CHAPTER - 4
MENTAL HEALTH AND NEUROSCIENCE EDUCATION AND SERVICES IN KARNATAKA STATE
4.1 Introduction

Karnataka has the reputation of being a progressive state in the Indian Republic. Its rich natural resources, historical monuments, pilgrimage centres, educational institutions, scientific and technological organizations and tourism centres have attracted people from all over the world. Karnataka has a rich legacy. Its contributions in the fields of education and health are well known. Mental health care is another area in which Karnataka’s contributions are well appreciated. Karnataka is the first state in the country to establish teaching and training centre in the field of mental health. Karnataka also remains in the forefront regarding the availability of financial support to the mentally handicapped individuals in the country. The mental health and neuroscience education and service related details are furnished in this chapter.

4.2 Mental Health and Neuroscience Education in Karnataka

Karnataka popularly known for Carnatic Music throughout the world has given much more to the world than music. Karnataka with all its richness in culture and traditional grandeur is also one of the prominent states in terms of education and health care. It has been the cultural centre for several hundred years and the state attracts millions of tourists from all parts of the world. Karnataka is called Karunadu (elevated land) in several aspects of human life and culture.

Mental health care is another area in which Karnataka’s contributions are duly documented and appreciated by the historians. Mental asylums were started in Dharwad (1846) and in Bangalore (1848) in order to provide the benefits of treatment and rehabilitation to the mentally disabled individuals.

The mental asylum centre was established in Dharwad in 1846. Now it is known as the Institute of Mental Health with 375 beds, daily out patients’ services and allied facilities. This institution specifically conducts training programmes for nurses in mental health. It is attached to Karnataka Institute of Medical Sciences Hubli and involved in the training of under-graduate medical students. The Institute has also become an autonomous institution and provides certain post-graduate courses in the field of mental health and neurosciences. It has received financial assistance from the Government of Karnataka.
Another mental asylum centre was started in Bangalore in 1848. It was renamed as Mental Hospital in 1925. It was shifted to the present place in 1937. The Maharaja of Mysore played a pivotal role in establishing the first teaching and training centre of the country namely, All India Institute of Mental Health (AIIMH) in Bangalore in 1954 by enlisting the support of the Government of India. Both the institutions were amalgamated in 1974 and renamed as National Institute of Mental Health and Neurosciences (NIMHANS). This institute has grown in stature over a period of time and provided state of the art facilities in the field of mental health and neuroscience to the people. This institution was accorded the status of deemed university in 1994 with 22 departments, 500 beds and allied facilities. The Department of Psychiatry has about 30 faculty members, 7 units and daily out patients’ services for more than 600 patients.

Every year, post-graduate courses for 14 MD and 6 DPM are offered in addition to several short term training programmes to post-graduate students from other psychiatric institutions of the country. Post-Graduate, M.Phil and Ph.D level programmes are designed and implemented in the fields of Mental Health Education, Mental Health and Social Psychology, Psychiatric and Neurological Rehabilitation, Bio-physics, Bio-statistics, Epidemiology, Human Genetics, Neuro anaesthesia, Neuro-chemistry, Neur-oimaging and Interventional Radiology, Neurology, Neuromicrobiology, Neuropathology, Neurophysiology, Neurosurgery, Neurovirology, Psychiatric Nursing, Psychiatric Social Work, Psychiatry, Psychopharmacology, Speech Pathology and Audiology. Short-term training programmes are also offered to school and college teachers on various aspects of mental health care including D-addiction services and child psychiatry. Research activities are also undertaken in different areas – from molecular to community psychiatry.

The Department of Psychiatry is also established in all the 10 government medical colleges and 31 private medical colleges in the state of Karnataka. Mental health and neuroscience related educational, training and research opportunities are available in public and private medical colleges. Prominent among them include – BANGALORE Medical College and Research Institute, (Bangalore) St. John’s Medical College (Bangalore), Kempegowda Institute of Medical Sciences (Bangalore), Maipal Institute of Higher Education (MAHE) (Manipal), Ramaiah
Medical College (Bangalore), JJM Medical College (Davangere), JSS Medical College (Deemed University, (Mysore), JNMC Jawaharlal Nehru Medical College (Belgaum).

Mental Health and Neuroscience educational facilities are also available in leading government general hospitals in various districts of Karnataka state. There are more than 50 leading mental health and neuroscience professionals in Karnataka state. Prominent among them include - C.R. Chandrashekar, K.A. Ashok Pai, K.S. Sridhar, G.S. Phalaksha, K. Nagaraj Rao, V.K. Bhat, Chittaranjan Andrade, Kumaraswamy, H.Girijamma, T.S. Satyanarayana Rao, Vishwarupachar, M. Shivaram and others.

In Karnataka different innovative approaches are being tried to deliver mental health and neuroscience services. In the absence of professional counselors in the schools and colleges, teachers are trained to perform the role of counselors after availing short-term training programmes. Karnataka has also initiated programmes in the area of mental retardation. There are about one hundred special schools in and around Bangalore and about fifty special schools in the state of Karnataka. There are about 35 residential care institutions for the benefit of mentally disabled individuals. About 30 non-government organizations are also funded by the Ministry of Social Justice and Empowerment to provide the benefits of medicare and rehabilitation. The mental health professionals are actively carrying on mental health and neuroscience education by using formal and informal sources of education and training.

Karnataka is also in the forefront in the nation from the point of view of advanced research in the field of mental health and neuroscience. Epidemiological studies, acute psychosis, obsessive compulsive disorder, schizophrenia, affective disorders, child and adolescent disorders, molecular and genetic aspects of affective disorder, HIV infection and mental health, dementia, parapsychology and other areas are effectively covered by the researchers in the state of Karnataka. The Indian Psychiatric Society, Karnataka branch was also established in 1970s with about 200 life members and 50 life associate members. It conducts various activities and programmes to benefit mental health and neuroscience professionals and various publics in Karnataka state.
Debates, Quiz competitions, Seminars, Workshops, Conferences and other awareness programmes are also organized in the state of Karnataka regularly. The mass media are also actively used as informal channels of education in mental health and neuroscience subject. Counselors and activists are also groomed to facilitate better mental health care to the disabled individuals in the state of Karnataka. Several departments namely, Health and Family Welfare, Education, Social Welfare, Women and Children, Industry and Commerce, Rural Development and Panchayat Raj etc., are also actively involved in the process of mental health and neuroscience education. Several non-government organizations are also participating in the awareness development exercises.

4.3 Mental Health and Neuroscience Services in Karnataka

The mental asylum which was started in Bangalore in 1848 was renamed as Mental Hospital in 1925 with 200 beds. The first mental hospital building in Bangalore was constructed in 1936 and was shifted to the present place in 1937. The mental health and neuroscience services were systematically organized in Karnataka state in the post-independence era. The All India Institute of Mental Health (AIIMH) was established in Bangalore in 1954 with a view to provide advanced health care services to the mentally disadvantaged individuals in the country. Psychosurgery was first time conducted in the AIIMH. Training of doctors in government hospitals, primary health centres and in general practice to undertake mental health care activities was started in this institution. The mental hospital and AIIMH were amalgamated in 1974 to become NIMHANS. The feasibility study of identifying and managing patience with mental health illness and epilepsy was done in and around Bangalore. This work led to the designing and implementation of National Mental Health Programme (NMHP) of India in 1982.

AIIMH was accorded deemed university status in 1994. It is now well known in the country as National Institute of Mental Health And Neurosciences (NIMHANS). The alumni of this institute are working in almost all countries in the world. The Supreme Court and High Courts noted the progress of this institution with satisfaction and directed the Central and State Governments to improve the mental hospitals along the lines of NIMHANS because of the advanced scientific methods of managing mentally disadvantaged individuals in terms of open wards,
family wards, short stay wards and community outreach programmes. NIMHANS is
the biggest training centre in the country to train mental health and neuroscience
professionals. NIMHANS is assisting the Centre and State Governments in
monitoring the implementation of NMHP. In Karnataka this programme was
implemented in Bellary district for the first time in the country to work out the
logistics and cost effectiveness of treating the mentally disadvantaged individuals in
the community by integrating mental health care services into general health care
system. This also led to the formulation of District Mental Health Programme
(DMHP). About 25 states have implemented DMHP and in the 10th Five Year Plan
it was extended to 100 districts all over the country. The mentally disadvantaged
individuals are placed in various hospitals.

Mental health care services are also extended outside mental hospitals in
Karnataka. Departments of Psychiatry with outpatient and inpatient services are
established in all the 8 government medical colleges and 29 private medical colleges
in Karnataka state. Mental health care and neuroscience services are also made
available in the government general hospitals and private hospitals in the
state. There are also certain block level mental health and neuroscience centres like
Thirthahalli, Puttur, Kundapur, Sirsi, Bhadravathi, and Hospet and so on.

In Karnataka, different innovative approaches are being tried to deliver
mental health care services. Some of them are cost effective and are adopted by
others in the country and abroad. Mental health and neuroscience services are also
made available through the doctors, paramedical workers, general practitioners,
college teachers, NSS volunteers, Anganwadi workers and others. There are about 7
satellite clinics which are managed by NIMHANS and voluntary organizations. Half
way home facilities and short term care facilities are also made available for chronic
mentally disabled persons in Karnataka state.

The mental health needs of the victims of natural calamities are gaining
importance in the state. Epidemiological study of suicides and attempted suicide is
also being done in the state. Capacity building workshops are conducted for
different groups like police force, teachers, media personnel, activists and
community leaders. Karnataka has also initiated programmes in the area of mental
retardation. The school and college teachers are trained in the art and craft of
counseling in the absence of professional counselors. Innovative approaches are being made by educational institutions and voluntary organizations to reduce or stop the consumption of alcohol and drugs.

The Government of Karnataka have plans to establish fully equipped psychiatric units in all General Hospitals with a minimum of 10 beds inpatient section, daily outpatient services and outreaching activities. Full fledged departments of mental health and neuroscience are likely to be established in the medical colleges. Other development departments are likely to be involved in the mental health care programmes. Mass media institutions will be actively involved in the implementation of mental health care services in the state.

4.4 Mental Health and Neuroscience Information Services in Karnataka

Mental health and neuroscience information systems can be generally classified as (i) management and administrative information systems and (ii) clinical information systems. The management and administrative information systems generally incorporate the following five broad areas with some illustrative applications.

(a) Infrastructure and Basic Facilities: Building, laboratory, wards, operating rooms, inventory, menus, preventive maintenance, capital construction, library and other aspects constitute the infrastructure and basic facilities centered information systems of mental health and neuroscience institutions in the state of Karnataka.

(b) Human Resources Management Information Systems: Personnel records, personnel skill inventories, personnel management activities, job security, job satisfaction, job promotion, personnel quality control, personnel productivity and man-power analysis constitute the human resources management centered information systems of mental health and neuroscience institutions in the state of Karnataka.

(c) Financial Resources Management Information System: Investment details, employees’ pay roll, general ledger and finance, accounts payable and receivable, patients’ billing, insurance and other aspects constitute the financial resources management centered information
systems of mental health and neuroscience institutions in the state of Karnataka.

(d) Medical Records Management Information System: Patients’ databases, ambulatory care, administrative files, drugs storage, privacy and security, networking and research databases constitute the medical records management centered information systems of mental health and neuroscience institutions in the state of Karnataka.

(e) Mental Health and Neuroscience Specialities Information System: The mental health and neuroscience delivery systems have been marked by increasing specialization leading to the emergence of a large number of specialities and even super specialities. Such aspects are generally covered by the mental health and neuroscience specialities information system in the state of Karnataka.

The mental health and neuroscience libraries and information centres are indeed the service agencies organized in a systematic way so as to serve the information users with felicity. These libraries and information centres are also called as human resource centres which play a significant role in improving mental health care, mental health standard and quality of research in Karnataka State and elsewhere. The target audiences of mental health and neuroscience field include medical faculty, medical practitioners, medical researchers, medical students, health administrators, health policy makers and the general public. The mental health and neuroscience libraries are prime reservoir of information where it is stored, processed and disseminated. Speedy, timely and adequate access to knowledge, experience and expertise to health practitioners, scientists, researchers and others is the need of the hour and mental health and neuroscience librarians have to meet the ever increasing demand by taking the help of new information technologies.

The objectives of mental health and neuroscience libraries and information centres are to provide better means of transmission of relevant data in the form of written or printed words, audio-visual signals, wires, cables, telecommunication technologies, internet and other means. New information technologies play a vital role in disseminating relevant mental health and neuroscience information to various sections of users. These centres are primarily responsible for information storage,
retrieval and dissemination in the field of mental health and neuroscience. Computer technology, CD-ROM technology and communication technology transmit mental health and neuroscience related information in different forms and facilitate better management of diagnosis, treatment, research and developmental activities. These centres play an important role in overall medical care, health education, health administration and health research systems.

4.5 Growth and Development of NIMHANS Library: An Overview

Library and Information Center was started at the erstwhile AIIMH (All India Institute of Mental Health) in the year 1954, with an initial collection of 3775 volumes and subscription to 85 journals. In the year 1974 became National Institute of Mental Health and Neuro Sciences (NIMHANS), the collection at the library has developed in consonance with development of the institute itself both in it's scope and size.

Became National Neuroscience Information Centre (NNIC) in the year 1994, with the financial support (Rs.85.00 lakhs) shared by Department of Science and Technology (DST), Department of Biotechnology (DBT), National Informatics Centre (NIC), Indian Council of Medical Research (ICMR) and National Institute of Mental Health and Neurosciences (NIMHANS). The project was implemented in the year 1993.

Objectives:

- Encourage the use of information sources in the field by providing access to national and international databases
- Act as the national clearing centre, in coordination with participating centres, for information services in all branches of neurosciences, behavioral sciences and allied areas
- Establish link with all important centres in the field of basic and applied neurosciences as well as behavioral sciences in India
- Create and update a comprehensive database of Indian Literature (published and unpublished) in the field of neurosciences and behavioral sciences
- Develop and conduct training programs to the users to enable them to achieve maximum utilization of the facilities and resources developed by NNIC and its participating centres
- Develop and market information products and services to meet the changing needs of neuroscientists and associated user groups, and
- To aim at attaining partial financial self-reliance by marketing services of the centre for a fee.

NIC-NIMHANS National Informatics Centre (NIC), established its National Informatics Centre NET (NICNET) node, with its satellite-based national network, with 64Kbps RF link providing internet and E-mail Services. NIC also has software and hardware input to this collaborative centre located at National Neuroscience Information Centre of NIMHANS.

A very brief view of the chronological stages of development of the library is given below:

1986 - Recognized as a participating centre and HELLIS Net working.
1990 - Shifted to new independent building
1991 - Established NIC-NIMHANS information centre: connected to NICNET.
1993 - Became National Neuroscience Information Centre.
1995 - CD-NET, Multi-Terminal, Multi-Disk Technology.

Library and Information Centre, NIMHANS is a participating centre for HELLIS Network, sponsored by WHO, recognized as a Referral Centre in the area of Mental Health and Neurosciences in the country.

Independent Building:

The library and information centre is housed in a very modern, functional building with an area of 4044 sq. mts It has a seating capacity of 200. A conference hall is also part of the Library and Information Centre.
Collection:

NNIC subscribes to over 1500 e-Journals in addition to over 350 National / International print Journals in the field. Collection includes 35,000 books and 40,000 back volumes of journals, thesis and dissertations, research reports. In order to supplement the library resources, regular contact has been established with international organizations and libraries, namely, National Library of Medicine, USA; National Institute of Mental Health, USA; World Health Organization (WHO); British Library Document Supply Centre, American Library Association, and Duplicate Exchange Union, among others.

Services:

NNIC over the years has developed following services for the benefit of all mental health and neuroscience professionals in the country:

- Providing access to National /International databases.
- Analysis and consolidation of Indian data /literature in the field.
- Data input to National Medical Database (Bibliographic), called INDMED, at NIC, Delhi.
- Creation and Publishing of full text electronic Database in the field.
- Tailor- made information retrieval to both members and non-members in the field.
- Internet and E-mail services to all the faculty and students of NIMHANS.
- Reprographic and full text procurement and distribution.
4.6 Summary

Karnataka state remains in the forefront regarding the availability of financial support to the mentally handicapped individuals in the country. Mental health care is another area in which Karnataka’s contributions are duly documented and appreciated by the historians. Mental health and neuroscience divisions are also established in all the 10 government medical colleges and 31 private medical colleges in the state. Karnataka. And Karnataka state has also initiated programmes in the area of mental retardation. The state has achieved commendable success in the nation from the point of view of advanced research in the field of mental health and neurosciences. National Institute of Mental Health and Neuroscience, Bangalore (NIMHANS) deemed university is the biggest training centre in the country to train mental health and neuroscience professionals. In Karnataka, different innovative approaches are being tried to deliver mental health and neuroscience services. Mental health and neuroscience information centres are developed in Karnataka with a view to facilitate acquisition of documents, processing of documents, improving the services and developing human expertise in the field concerned.