

Director's Message Annual Report 2023-24

With great pride and a deep sense of fulfilment, I present the Annual Report for 2023-24 of Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH). This year has been marked by both challenges and remarkable achievements as we remain committed to our mission of providing compassionate, high-quality, and evidence-based mental health care and allied behavioural sciences services. As we reflect on our journey, we honour the vision and dedication of those who came before us, whose contributions laid the foundation for our growth.

At LGBRIMH, we firmly believe that mental health is integral to overall well-being. Our efforts this year have been guided by the principles of dignity, respect, and compassion, ensuring a safe and healing environment for all those under our care. The dedication of our healthcare professionals, support staff, and community partners has been instrumental in achieving our goals and delivering on our promise to positively impact the lives of those we serve.

Highlights of the Year:

We served over 143,853 outpatient cases and 2,163 inpatient cases, reinforcing the trust placed in us by the community. Additionally, our team conducted 350454 laboratory and radiology investigations to support patient care, further showcasing our extensive service delivery.

We continue to expand our facilities, offering specialized departments like Addiction Medicine, Geriatric Mental Health, Child and Adolescent Psychiatry, Psychosocial Rehabilitation, Tobacco cessation clinic and behavioural addiction clinic. Rehabilitation services offered Occupational Therapy Unit, Physiotherapy Unit, Speech Therapy Unit, Special Education Unit and Wellness Centre Unit. We also introduce Tele-yoga Services this year, leveraging technology to promote mental well-being and holistic care for individuals.

To promote accessibility and awareness, our team conducted 68 community extension clinics, benefiting 6,892 individuals. Awareness initiatives on prevention, promotion and rehabilitation further strengthened mental health outreach in the region.

LGBRIMH remains a hub of academic excellence, training 940 students this year, including institutional trainees and visiting students, across various programs like M.D. Psychiatry, M.Phil. in Clinical Psychology and Psychiatric Social Work, Ph.D. in Clinical Psychology, Ph.D. in Psychiatric Social Work, Ph.D. in Psychiatric Nursing, Masters in Medical Laboratory Sciences, Diploma in Psychiatric Nursing, PDF and certificate programs. In addition, LGBRIMH hosts various students, Doctors and staff from other institutions for exposure training, providing them with valuable insights and hands-on experience in mental health care. Fifty percent of the seats in our academic programs (MD Psy, M.Phil. CP and PSW, MSc Nursing, MMLS) are reserved for candidates from the North Eastern region on a rotation basis, ensuring greater accessibility and opportunities for local talent in the field of mental health and allied health branches.

Our Faculty, Staff and Students actively participated in 406 events, including webinars, seminars, and awareness activities, fostering greater understanding and collaboration in mental health care.

As we mark 147 years of service, we continue to strive toward our vision of becoming an Institute of National Importance. Our unwavering commitment to providing free and equitable mental health care, advancing research, developing skilled professionals, and promoting rehabilitation remains steadfast.

I extend my heartfelt gratitude to the Government of India, our dedicated staff, and all stakeholders who have supported us in this journey. Together, we are building a society where mental health is recognized as a cornerstone of well-being.

Let us look forward with hope and determination, knowing that our efforts today will shape a brighter, healthier future for generations to come.

Regards,
Dr.J. Hazarika
Director
LGB Regional Institute of Mental Health, Tezpur