



**Government Medical College and New Civil Hospital  
Surat – 395 001, Gujarat, India.**



Department of Psychiatry

Tel: Hosp: 0261- 2208421

Res: 0261- 2230172

Dr. Ritambhara Y. Mehta M.D.

Professor and Head

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**2014 - Programs Conducted at Department of Psychiatry**

**1. Fortnightly Psychiatry OPD services at CHC Jhankhvav – Since 2007**

It is a tripartite model of collaboration enterprising Government infrastructure, Government staff, Private psychiatrist and residents from the Department, attending to around 450-500 patients. Medications are provided free. Patients requiring further management are referred to Psychiatry OPD 13, New Civil Hospital, Surat.

**2. DASH Project – inception since 2009**

- a) Distress and Suicide Prevention Help for Medical students - Counselling
- b) UG Induction workshops in batches of 50, for new entrant 1<sup>st</sup> Year medical students with aims of Sensitization and Awareness for Challenges and Stresses of Medical Student Life
- c) PG Induction Workshops in batches of 50, for 1<sup>st</sup> Year Resident doctors with aims of Sensitization and Awareness for Challenges and Stresses of Resident Doctors' Life and Doctor Patient Relationship.
- d) UG Psychiatry Quiz for Intra-college level and South Zonal State Inter-college level

**3. Quality Rights for Mentally Ill, A grand Challenges Grant funded by CAMH, Canada, implemented by DoHFW, GoG - 2014-2016**

A three year project sponsored by CAMH, Canada, operationalized by DoHFW, Government of Gujarat, with the objectives to assess the quality of the services provided by the mental health facility at Baseline, have an improvement plan to improve the quality of the services provided by facility. The improvement carried out through training of all level staff in various aspects of Human Rights, Communication Skills, Recovery Planning, Restraint Policy etc. and other aspects like improving the Infrastructure, Basic services, etc. Peer Support Volunteers

**4. PSV – Peer Support Volunteer service – since 2016**

As an outcome of QR Project, with insufficient and nearly nonexistent parapsychiatric staff, PSV concept gained priority after Maitri and Saathi group meetings, which is supported by DoHFW, GoG through some remuneration to PSVs since 2016.

**5. National Mental Health Survey (NMHS-Gujarat) - 2015-2016**

Mental, neurological and substance use (MNS) disorders impose a significant burden on individuals, families and the society. The number of people affected with MNS disorders is not clearly known in India. We are using estimates that are based on studies done during the 1980s and 90s and even earlier. This lack of data has not helped develop need based programmes and prevented measuring the impact of interventions. In this context,



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the present survey is being undertaken across 12 states that would represent India and involves interviewing adolescents, adults and elderly (11-18 and those >18 years). From these interviews we will be able to estimate the burden of MNS disorders. The survey is done to document prevalence and pattern of mental health disorders in sampled population of South Gujarat. House to house survey in 60 different clusters of Surat, Navasariand Narmada districts covering 3000 adults and 300 adolescents using structured questionnaire. Data was be analyzed by an apex institution NIMHANS at Bengaluru. Data was analyzed by an apex institution NIMHANS at Bengaluru. Release of the Summary report on the occasion of World Mental Health Day 2016 at New Delhi By Smt. Anupriya Patel and Shri Faggan Singh Kulaste, Hon'ble Ministers of State for Health and Family Welfare, Government of India.

To view the Summary Report Click here:

[http://www.nimhans.ac.in/sites/default/files/u197/National%20Mental%20Health%20Survey%20-2015-16%20Summary\\_0.pdf](http://www.nimhans.ac.in/sites/default/files/u197/National%20Mental%20Health%20Survey%20-2015-16%20Summary_0.pdf)

## 6. Days Observed towards Community Awareness

- a) **World Schizophrenia Day** – It comes on 24<sup>th</sup> May. This year Patients and Care givers meeting was held. They were shown a documentary, psycho-education regarding the course of illness and improving adherence is given.
- b) **World Alzheimer's Day** – Every year on 21<sup>st</sup> of September. A screening camp was held in OPD, in which baseline assessment was carried out along with requisite investigations. This was followed by a seminar for education about the early signs and pointers to the illness, methods to improve cognitive skills and skills for care giving were discussed.
- c) **Mental Health Week** (4<sup>th</sup> to 10<sup>th</sup> October)- Every Year during the first full week of October, Mental Health week is observed in the Department of Psychiatry. Different awareness raising activities are done every year in mental health week. This Year following activities were done:
  - i. A series of short talks by service users about their journey through the illness and their subjective experiences of the illness was organised. The service users were the key speakers and the staff, care giver and other general population were the audience.
  - ii. The wish tree was painted on one of the wall of OPD-13, Service users who visit the OPD were given a leaf shaped paper where they were asked to write down one hope/ dream that they have and paste it onto the wall. The tree would have additional branches where service users can write about something or someone that helped them recover.



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- iii. Series of workshops, open to the users, care givers and general public was organised with the help of a charitable institute which does activities of skill training especially with marginalised people. Service users were trained in a set of skills so that they can make and sell those things that help them have confidence in themselves and help them in reintegration in society independently.
- d) An epilepsy week to create awareness amongst the patients, Caregivers, & general population; and debunk the myths related to epilepsy by showing videos and interactive sessions by doctors was celebrated in OPD 13, NCH, Surat in January.



World AIDS Day 2018 at Dost Center



DOST center meeting 2016



Maitri on Christmas 2016



Maitri on Uttarayan 2016



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UG Quiz Zonal level September 2016



UG Quiz State level Oct 2016



World Health Day 2017 Depression – Let's Talk



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Mental health awareness week April 2017



PG Induction programme May 2017



GUTS - 'Give Up Tobacco Sensibly' May 2017



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Gatekeeper training for suicide prevention July 2017



Mental Health Awareness Week Oct 2017



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WORLD SCHIZOPHRENIA DAT 2018



DASH PG WORKSHOP 2018



WORLD NO TOBACCO DAY 2018

DASH UG ORIENTATION PROGRAMME



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WORLD MENTAL HEALTH DAY



WORLD AIDS DAY



PG guides training







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**MENTAL HEALTH TRAINING FOR COMMUNITY WORKER**



**World Mental Health Day 10 October 2018 at IIPH**



No Tobacco Day 2019



Poster making No Tobacco Day 2019



World Mental Health Day 2018



World Mental Health Day 2018



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World Mental Health Day 2018



World Mental Health Day 2018



No Tobacco Day 2019



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Wall Paintings on Mental Health Awareness during EUCRASIA 2019



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World Schizophrenia Day 24<sup>th</sup> May 2019



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POST GRAGUDATE Orientation Programme- 25 May 2019



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UG Orientation Program- Senior-Junior Play- 6<sup>th</sup> August 2019



UG Orientation Program- Communication Skills- 14th August 2019



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UG Orientation Program- Ethical values in Medical Profession- 14th August 2019





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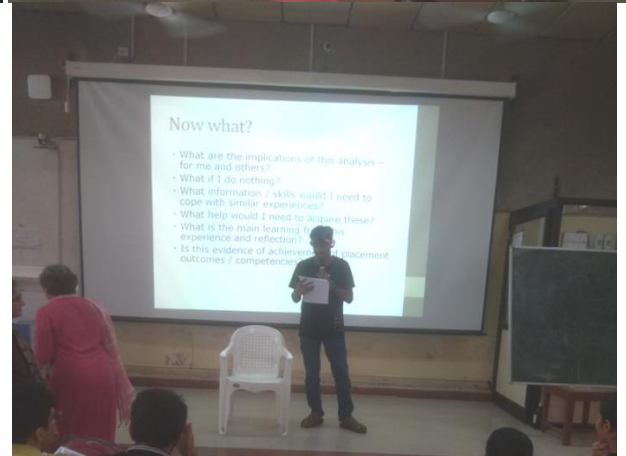
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**UG Orientation Program- Doctor Patient Relationship- 26<sup>th</sup> August 2019**







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UG Orientation Program- Reflective Writing- 31st August 2019





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UG QUIZ Competition- 5<sup>th</sup> September 2019



World Suicide Prevention Day- 10 September 2019



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Swaccha Bharat Campaign- Making of Ravan From Plastic Waste



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Biodegradable Ravan Burning- 9 October 2019



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World Mental Health Day Celebrations-10 October 2019