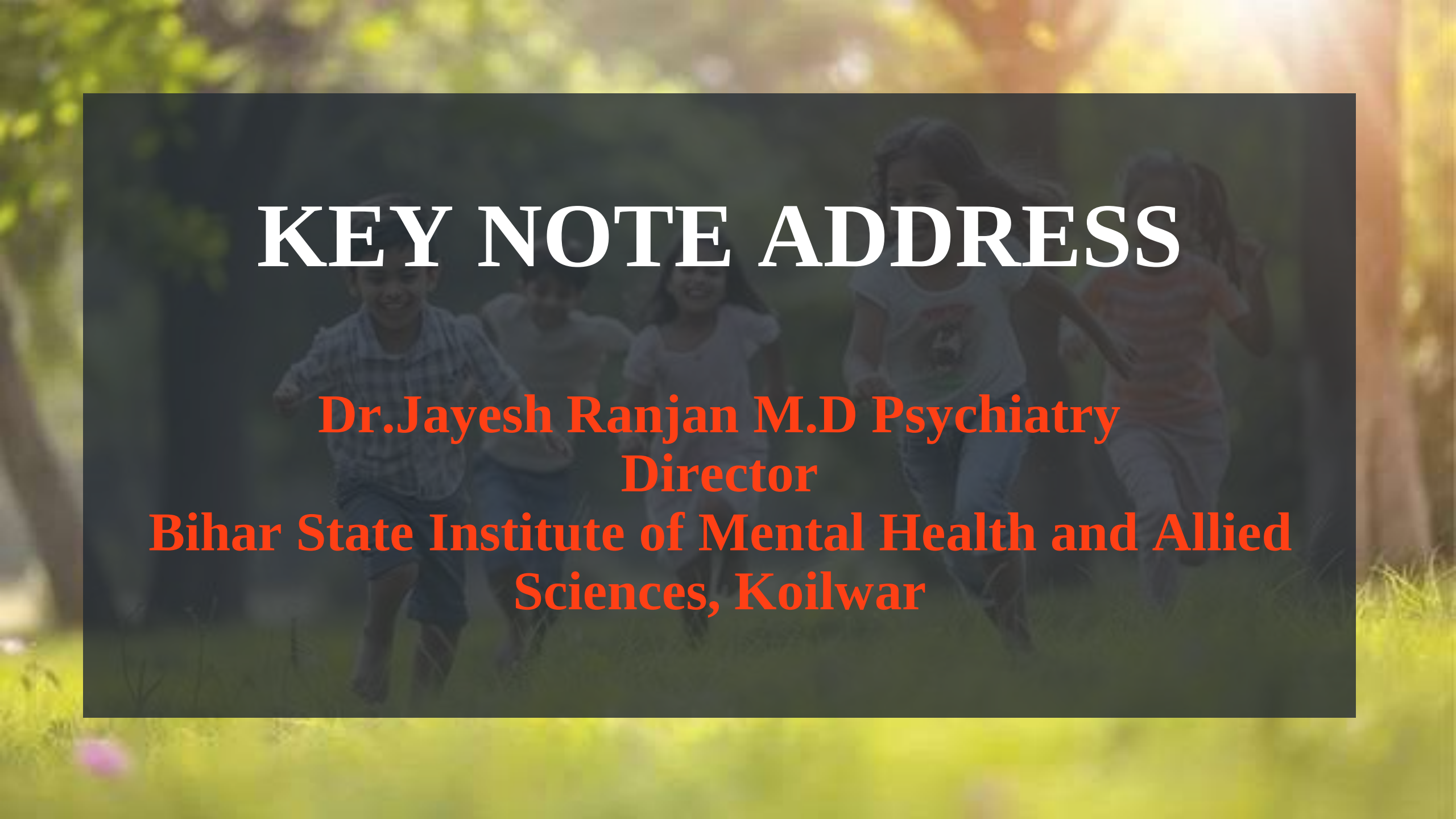


A background image showing a group of children running happily in a grassy field. The image is slightly blurred and has a warm, golden light, possibly from the setting or rising sun, creating a soft, bokeh effect in the background.

KEY NOTE ADDRESS

**Dr. Jayesh Ranjan M.D Psychiatry
Director**

**Bihar State Institute of Mental Health and Allied
Sciences, Koilwar**



BIMHAS
Koilwar, Bhojpur



Registration



पंजीकरण

O. P. D.



बाह्य रोगी विभाग

Pharmacy



दवा विभाग

Radiology



रेडियोलोजी

Laboratory



प्रयोगशाला

Male/Female Ward



पुरुष/महिला वार्ड

Short Stay Ward



शार्ट स्टे वार्ड

Recreational Center



मनोरंजन केंद्र

Vocational Therapy



व्यावसायिकी शिक्षण

Yoga Center



योग केंद्र

Multipurpose Hall



बहुप्रयोजन कक्ष

Patients' Library



मरीजों का पुस्तकालय

Canteen



भोजनालय

Kitchen



रसोई

Laundry



धुलाईघर

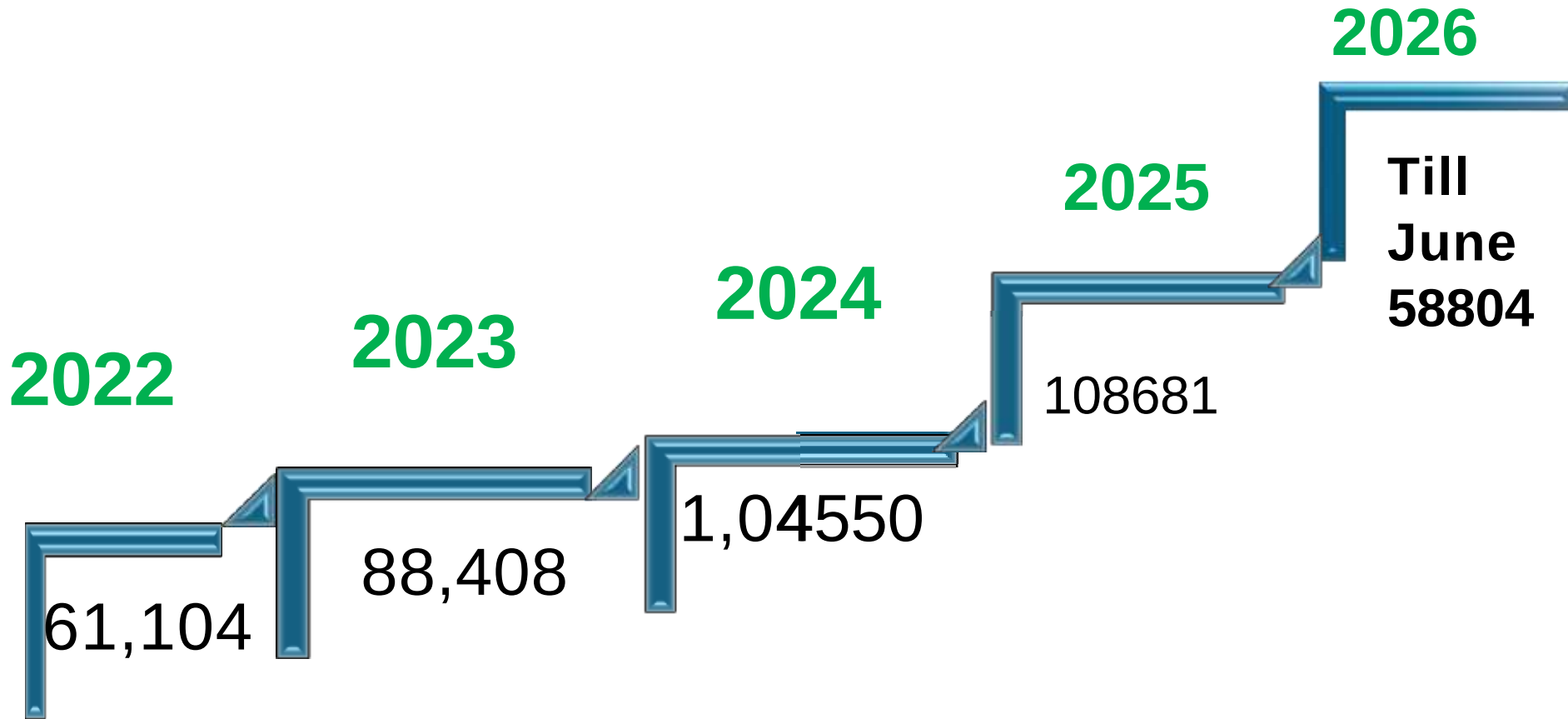
De-addiction Center



नशा मुक्ति केंद्र

Bihar State Institute of Mental Health and Allied Sciences (BIMHAS) is a premier apex state-run mental healthcare facility located in Koilwar, Bhojpur district, Bihar, India. It is the sole dedicated state-run psychiatric institution in Bihar.

OPD Numbers Over The Years



BIHAR STATE INSTITUTE OF MENTAL HEALTH AND ALLIED SCIENCES (BIMHAS) KOILWAR, BHOJPUR.

Department Functioning

1	Psychiatry
2	Clinical Psychology
3	Psychiatric Social Work
4	Physiotherapy
5	Occupation Therapy
6	Pathology

BIHAR STATE INSTITUTE OF MENTAL HEALTH AND ALLIED SCIENCES (BIMHAS) KOILWAR, BHOJPUR.

Facilities Available

1	EEG
2	ECT
3	Pathology
4	Psychological Testing(IQ assessmennt, Psycho Diagnostics Testing, Personality assessment)
5	Occupation Therapy
6	Physiotherapy
7	Rehabilitation unit

A photograph of a church sanctuary. In the foreground on the left is a wooden pulpit with a microphone and a small plant. In the center is a low wooden coffee table with a floral arrangement. Rows of orange upholstered seats fill the background. The text "WELCOME NOTE TO MIND MATTERS" is overlaid in white serif font.

WELCOME NOTE TO MIND MATTERS

WHAT WE WOULD DISCUSS



DAY 1

**Parents
Teachers
Principals**



Understanding Adolescence.

-Dr.Shubhangi

Family Patterns and their impact.

-Dr.Deepti

Invisible learning disabilities

Recognising distress and
understanding self harm.

-Dr.Gowba

Panel Discussion -Dr.Shubhangi,
Dr.Vinay, Dr.Smriti, Shri.Madhukar.

DAY 2

Students

Know Your Mind.

-Dr.Shubhangi

Lecture by Shri Prabhakar IAS, Joint
Secretary MoH&FW

Invisible disabilities. -Ms.Kavya

Biases against counselling, Social
media and AI dependency -Dr.Deepti

Raising & guiding today's teenagers.

-Panel Discussion

MAGNITUDE OF CRISIS IN ADOLESCENT MENTAL HEALTH



ADOLESCENT MENTAL HEALTH IN INDIA

- The National Mental Health Survey of India found that **7.3%** of adolescents aged 13–17 years had a diagnosable mental disorder. (2015-16)
- This translated to approximately **9.8 million** Indian adolescents

- **14,488** students died by suicide in India in 2024, the highest number recorded in recent NCRB data.
- This was a **4.3%** increase from 2023.

Bihar State Institute Of Mental Health And Allied Science

(BIMHAS), Koilwar, Bhojpur - 802160

SEX WISE NEW / RENEW COUNT REPORT

FROM DATE :- 01/01/2025
TO DATE :- 31/12/2025

Sl No.	Sex	New	Renew	Total
1	Female Adult	4993	28718	33711
2	Female Child	798	4736	5534
3	Female SR	692	1891	2583
4	Male Adult	6968	47803	54771
5	Male Child	1118	7555	8673
6	Male SR	861	2462	3323
7	Other	6	80	86
	Total Count	15436	93245	108681

**Children accounted for
13.07% of total OPD
attendance, with boys
contributing 7.98% and
girls 5.09%.**

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SEX WISE NEW / RENEW COUNT REPORT

FROM DATE :- 01/01/2026

TO DATE :- 30/09/2026

Sl No.	Sex	New	Renew	Total
1	Female Adult	3899	23770	27669
2	Female Child	622	4027	4649
3	Female SR	771	2054	2825
4	Male Adult	5765	39276	45041
5	Male Child	1060	6322	7382
6	Male SR	811	2406	3217
7	Other	4	59	63
	Total Count	12932	77914	90846

Children accounted for **13.24%** of total OPD attendance, with boys contributing **8.13%** and girls **5.12%**.

Approximately **1 in every 8** OPD visits at BIMHAS was for a child, with **boys** accounting for around **61% of paediatric** attendance in both periods.

A person wearing a dark hoodie is sitting on a light-colored wooden floor. To their right is a large, light-brown teddy bear. The background is a plain, light-colored wall. A dark, semi-transparent rectangular box is overlaid on the left side of the image, containing white text.

PSYCHIATRIC & NEURODEVELOPMENT DISORDERS IN CHILDREN AND ADOLESCENTS

Warning signs for psychiatric disorders in children and adolescents

- Poor two-way interaction; rigid routines.
- Easily distracted, restless and impulsive.
- Reading/maths struggles; delayed daily skills.
- Frequent aggression, bullying or stealing.
- Sad or irritable; withdrawn; loses interest.
- School avoidance, fears, repetitive rituals.
- Skipping meals, weight fears or weight loss.
- Very little sleep yet unusually high energy.
- Voices, unusual fixed beliefs or sudden decline.
- Intoxication, truancy or abrupt changes.

Common psychiatric disorders (ICD-10)

F10–F19	Substance-use disorders	Alcohol, cannabis, tobacco, inhalants
F20–F29	Psychotic disorders	Schizophrenia and other psychoses
F30–F39	Mood disorders	Depression, bipolar disorder
F40–F48	Anxiety, OCD & stress disorders	Phobias, OCD, PTSD
F50–F59	Behavioural syndromes	Eating disorders, non-organic sleep disorders
F70–F79	Intellectual disability	Difficulties with reasoning and adaptive skills
F80–F89	Developmental disorders	Autism, speech/language, learning disorders
F90–F98	Childhood emotional/behavioural	ADHD, conduct, tics, separation anxiety

Which disorders often start early?

PRESCHOOL

0–5 years

- Autism / social communication
- Speech-language differences
- Intellectual development concerns
- Early attention / regulation signs

PRIMARY SCHOOL

6–12 years

- ADHD / hyperkinetic symptoms
- Reading, writing or maths disorder
- Anxiety / school avoidance
- Tics / disruptive behaviour

ADOLESCENCE

13–18 years

- Depression, anxiety, OCD
- Eating disorders / substance misuse
- Bipolar symptoms
- Emerging psychosis

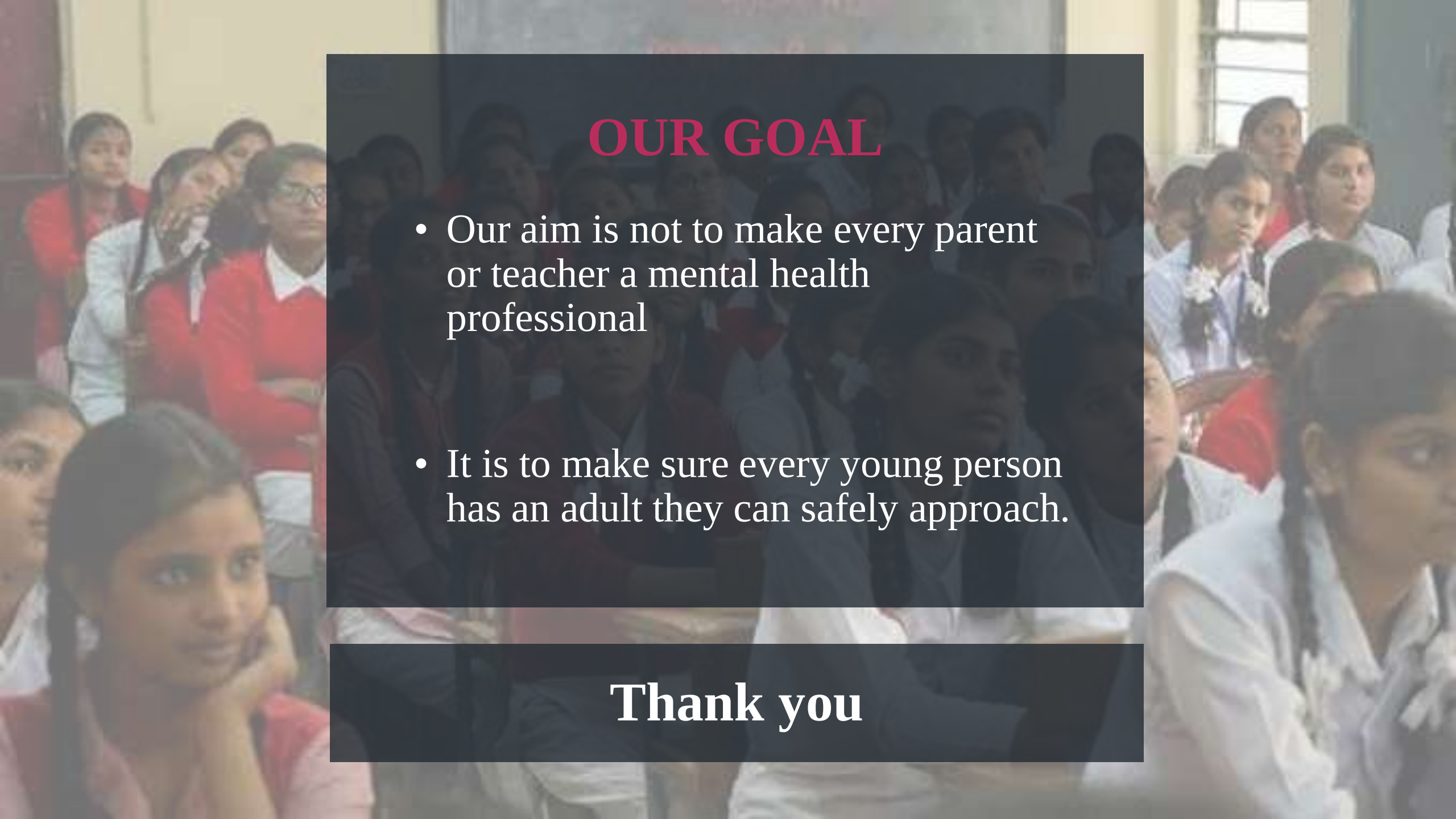
About half of mental disorders have their first onset by age 18 and many remain unrecognised.

Watch milestones, play, speech and reciprocity.

Notice learning, friendships and attendance.

Watch sleep, self-harm risk and change from baseline.

Visit a psychiatrist when you notice the warning signs.

The background of the slide is a photograph of a school assembly. Students in white and red uniforms are seated in rows, looking towards the front. A dark semi-transparent rectangle is overlaid in the center, containing the title and bullet points. Another dark semi-transparent rectangle is at the bottom, containing the 'Thank you' message.

OUR GOAL

- Our aim is not to make every parent or teacher a mental health professional
- It is to make sure every young person has an adult they can safely approach.

Thank you