**Introduction:**
The department of Psychiatry at SDUMC is a full-fledged department offering both outpatient and inpatient care having 30 beds. This is the only mental health center, which acts as a referral center for neighboring districts of Karnataka, Andhra Pradesh and Tamil Nadu. The department also offers counselling and psychotherapy, runs De-addiction clinic, Child guidance clinic, Geriatric clinic, Epilepsy guidance clinic and Community mental health services. It also provides marital counselling and addresses childhood, adolescent behavioural and emotional problems. A separate student-cell is established in the department to attend to the stress related and other miscellaneous issues of the vast number of students.

The department also extends its services to the surrounding NGO organizations for mentally ill and also alcohol de-addiction centers. Yoga therapy along with stress management techniques are incorporated so as to provide holistic care to the patients.

It has one of the best digital EEG machines to cater to the needs of epileptic patients (in terms of diagnosis) and performs EEG for other indications/referred patients. IQ assessment and Personality assessment are conducted in the department.

**VISION/ MISSION/ OBJECTIVES OF THE DEPARTMENT:**

**VISION**
To be a state-of-art Psychiatric facility in Kolar providing education, service and conducting research in catering to the needs of the community in and around Kolar district.

**MISSION**
To improve upon the existing facilities in the department and start Post-graduate course.

**OBJECTIVES**
a) To introduce Postgraduate course in the department.
b) To train the medical graduates to treat common mental illnesses.
c) To provide opportunity for the staff to participate in any on-going faculty development programmes.
d) To ensure optimum participation of staff and students in CME/Conferences/Workshops.
e) To actively participate in research activities and bring out quality research papers.
f) To participate in community activities and increase mental health awareness among general public.

**Brief history of the department:**
The department of Psychiatry was established in 1994 with Dr. K.N Srinivas as the head of the department. Initially the department offered basic psychiatric services for the needy.
patients. The patients were mostly treated on outpatient basis. Consultation- Liaison therapy was also provided to in patients of other specialty departments.

In July 2001, Dr. Nagendran S took over the charge as Professor and HOD of the department. During his tenure lasting for twelve years, major changes were implemented in the department. Apart from providing basic psychiatric health care, patients were given ECT’s and psychometric assessments were started. The department extended its facilities to Kolar OPD so as to bring the psychiatric services to the doorstep of the people of Kolar town. The department viewed a tremendous flow of inpatients and students/interns were exposed to a wide array of psychiatric ailments. During this period, a high end modernized digital EEG machine was procured for the benefit of epileptic patients in terms of diagnosis. More psychometric instruments were also purchased for the benefit of the patients. It was during his tenure, a separate psychiatric ward was established with 15 beds. All acutely ill patients and other chronic schizophrenics were admitted and provided holistic care.

In February 2013, Dr. Mohan Reddy took over the responsibilities as the head of the department. Under his aegis the department expanded further with the inpatient capacity of 30 beds. Modified ECT’s and psychometric assessments continued for the patients. The department saw a regular flow of outpatient-inpatients with more psychotherapies and counselling sessions. The department has applied for starting of postgraduate MD Psychiatry course and is awaiting response. He was instrumental in starting specialty clinics like Child guidance clinic, Geriatric clinic, etc. A separate psychotherapy unit was established in the department with Dr.S.N.Jagadish providing counselling, psychotherapy and psychometric analysis for the patients. A separate student counselling cell was initiated under his guidance.

Updated list of HOD’s

<table>
<thead>
<tr>
<th>Serial No.</th>
<th>Name</th>
<th>(From- To)</th>
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<tbody>
<tr>
<td>1.</td>
<td>Dr.K.N.Srinivas</td>
<td>01-11-1994 01-07-2001</td>
</tr>
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<td>2.</td>
<td>Dr.Nagendran S</td>
<td>02-07-2001 22-02-2013</td>
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<tr>
<td>3.</td>
<td>Dr.Mohan Reddy M</td>
<td>23-02-2013 Till date</td>
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Faculty list

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<tr>
<th>PSYCHIATRY</th>
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<tbody>
<tr>
<td>1.  Dr.Mohan Reddy.M</td>
<td>MBBS,MD</td>
<td>Professor &amp; HOD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>09-10-1969 01-09-2006</td>
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<tr>
<td>2.  Dr.Mona Nongmeikapam</td>
<td>MBBS,MD</td>
<td>Asst.Professor</td>
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<td></td>
<td></td>
<td>23-12-1983 02-04-2013</td>
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<tr>
<td>3.  Dr.Ruth Sneha Chandrakumar</td>
<td>MBBS,MD</td>
<td>Sr.Resident</td>
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<td></td>
<td>14-09-1981 16-08-2013</td>
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<tr>
<td>4.  Dr.Srinivasa Reddy.V.N</td>
<td>MBBS</td>
<td>Sr.Resident</td>
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<td>28-01-1950 10-03-2008</td>
</tr>
</tbody>
</table>
Profile of each faculty:

1. Dr. Mohan Reddy M. (Prof and Head)

No.17,RTO Nagar,Bangarpet Main Road
Kolar -563101.

Email:drmmrpsy@yahoo.co.in
Mobile No. 9845198229.

Experience: 17 yrs

Areas of interest: Alcohol/Drug deaddiction,Mood disorders,stress management.

Research Publications/Projects:


Ongoing research
1. “Use of Medical Student Stressor Questionnaire (MSSQ) In Assessing the Incidence of Stress among Undergraduates in a Medical College Kolar and Quantifying the Wastage – A Longitudinal Study.”
2. “Psychiatric Morbidity in Intensive Care Unit Patients”.
3. “Awareness and Attitude Towards Mental Illness Among A Rural Population”
2. Dr. Mona Nongmeikapam (Assistant Professor)

Flat No.2, F BLOCK
Ground floor, SDUMC Staff Quarters
Tamaka, Kolar 563101.

Email: mona_nk1@yahoo.co.in
Mobile No: 9739970605

Experience: 5 yrs

Areas of interest: Child psychiatry, De-addiction

Research Publications/Projects:

Ongoing research:
1. “Use of Medical Student Stressor Questionnaire (MSSQ) In Assessing the Incidence of Stress among Undergraduates in a Medical College Kolar and Quantifying the Wastage – A Longitudinal Study.”
2. “Psychiatric Morbidity in Intensive Care Unit Patients”.
3. “Awareness and Attitude Towards Mental Illness Among A Rural Population”
4. “Correlation of EEG changes with psychiatric morbidity in a general hospital in Kolar”

3. Dr. Ruth Sneha Chandrakumar (Lecturer)

Room NO. 2, P.G Womens hostel,
SDUMC Campus,
Tamaka, Kolar.

EMAIL: ruth.sneha@gmail.com
Mobile No. 9902987140

Experience: 4 yrs 5mths
Areas of interest: Child psychiatry, Geriatric psychiatry

Research publications/Projects:

Ongoing research:
1. “Use of Medical Student Stressor Questionnaire (MSSQ) In Assessing the Incidence of Stress among Undergraduates in a Medical College Kolar and Quantifying the Wastage – A Longitudinal Study.”
2. “Psychiatric Morbidity in Intensive Care Unit Patients”.
3. “Awareness and Attitude Towards Mental Illness Among A Rural Population”

4. Dr. Jagadish S N

No. 416, 4th cross, Gowripet
Kolar - 563101.

Email: jaggipsycho@gmail.com
Mobile No. 9986334264
Experience: 17 yrs

Areas of interest: Child psychology, Sexual medicine

Research publications/Projects:
1. Dr. Jagadish SN. Effectiveness of Cognitive Behaviour Therapy (CBT) on shyness among erectile dysfunction (ED) patients. UNITED JOURNAL OF AWADH SCHOLARS.
2. Dr. Jagadish SN. Effectiveness of cognitive Behaviour Therapy (CBT) on shyness among DHAT syndrome patients. ASIAN JOURNAL OF DEVELOPMENT MATTERS.
3. Dr. Jagadish SN. Relationship between shyness and insecurity among high school students. UNITED JOURNAL OF AWADH SCHOLARS.

5. Dr. Srinivas Reddy (Senior resident)

ROOM NO.3,
P.G. MENS HOSTEL,
SDUMC CAMPUS,
TAMAKA, KOLAR-563101.

Email: drumsreddy63@gmail.com
Mobile No. 9448918922
Experience: 5 yrs 6 mths

Areas of interest: Geriatric psychiatry, Schizophrenia

Programmes offered
Teaching and Training

The department functions as an undergraduate & postgraduate teaching center with students from 4th and 7th term being posted for 15 days each during their MBBS course. Interns are regularly posted for 2 weeks on rotation on compulsory basis as per MCI regulations. Apart from this postgraduate students doing MD in pharmacology, medicine & dermatology are regularly posted to the department.

For MBBS students tutorials & practical demonstrations are conducted as per the curriculum of the university. Interns are trained with hands on basis & present seminars on important topics. Postgraduates also get trained by presenting cases and seeing cases on supervision and present seminars, case conferences and journal clubs.

Patient Care

The department provides primary, secondary and tertiary care in mental health services to the people residing in and around Kolar district.

Community services

The department offers ongoing mental health training programs for primary health care doctors and paramedical staff in liaison with government of Karnataka. The faculty strives to create mental health awareness/hygiene to the public regularly. The department is also actively involved in camps organized by the parent institution in association with the other social organizations regularly.

Stress Management Skills are taught to Medical students, degree students of Kolar and to vulnerable populations like police forces, patients attempting suicide and farmers in distress.

Facilities

The infrastructure consists of 30 psychiatry inpatient beds and OPD department providing the following services.
1. Admissions for severely mentally ill
2. Detailed evaluation for new cases
3. Follow up of old cases
4. Consultation liaison services
5. Psychotherapy
6. Biofeedback and Behavior therapy
7. Electro convulsive therapy
8. Psychological assessment
10. Narcoanalysis
Specialty Clinics

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<tbody>
<tr>
<td>Mondays</td>
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<tr>
<td>Tuesdays</td>
<td>COMMUNITY PSYCHIATRY</td>
</tr>
<tr>
<td>Thursdays</td>
<td>DE-ADDICTION CLINIC</td>
</tr>
<tr>
<td>Saturday</td>
<td>GERIATRIC PSYCHIATRY</td>
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</tbody>
</table>

Publications and research

8. Dr. Jagadish SN. Effectiveness of Cognitive Behaviour Therapy (CBT) on shyness among erectile dysfunction (ED) patients. UNITED JOURNAL OF AWADH SCHOLARS.
9. Dr. Jagadish SN. Effectiveness of cognitive Behaviour Therapy (CBT) on shyness among DHAT syndrome patients. ASIAN JOURNAL OF DEVELOPMENT MATTERS.
10. Dr. Jagadish SN. Relationship between shyness and insecurity among high school students. UNITED JOURNAL OF AWADH SCHOLARS.

**Ongoing research**

Three research projects have been approved by the Academy and are in progress:

1. “Use of Medical Student Stressor Questionnaire (MSSQ) In Assessing the Incidence of Stress among Undergraduates in a Medical College Kolar and Quantifying the Wastage – A Longitudinal Study.”
2. “Psychiatric Morbidity in Intensive Care Unit Patients”.
3. “Awareness and Attitude Towards Mental Illness Among A Rural Population”
4. “Effectiveness of cognitive behavioural therapy on depression, anxiety, stress and shyness among patients with erectile dysfunction”
5. “Deliberate self-harm and psychiatric morbidity in a rural population in Kolar”
6. “Correlation of Encephalogram changes with psychiatric morbidity in a general hospital in Kolar”

**Conferences, CME’s conducted**

1) The department of psychiatry conducted a CME on “Suicide Prevention” on 10th September 2013.
2) A CME titled “Mental health awareness amongst general public” was organized on 17th October 2013.
3) World Alzheimer’s day was observed from 21-23rd September 2013.
4) WORLD SUICIDE PREVENTION DAY was conducted as a patient awareness programme with skit and interaction with the public on September 10 2014
5) Alzheimer’s day was celebrated with collaboration with the department of Physiology on September 22 2014.

**Details of prizes and awards**

Dr. Jagadish was conferred with Ph.D degree in psychology from Mysore University in November 2012.

**Any other**

1. Dr. Mohan Reddy served as Honorary Secretary of Indian Psychiatric Society - Karnataka Branch from 2008-2009.
2. All the faculty members are members of the Indian Psychiatric Society.
3. The department of Psychiatry actively participated in providing basic mental health training to PHC doctors and paramedical workers of Kolar district from
2008-2010, a program sponsored by Government of Karnataka.

4. Dr. Mohan Reddy was invited as a guest speaker to talk on mental health for primary care physicians under NPCDCS Scheme.

5. Dr. Mona Nongmeikapam is a member of Indian Medical Council and IPS-East zone and had been an organising member for CEZIPS 2012.

6. The department of psychiatry has been actively involved in creating mental health awareness among public, college students and police personnel through guest lectures, role play, distributing pamphlets, etc since 2008.

THE DEPARTMENT: (from right to left) Dr. Mohan Reddy M, Dr. Jagadish, Dr. Mona Nongmeikapam and Dr. Ruth Sneha

EEG Clinic: 

Biofeedback:
Electroconvulsive Therapy being given under general anaesthesia

WORLD ALZHEIMER’S DAY 2014 (Sep 21st)
WORLD SUICIDE PREVENTION DAY 2014 (Sep 10th)

DEPARTMENTAL CMEs:
1. September 10th 2013: theme “Suicide Prevention”
2. OCT 17th 2014: “Creating Mental Health Awareness”

ALZHEIMER’S DAY 2013:
Miscellaneous:

Regional newspapers covering our Public Awareness programme

National IPS Conference ANCIPS  Nightingale’s Society Camp
DEMEDCON 2014 (Poster presentation by 5th term students)

POSTER PRESENTATIONS by undergraduates and interns on relevant themes

e-poster by 7th term student

Website in-charge
Dr. Mona Nongmeikapam

Prof & HOD
Dr. Mohan Reddy M