

State Nodal Officer: Dr. A. Ranita Devi
Joining Month: Jan 2018
Programme: **National Mental Health Programme**

Activity 1. (I.E.C. Activities for the year 2016-2017)

- One Day Awareness Programme for ASHAs Voluntarily done at Lilong PHC and Khoirom PHC (2016-17).



- Outreach Clinic (2016-17)



- Outreach clinic at wangjing (2016-17) in collaboration with NGO



- Observance of World Mental Health Day 2016 at Thoubal Athokpam. (Voluntary)



- Observance of World Mental Health Day 2017 at Yumnam Huidrom, by DMHP Thoubal Team in collaboration with legal services authority



- One day awareness programme on Mental health (Thoubal Kshetri Laikai 10th Jan 2018)



Activity 2 (Mental Health Care Training 2017-18)

- Five Days Training Programme of Primary Health Care **Medical Officers** and Three Days **Nurses/ Paramedical** Staff of MHS on “Mental Health Care in Primary Health Care Set Up” with one day practical exposure at Dept. of Psychiatry, RIMS organized by National Mental Health Programme, Manipur, in collaboration with the State health Society, NHM, Manipur.

A. Batch 1 training: 5 days training for PHC's 30 Medical Officers and 3 days training for 30 Nurses/paramedical staff for the **Valley districts** of Manipur were held w.e.f 20th February 2018 at Faculty Block, Dept. of Forensic Medicine JNIMS.

- ✓ Out of Nominated 30 Medical Officers and 30 nurses/paramedical staffs, 24 MOs and 27 nurses/paramedical staffs attended the training programmes respectively.
- ✓ One day practical exposure at Dept. of Psychiatry, RIMS for Medical officers was conducted.

Enclosed with pictures :(Batch 1 training)



B. Batch 2 training: 5 days training for PHC's 30 Medical Officers and 3 days training for 30 Nurses/paramedical staff for the **Hill districts** of Manipur were held w.e.f 13th March 2018 at Faculty Block, Dept. of Forensic Medicine JNIMS.

- ✓ Out of Nominated 30 Medical Officers and 30 nurses/paramedical staffs, 18 MOs and 24 nurses/paramedical staffs attended the training programmes respectively.
- ✓ One day practical exposure at Dept. of Psychiatry, RIMS for Medical officers was conducted

Enclosed with pictures :(Batch 2 training)



C. Batch 3 training: (Approved in 2017-2018) 5 days training for PHC's 39 Medical Officers and 3 days training for 38 Nurses/paramedical staff for the **Hill districts** of Manipur were held w.e.f 13th March 2018 at Faculty Block, Dept. of Forensic Medicine JNIMS.

- ✓ Out of Nominated 39 Medical Officers and 38 nurses/paramedical staffs, 19 MOs and 25 nurses/paramedical staffs attended the training programmes respectively.
- ✓ One day practical exposure at Dept. of Psychiatry, RIMS for Medical officers was conducted

Enclosed with pictures :(Batch 3 training)



Activity 3 (IEC/BCC 2017-18)

- One Day Awareness at community level cum health camp

NMHP organized a one day Awareness programme at community level at Wangjing, Sorokhaibam Leikai, Thoubal as a part of IEC/BCC activity on 28th March 2018.

- ✓ Staffs of Health Services and NHM attended the program along with two resource persons Dr. A. Ranita (SNO, NMHP) and Dr. Kh. Robindro singh (Psychiatrist, Chandel District)



Activity 4: Tentha Model School, Tentha Khunou (Targeted Intervention Programme)

National Mental Health Programme, NMHP Unit Manipur organized Targeted Intervention Programme on “Promotion of Mental Health Education at “Tentha Model School, Tentha Khunou”, Thoubal District on 29th March 2018



Activity 5: Ideal School, Thanga (Targeted Intervention Programme)

National Mental Health Programme, NMHP Unit Manipur organized Targeted Intervention Programme on “Promotion of Mental Health Education at “Ideal School, Thanga”, Tongbram Leikai, Bishnupur District, Manipur on 21st April 2018.



- **Other on-going activities**



- OPD and IPD services for Mental Health at various District Hospital.
- Regular follow up of cases.
- Psychotherapy and counselling services by the psychologists and social workers.
- Home Visit of Patients by Psychiatric Social Workers, Nurses.
- Drug treatment programme—detoxification, long term management etc.
- Assessment of I.Q and other Psychometric Tests.
- Disability certification for mentally Disabled.
- Provision of supply of essential psychotropic drugs at District hospitals, CHC &PHCs subject to availability.
- Monthly visit to Sajiwa Jail and Central Jail, deaddiction centres, home for mentally handicap individuals etc.

Other activities planned for expansion

- ❖ School mental health programme
- ❖ College mental health programme
- ❖ Suicide prevention programme
- ❖ Intersectoral collaboration with various departments
- ❖ PPP models
- ❖ Opening of Day care centres, residential long term continuing care centres for mentally ill persons etc.