

MENTAL HEALTH CENTRE, THIRUVANANTHAPURAM

– AT A GLANCE



Mental Health Centre, Thiruvananthapuram is a reputed hospital for Psychiatry in Kerala. It was established in 1870 by Honorary Royal King of Travancore and during that period the Mental Hospital took care of patients with Epilepsy, Mental Retardation and Psychiatric conditions. Later in 1985, the hospital was renamed as Mental Health centre. Now it is a 507 bedded hospital covering 36 acres with 34 wards, pond and trees.

In early years, there was no system of patient care with patient bystander. The patients who were admitted here was rejected by the Society and stayed here till the end of life. A hope and ray of light entered in this hospital by the visit of Mother Teresa in 1983. Her valuable suggestions and ideas paved a way for Public Support and foundation for various developmental activities within the hospital.

Mentally ill patients from all over the country are getting admitted here and receives excellent treatment care. We have 15 doctors and staffs of different categories to render 24 hours service to these patients.

Among the various developmental activities, rehabilitation for cured mentally ill patients is a prominent one. Twelve years before, it started as a single tailoring unit and progressed to following units and activities.

(1) Female Rehabilitation Unit

- *Tailoring
- *Embroidery
- *Pharmacy cover making
- *Broom making
- *Glass Painting

(2) Sheltered Workshop

- * Spray Painting
- * Soap Making
- * Chair Weaving
- * Welding

(3) Bread Making Unit

(4) Gardening Unit

(5) Agriculture Unit

(6) Male Rehabilitation (Involves Patients in game like chess, caroms, Ball throwing, Shuttle etc.)

(7) Pakal veedu

- * Candle Making
- * Weaving
- * Book Binding

RECENT DEVELOPMENTS

From 11.11.2011, Mental Health Centre has reached a new horizon by a project named, 'Therapeutic Gardening' by the support of State Horticulture Mission. It includes

- *Vegetable cultivation
- * Medicinal plants
- * Ornamental Plants

a) Vegetables cultivated within the hospital premises are Spinach, ladies finger, Snake-gourd, bitter gourd, long beans, brinjal etc.



b) Under Medicinal Plant, we have planted Asokam and Neem along the pathway, Kumizhu, sathavari, Aloe vera, vayana etc. on other areas. The products of these plants will be taken by Ayurveda Department

c) Under Ornamental Plants. Orchid, Torch ginger and Heliconia are planted beautifully with the aim of "bouquet making" for female patients.



The other projects developed are

- i) Food processing unit
- ii) Matinee show
- iii) Library
- iv) Walker's Club
- v) Paper Bag Making

FOOD PROCESSING UNIT

Within the hospital premises there are more than 133 Jack Fruit trees, 103 Mango trees, 30 tamarind and many coconut trees. Until the implementation of this project, these fruits were given to patients but not utilized fully.

At present fruits and other products are given to patients and the excess vegetables and food products made within the hospital involving patients like Jack Fruit Chips, Jack Fruit to Cook, ripe jack Fruit, Green and ripe mango, Mango Pickles are sold within the hospital. The fund raised through the sale is deposited in Hospital development Society fund, which is utilized to give incentive (Rs.50/- every day) for the patients working in these units

A Comparative study done is given below about the productive use of products available in Mental Health Centre from January 2009 to June 2012

	2009 Jan-Dec	2010 Jan-Dec	2011 jan-Dec	2012 jan-June
MANGO	394 kG	357 Kg	134	1243 Kg Pickle - 58 Kg. Ripe -991 Kg, Green – 194 kg
Jack fruit	366 Kg	207 Kg.	299 Kg.	705 Kg To Cook 685Kg, Chips -20 Kg.
Tamarind	46 Kg	120 Kg	45 Kg	137 Kg
Coconut	3558 Nos.	2720 Nos.	2906 Nos	5616 Nos
Vegetables &Tubers	1101 Kg.	628 Kg	415 Kg	1142 Kg.
Plantain	249 Kg.	795 Kg	665 Kg	94 kg
Candles			51 Nos	1000 Nos. 342 Large 628 small

After the implementation of ' Therapeutic Gardening' Project there is a dramatic improvement in utilising the products in a productive way.

ii) MATINEE SHOW

On all Saturdays, a movie is arranged in Conference Hall by the nursing students posted in this hospital. Patients from all wards enjoy the show.



iii) LIBRARY

The Library functioning in Mental Health centre has nearly 6,000 books. These books are utilized by inpatients either in wards or by visiting library.

WALKERS CLUB:- A brisk walk in the morning makes a person more energetic and active. Walker's club was implemented with a focus to activate Chronic mentally ill patients who has Psychomotor retardation. A good progress is noticed in Schizophrenic patients.



PAPER BAG MAKING:- It is a new vocational rehabilitation started with a mutual understanding between Mental Health Centre and "Thanal". Few Stages of paper bag making like cutting and folding paper, pasting paper is done by M.H.C. patients and punching with tag is done by children with Autism and Hyperactivity disorder from "Thanal". Our patients are receiving a reinforcement of Rs.1.50/- per bag.

THERAPEUTIC VALUES FOR PTIENTS

The various developmental rehabilitation projects has the following the therapeutic values. It promotes the patients

- Attention
- Concentration
- Memory
- Listening Skills
- Relaxation
- Self confidence
- Self esteem
- Pre-vocational training
- Physical exercise
- Sensory Integration
- Money Management Skills
- Vocational Rehabilitation
- Reduce Stress

Details of Therapeutic Values:-

1. Attention and concentration:- These skills are important for all activities of our daily life including basic self care skills. This can be improved through activities like embroidery, Painting, cover making etc.
2. Listening skills and Memory:-
It can be promoted through reading, music and matinee show,
3. Physical exercise:- To minimize Psycho-Motor retardation in psychiatric patients, Physical exercise is important. Walking, Spading, Digging, transporting fertilizers etc. helps patient to be physically fit.
4. Relaxation:- Within hospital, it is provided through music Therapy , matinee Show on all Saturdays , Yoga, reading novels etc.
5. Sensory Integration:- Integrated functioning of all five senses along with Equilibrium and balance reaction is called sensory Integration. Games (Shuttle, Ball throwing etc.) Gardening and agricultural works can promote “sensory Integration”.
- 6) Diversional activity:- Horticulture is an infinite diverse activity with therapeutic potential
- 7) Prevocational training:- In all the projects implemented, mentally cured patients are incorporated to get training in particular work, based on their skills. The skills obtained within the hospital can be applied in the community after discharge

FUTURE PLANS

- Book binding unit (Large Scale)
- Block Printing