



# Let the Minds talk

A biannual newsletter from

**DEPARTMENT OF PSYCHIATRY, AIMS**



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## Healing Begins in Me...



Chad Varah



Dr. Lakshmi.V

Dear Colleagues,

It gives us a great pleasure when you decide to go through our newsletter themed as Healing Begins in ME (HBM).

Health is wealth is oldest undisputed truth which all of us are aware, but importance is realized only when we fall sick or ill. Till then we live in ignorance or false euphoria of "Well-Being".

Whenever we come across news or witness a suicidal death, the tendency to become enquiring and philosophical for a short time is the commonest experience amongst all of us. Similarly, in the year 1953, Chad Varah, Vicar by profession while counselling patients with emotional stress, found that his waiting room was deserted which used to be full most of the time. This made him to become inquisitive to know the truth, and the truth was that as the waiting period was too long, patients who were waiting in the room become friendly and started discussing amongst themselves and found it to be a big relief and need to see Chad Varah was not required at all. This gave birth to SAMARITANS-befriending, which has spread all over the world and also in India, Chennai and other parts of our country. The goal of this voluntary organization was to eliminate suicidal deaths and give support to emotional distressed population by Connecting, Communicating and Caring them (WHO slogan for the year 2016) as a part of our society instead of isolating them due to stigma or other causes.

Dr.Lakshmi Vijayakumar was inspired when she met Samaritans, during her visit to Vienna to attend a conference of International Association for Suicide Prevention (IASP), and thus the organization emerged on 13th April, 1986, with the name SNEHA located at Chennai who are deeply involved in helping the emotionally deprived and suicidal prone individuals for the past 30 years, to lead a healthy life. Dr.Lakshmi Vijayakumar, Vice President of the IASP, and President of the IASP and W.H.O, in the year 2003, declared September 10th of every year as Suicide Prevention Day. In the year 1974 first Suicide Prevention Clinic in a General Hospital setup was started by Dr.A.Venkoba Rao. Following this such centres were started functioning all over India with the goal of removing stigma attached to suicide, eliminating the suicide deaths and supporting and enabling the emotionally traumatized citizens to lead a healthy life.

Will and Anel Durant considered life "a stage with a single entrance but with many exits". N (natural disasters), A (accidents), S (suicide), H (Homicide) represents the multiple exits. Hitherto Medical, Legal, Social, etc approaches are in vogue and outcome from these encouraging to some extent. By decriminalizing suicide, stigma is reduced partially. Medical and Psychological approaches are also effective partially. No single approach has been convincingly found to be 100 percent effective in eliminating this suicidal behavior. Off the four, accidents, suicide and homicide arise from self which is unstable. Stability of self is directly related to minimizing the above factors, thus preventing the suicidal behavior. Self-correction leads to health and HEALTH BEGINS IN ME.

**- Dr. V.A.P. Ghorpade**

## SUICIDE PREVENTION

Suicide, derived from the Latin word “Suicidium” is the deliberate act of killing oneself. Globally, about 800000 people fall prey to suicide worldwide each year, of these 135,000 (17%) are residents of India, a nation with 17.5% of world population. In the years 1987 and 2007, the rate of suicide increased from 7.9 to 10.3 per 100,000, with higher suicide rates in south- eastern states of India. Statistics of 2012 state Tamil Nadu (12.5% of all suicides), Maharashtra (11.9%) and West Bengal (11.0%) had the highest proportion of suicides. Among large population states, Tamil Nadu and Kerala had the highest suicide rates per 100,000 people in 2012. In Karnataka, there is the burning issue of Farmer Suicides, of above 3000 in the last 3 years, and also Bangalore being the second highest in suicide rates (closely following Chennai).

In terms of the statistics of suicide attempts getting medical attention at our hospital in the last 2 months, here is the account: Totally 65 cases of suicide attempts have been documented out of which 10 cases have been of over dosage of prescribed medications, 1 case of hanging and rest by consumption of pesticides. Majority of them were either impulsive attempts or under alcohol intoxication while people suffering from premorbid syndromic depression were only 5 of them.

Suicide remains a major public health problem, and although it is a complex issue, it can be prevented. Some of the Warning signs for suicide are:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Withdrawing from family and friends
- Taking great risks that could lead to death, such as driving extremely fast
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

As a crisis resolving measure, suicide helplines have come up in due course of time. Few helplines for people with suicidal thoughts in India are:

- 1.SAHAI (Bangalore)- 24\*7, All days of the week: 080-25497777
- 2.AASRA(Maharashtra)24\*7, All Days of the week: 91-22-27546669
- 3.SATH(Ahmedabad) 1pm-7pm, All Days of the week: 26305544
- 4.Farmer Suicide addressal (Mangalore), Government Body: 0824-2440284

- Dr. KEYA DAS

## Photo Gallery – Departmental events in 2016



**Medical Education Unit (MEU)** conducted an orientation programme for university exam appearing 1<sup>st</sup> MBBS students on 5<sup>th</sup> April, 2016 at AIMS, B.G.Nagar. In that program, **Dr. Vinay.H.R** from the department of psychiatry provided inputs regarding stress & Coping skills.



The department of psychiatry organized the 'Free screening and evaluation camp for tobacco abusers' to mark the occasion of '**World No Tobacco day**' on 30<sup>th</sup> May, 2016. Many a patients were given free samples of nicotine gums and tobacco cessation techniques suggested to them. Former professor of NIMHANS and popular doctor for his contribution to mental health literature, **Dr. C.R.Chandrashekar** was called for the guest lecture on '**How to quit smoking and start living?**' which was held on 31<sup>st</sup> May, 2016 at AIMS, B.G.Nagar. There were innovative exhibits (Rangoli & model using matchsticks and cigarettes) prepared by nursing students for the occasion depicting ill effects and need to quit tobacco abuse.



The department initiated periodic village visits to offer deaddiction services to the villages around B.G.Nagar. To start with two such psychiatric camps were held at **Javarannahalli and Dadaga** with the help of local gram panchayat members. Free evaluation was carried out for those attended and given free samples of nicotine.

## Photo Gallery – Departmental events in 2016



The proud aspect for the department to have had the undergraduate students & Interns performing well in the calendar year 2016-17. It was a commendable achievement by the students to grab all three prizes in the state level written prize examination conducted by Indian Psychiatric Society- Karnataka Chapter (IPS-KC) in August, 2016. Amongst the top 20 performers in the said examination, 9 were from AIMS, B.G.Nagar!! **Dr. Karthik.N.K, Dr. Chethan.G & Dr. Abhilash.N** were the interns who bagged the top 3 prizes. Previously, our students (**Abhilash.N and Arunkumar.M**) had won the first place at Annual National Conference of IPS (ANCIPS) held at Bhopal in January, 2016. The department of psychiatry & the Institute congratulated and acknowledged the rare feat achieved by the students.

## CMEs, Conferences attended by faculty

### Dr. VAP Ghorpade

1. 2<sup>nd</sup> Global Conference of Biological Psychiatry, Bangalore (12-14 August,2016)
2. Brain & Mind, CME at Chennai (27<sup>th</sup> August, 2016)

### Dr. Ravikumar.S

1. 2<sup>nd</sup> Global Conference of Biological Psychiatry, Bangalore (12-14 August,2016)
2. Brain & Mind, CME at Chennai (27<sup>th</sup> August, 2016)

### Dr. Vinay.H.R

1. Orientation programme for exam going I MBBS students – Organized by MEU, AIMS, B.G.Nagar (5<sup>th</sup> April, 2016)
2. Guest Lecture in microbiology on 'Vector borne diseases – AIMS, B.G.Nagar (20<sup>th</sup> May, 2016)
3. 2<sup>nd</sup> Global Conference of Biological Psychiatry, Bangalore (12-14 August,2016)
4. Brain & Mind, CME at Chennai (27<sup>th</sup> August, 2016)

### Dr. Keya Das

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2. Brain & Mind, CME at Chennai (27<sup>th</sup> August, 2016)

Now it's time you people let your Minds talk; Feedback/Communication be sent to [departmentpsychiatryaims@gmail.com](mailto:departmentpsychiatryaims@gmail.com)