biofeedback therapy   
14 Parental management/education training   
15 De-addiction counselling   
16 Group Sessions (RFU)   
17 Psychodermatology Case work up and  
intervention (Medical College Hospital

**3. Department of Psychiatric Social Work**

IMHANS is the pioneer institute under government sector in Kerala and the second

institute in South India to start M Phil course in Psychiatric Social work during the

academic year 2014-16. Department of psychiatric social work at IMHANS started

functioning in the year 2014, with 4 faculty members (2 Assistant Professors and 2

Psychiatric Social Workers). The course is affiliated to Kerala University of Health Sciences

(KUHS), with an intake of 8 students per year. It is a 2-year full-time course.

PhD course in Psychiatric Social Work was started in the year 2022. The services also include

Case Histories and MSExamination

Follow-up Services

Psycho Social Assessment

Individual intervention

Group Intervention

Family Intervention

Marital/Family Therapy

Parental Management/Education Training

Psycho education

Supportive Intervention

Activity Schedule

Pre-discharge Counselling

Social Skill Training

De-addiction Counselling

Rehabilitation and Placement

Home/School Visit

Agency/Workplace visit

Referral for Disability certificate

Community Mental Health

School Mental Health

**4. Department of Psychiatric Nursing**

The Department of Psychiatric Nursing started functioning at IMHANS in 2014.

The department forms a vital part of the multi-disciplinary team of the institute and has the

dual responsibility of teaching and patient care.The department conducts the Post Basic

Diploma in Psychiatric Nursing (PBDPN),started in 2015-16 with an intake of 10 students. Indian

Nursing Council and Kerala Nurses and Midwives Council recognise the course. This course is

first of its kind in government sector in Kerala and is designed to strengthen the knowledge and

skill of registered nurses to render quality care to the mentally ill, addressing the shortage of

Psychiatric Nurses in Kerala. Considering the job opportunities of registered caregivers, the

department has obtained NOC from the state government and applied to the Rehabilitation

Council of India for the permission to start Certificate Course in Care Giving (CCCG) and

awaiting inspection from RCI. The department is involved in the training of BSc Nursing and MSc

Nursing students of the Govt. Nursing College, Kozhikode and students from other institutions

who seek clinical and research experience at IMHANS. Psychiatric nursing department is

vibrant in various community outreach programmes, research and clinical activities of

IMHANS. Service provided

Patients/Cases

Emergency cases:

Psychiatry and non- psychiatry cases

Physical examination

Case History and MSE

Medication administration

Group intervention for chronic psychiatric

patients

Healthcare counselling

Medication counselling

Nursing Management of Dementia

Psycho education

Total cases seen – 8734

**5. Child Development Services**

The Child Development Services is the child and adolescent mental health division of

IMHANS. Services of Paediatrician, Psychiatrist, Medical Officer, Clinical Psychologist, Speech

therapist, Occupational therapist, Early Intervention therapist and special educator are

available in this centre. Faculty from the Dept. of Psychiatry, Dept. Of Clinical Psychology,

Dept.of Psychiatric Social Work also involve in the consultation of children coming for treatment

at CDS. IMHANS-CDS also provides clinical posting to students of various courses thus helping

in their academic and research activities. Trainees doing MD Psychiatry, MD Community

Medicine, MDS Paediatric Dentistry ,MD Paediatrics, MBBS, B.Sc Nursing, M.Sc Nursing,

M.Phil(Clinical Psychology), M.Phil( Psychiatric Social Work), Post Basic Diploma in Psychiatric

Nursing, Speech & Language Pathology are provided clinical posting at CDS.

Total no: of cases 16112

SPEECH &AUDIOLOGY: Total 9606

EARLY INTERVENTION: Total 1261

OCCUPATIONAL THERAPY: Total 2945

CLINICAL PSYCHOLOGY: Total 3222

SPECIAL EDUCATION:Total New 2539

Special Anganwadi Project Training 11

IEC programme for parents 2

Cerebral Palsy camps 7

Seminars organised 1

Skill development camp for children with LD 1

Children’s Day Celebration 1

School Mental Health programme 2

Major programmes organised:

\*\* A One day workshop on Autism Spectrum Disorder was conducted on 04/05/24 at IMHANS

in association with Dept.of Clinical Psychology, IMHANS.

\*\*Children’s Day celebration was conducted on 16/11/24 in association with Telemanas

project, IMHANS. Children coming for various therapy sessions at IMHANS participated in the

event.

\*\* Our multidisciplinary team members regularly take classes for Anganwadi staff as part of the Special Anganwadi training programme organised by Kerala Social Security Mission.

\*\* The staff members also serve as members of the monthly Medical Board conducted at IMHANS.

\*\*The early intervention therapist coordinates the Presurgical and PreBotox assessment camps for children with Cerebral palsy conducted in association with Dept. of Orthopaedics, Govt. MedicalCollege, Kozhikode and VKM Special school as part of Mobility mission project.

**6. Rehabilitation Centre**

The central rehabilitation unit of the Institute of Mental Health and Neurosciences

(IMHANS) commenced operations in the Government Mental Health Centre campus in

Kuthiravattom, Kozhikode, in 1989. Currently, 50 beneficiaries directly benefit from this

service across various aspects. Notably, 45 beneficiaries are currently utilizing the daily

activities of the center and are directly linked to it. The rehabilitation centre operates as a

sheltered workshop that functions as a printing press. The beneficiaries engage in these

activities as part of their training. Reward money is provided as an incentive to encourage their

work behavior and assess the quality of their work. Additionally, the clinical team conducts

periodic evaluation of their symptoms, and appropriate psychosocial interventions are

implemented.

. Activities include

\*\*Notebooks Manufacturing Unit:\*\*

- \*\*Printing Unit:\*\*

- \*\*File/Folder Making Unit:\*\*

- \*\*Binding Unit:\*\*

These manufactured items are distributed to various government hospitals, family health

centers, primary health centers, ICDS project offices, and National Health Mission projects.

7. **Centre for Interdisciplinary Brain Sciences (Neuroscience**

**Research Laboratory)**

The Centre for Interdisciplinary Brain Sciences (CIBS) at the Institute of

Mental Health and Neurosciences, Kerala is a flagship research centre established in 2022 to

address fundamental and translational research questions in psychiatric and

neurodevelopmental disorders. The Neuroscience Research Laboratory was set up as a

part of the Centre of Excellence grant from the Government of India and started

functioning in 2019 to undertake biological psychiatric research and provide services for

neuro-diagnostic investigations.

Research Publications

Diagnostics (cytogenetic analysis)

EEG

Polysomnography

Visual Evoked Potential

**8. Autism Centre**

Autism centre is a project of the State Initiative on Disabilities to

provide comprehensive care to children with developmental disorders with

predominantly autistic features, which is being established in all the Govt. Medical Colleges

in the state. The centre at IMHANS is in addition to the autism centre at the Govt. Medical

College, Kozhikode and the manpower include a psychiatric social worker, speech

therapist, occupational therapist, physiotherapist, special educator and developmental

therapist. The centre at IMHANS functions as an extension clinic of the CDS from 16th August

2018 onwards.

Clinical Activities include

Screening, Early Detection and Assessments

Counselling and guidance

Psycho education

PMT(Parental Management Therapy)

Behavioural Therapy

Group therapy

Awareness and sensitization Programme

Academic skill

Daily Living Activities

Speech language Therapy

Physiotherapy

Developmental Therapy

Occupational therapy

9**. Recovery Facilitation Project**

Recovery facilitation project is facilitating recovery of adults with severe

mental illnesses through training and support. It started on January 2018 at IMHANS

campus and is funded by the State Social Justice Board. The centre provides a

comprehensive array of services meant to aid the efforts of people with severe mental

disorders from their illness.

Centre is operating on day care basis. Travel, food and essential medicines are

provided for selected beneficiaries for limited periods based on recommendation of the

treating team. The services provided are mentioned below.

Objectives: To help individual with severe and chronic mental illness to recover from

illness To rehabilitate and reintegrate them in the community.

Total number of cases 2024- 36

Total Beneficiaries - 50

Successful placement -23

Old cases continuing – 46

10. **Tribal Mental Health Project**

The tribal mental Health Project Wayanad (TMHP) by IMHANS Kozhikode funded

by the Scheduled Tribe Development

The Primary activity of TMHP consisted of the provision of effective homebased

Screening and enrollment for newly referred patents and ensuring monthly follow up of the

enrolled patients at their homes every month. The TMHP team travelled an average of 2100

Kilometers across all areas of Wayanad District every month for the provision of mental

health treatment and care.

The TMHP has enrolled 840 as patients to December 2024

At present TMHP covers all 15 Tribal Extension Office functional areas in Wayanad district.

TMHP referred 5 tribal Patients living in remote areas with other medical conditions

were identified by TMHP during their field visits were referred to Tribal mobile medical

units and general identifies for further medical care.

11. **Tele-MANAS Project**

The central government has selected IMHANS to facilitate "Tele Mental

Health Assistance and Networking Across States (Tele-MANAS)" in Kerala and

Lakshadweep. The tele-MANAS initiative was launched on World Mental Health Day

on 10/10/2022 by the Ministry of Health and Family Welfare. IMHANS, Kozhikode is

the Mentoring Institute in Kerala and functions as a referral center for the State Cell and

Lakshadweep. Tele-MANAS provides free tele-mental health services 24X7 all over the

country, particularly catering to people in remote or under-served areas. A toll-free, 24/7

helpline number (14416) has been set up across the country to allow callers to select

the language of choice for availing services. Service is also accessible on 1-800-91-4416.

In the year 2024, TeleMANAS has introduced an android application which is easy to use, navigate and avail services of TeleMANAS. Also a missed call feature was rolled out during the year with a feature to get a call back from the counsellors, if they are busy on other calls.

* Article "Abuse of Older Adults" prepared by Dr. P Krishnakumar, Director IMHANS & Dr. Sheeba Ninan Sr. Consultant, Geriatric Psychiatry, TeleMANAS on June 15, 2024

Monthly visits to CHC,FHC, taluk hospital

As part of IEC and improving networking in the state, DMHP visits done regularly