



Community Outreach Programme (Phase II)
Central Institute of Psychiatry
Prepared by Department of Psychiatric Social Work



**Conducted By: Department of Psychiatric Social Work/Clinical
Psychology/DDAP & Tele Manas.**

Sl No .	Date	Venue	No of Participants	Details of visit	
1	10/04 /2026	Primary Health Centre (PHC), Getalsud	50	A Community Mental Health Awareness Programme was conducted on 10 April 2026 at the Primary Health Centre, Getalsud, and the adjoining Getalsud Chowk area by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme addressed misconceptions regarding mental illness and psychiatric treatment, disseminated information on available mental health services and helplines, and promoted awareness, stigma reduction, and timely help-seeking behaviour.	 
2	17/04 /2026	Primay Healthcare Centre, Beyasi, Chanhoh, Ranchi	100	A Community Mental Health Awareness Programme was conducted on 17 April 2026 at the Primary Health Centre, Beyasi, Chanhoh, and the adjoining Chanhoh market area by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme promoted awareness of mental health services, addressed misconceptions regarding psychiatric treatment, disseminated information on Tele-MANAS and CIP services, and highlighted the importance of early help-seeking while identifying barriers to accessing mental healthcare in rural communities.	 

3	24/04/2026	PHC Chittarpur, Ramgarh; CHC Gola, Ramgarh, Jharkhand	25	A Community Mental Health Awareness Programme was conducted on 24 April 2026 at PHC Chittarpur and CHC Gola, Ramgarh, by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding mental health services, addressed misconceptions about psychiatric treatment, and disseminated information on CIP and Tele-MANAS services. Community members received guidance on timely help-seeking, child mental health concerns, and available psychological assessment and treatment facilities.	
4	29/04/2026	SPG Mission School, Kanke, Ranchi	180	A mental health awareness programme on examination stress was conducted on 29 April 2026 at SPG Mission School, Kanke, Ranchi, by the Tele-MANAS Jharkhand State Cell and Mentoring Institute. The programme focused on enhancing students' understanding of examination-related stress, healthy coping strategies, and emotional well-being. Participants were also oriented to Tele-MANAS mental health services and the toll-free helpline (14416), encouraging timely access to psychological support and help-seeking behaviour.	
5	30/04/2026	Atal Smriti Vendors Market, Ranchi	100	A Community Awareness Programme on substance use prevention was conducted on 30 April 2026 at Atal Smriti Vendors Market, Ranchi, by the Drug De-Addiction Programme, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding the harmful effects of substance use, risk of addiction, and available de-addiction services. Interactive	

				discussions and IEC material distribution encouraged healthy coping strategies, reduced stigma, and motivated community members to seek timely professional help.	
6	02/05 /2026	Guru Nanak Higher Secondary School, Ranchi	280	A mental health awareness programme on stress management was conducted on 02 May 2026 at Guru Nanak Higher Secondary School, Ranchi, by the Tele-MANAS Jharkhand State Cell and Monitoring Institution. The programme focused on understanding stress, healthy coping strategies, mindfulness techniques, and available Tele-MANAS services. Interactive discussions, group activities, and IEC material distribution enhanced students' awareness of mental health and encouraged timely access to professional psychological support.	 
7	04/05 /2026	Sunrise Nursing Collage, Hutup, Irba, Ranchi, Jharkhand.	120	A Community Awareness Programme on substance use and mental health was conducted on 04 May 2026 at Sunrise Nursing College, Hutup, Irba, Ranchi, by the Centre for Addiction Psychiatry and Drug De-Addiction Programme (DDAP), Central Institute of Psychiatry, Ranchi. The programme enhanced awareness regarding substance use disorders, early identification, treatment, and recovery. Interactive discussions promoted a non-stigmatizing approach to addiction and highlighted the role of nursing professionals in prevention, early intervention, and psychosocial support.	 

8	05/05 /2026	Community Health Centre Patratu, Ranchi	35	A Community Mental Health Awareness Programme was conducted on 05 May 2026 at the Community Health Centre, Patratu, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi. The programme focused on maternal mental health, particularly postpartum depression and postpartum psychosis, while addressing stress and burnout among frontline health workers. Interactive discussions promoted early identification, timely help-seeking, family support, and community-based mental healthcare for improving maternal psychological well-being.	 
9	06/05 /2026	Rajkiyakrit Utkramit Madhya Vidyalaya, Puriyo, Bedo, Ranchi, Jharkhand	270	A school mental health awareness programme was conducted at Rajkiyakrit Utkramit Madhya Vidyalaya, Puriyo, Bedo, Ranchi, by the Tele-MANAS Jharkhand State Cell. The programme promoted awareness regarding stress management, responsible mobile phone use, emotional well-being, and Tele-MANAS services. Interactive activities, grounding techniques, and discussions on emotional regulation enhanced students' understanding of positive mental health and encouraged healthy coping strategies.	 
10	08/05 /2026	Primary Health Centre, Itki Nursing Kaushal College, Itki	180	A Community Mental Health Awareness Programme was conducted at PHC Itki and Nursing Kaushal College, Itki, by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding common mental health concerns, stress management, behavioural addiction, and	

				available mental health services. Interactive discussions and dissemination of helpline information encouraged early identification, stigma reduction, and timely help-seeking among community members, students, and healthcare professionals.	
11	12/05/2026	Angara	25	A Community Mental Health Awareness Programme was conducted at Angara by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, among ASHA workers and women from the local community. The programme promoted awareness regarding mental illnesses, substance use disorders, and available treatment services while addressing common myths and misconceptions. Interactive discussions encouraged early identification, timely referral, stigma reduction, and appropriate help-seeking for mental health concerns.	 
12	13/05/2026	Government UPG High School, Harhanji.	150	A school mental health awareness programme was conducted at Government UPG High School, Harhanji, by the Tele-MANAS Jharkhand State Cell and Monitoring Institution. The programme promoted awareness regarding stress management, emotional well-being, anger management, and Tele-MANAS services. Interactive activities, relaxation exercises, and discussions enhanced students' understanding of healthy coping strategies and encouraged timely access to mental health support through available Tele-MANAS services.	 

13	18/05/2026	Observation Home, Dumardaga	20	A community awareness programme was conducted at the Observation Home, Dumardaga, by the Centre for Addiction Psychiatry and Drug De-Addiction Programme (DDAP), Central Institute of Psychiatry, Ranchi. The programme focused on the impact of substance use on mental health, psychosocial challenges following institutional care, and the risk of reoffending among children. Interactive discussions promoted healthy coping strategies, rehabilitation, social reintegration, and informed decision-making while encouraging recovery-oriented attitudes.	
14	21/05/2026	Panchayat Bhawan Meha Village, Karra, Khunti	25	A Community Mental Health Awareness Programme was conducted at Panchayat Bhawan, Meha Village, Karra, Khunti, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi. The programme focused on women's mental health, particularly postpartum mental health, stress management, and early identification of common mental health conditions. Interactive discussions promoted family support, community-based mental healthcare, and timely help-seeking while addressing barriers to accessing mental health services.	 
15	30/05/2026	Rehabilitation Centre for recovering drug users, Ranchi	40	A community awareness programme was conducted at the Rehabilitation Centre for Recovering Drug Users, Ranchi, on the occasion of World No-Tobacco Day by the Tele-MANAS Jharkhand State Cell. The programme promoted awareness regarding the harmful health, social, and environmental consequences of tobacco use. Interactive discussions	

				encouraged tobacco cessation, healthy lifestyle choices, and community participation in tobacco control, reinforcing the importance of a tobacco-free society.	
16	04/06 /2026	Sardulla Village, under Bamarja Panchayat, Karra Block, Khunti District, Jharkhand	20	A Community Mental Health Awareness Programme was conducted at Sardulla Village under Bamarja Panchayat, Karra Block, Khunti, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding mental health, epilepsy, available treatment services, and early help-seeking behaviour. Interactive discussions addressed myths and misconceptions, encouraged community acceptance, reduced stigma, and strengthened awareness of accessible government mental healthcare services.	 
17	05/06 /2026	Community Health Center - Angara, Ranchi, Jharkhand	35	A Community Mental Health Awareness Programme was conducted at the Community Health Centre, Angara, Ranchi, by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding common mental illnesses, available mental health services, and the importance of early intervention. Interactive discussions addressed stigma, encouraged empathy towards individuals with mental illness, and disseminated information on CIP services and mental health helplines to facilitate timely help-seeking.	 

18	06/06 /2026	Ursuline Provincialate in Ranchi The Catholic Health Association of India (CHAI) / Bihar-Jharkhand regional unit (CHABIJ) Sitrae Skill Development, Rampur, Namkum, Ranchi	25	A community mental health outreach programme was conducted by the Tele-MANAS Jharkhand State Cell and Mentoring Institution at Sitrae Skill Development, Namkum, Ranchi, following liaison and networking activities with community organisations. The programme promoted awareness regarding self-esteem, mental well-being, and Tele-MANAS services. Interactive discussions encouraged positive self-esteem, early help-seeking behaviour, and utilisation of accessible mental health support services among trainee students from rural communities.	 
19	10/06 /2026	Ravindra Nath Tagore Inter College, Hatia, Ranchi	10	A liaisoning programme was conducted at Ravindra Nath Tagore Inter College, Hatia, Ranchi, by the Tele-MANAS Jharkhand State Cell and Monitoring Institution. The programme aimed to strengthen collaboration with the college administration and promote awareness regarding Tele-MANAS services, student mental health, and counselling support. Discussions focused on early identification of psychosocial concerns, referral pathways, and the importance of institutional partnerships in facilitating	 

				accessible mental health services for students.	
20	11/06/2026	Chata, Karra, Khunti dist, Jharkhand	23	A Community Mental Health Awareness Programme was conducted at Chata Village, Karra, Khunti, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding common and severe mental disorders, substance use disorders, available treatment services, and Tele-MANAS. Interactive discussions encouraged early identification, reduced stigma, and strengthened community awareness regarding timely help-seeking and continuity of mental healthcare.	 
21	12/06/2026	Primary Health Center - Ushamatu, Ratu, Ranchi, Jharkhand	20	A Community Mental Health Awareness Programme was conducted at the Primary Health Centre, Ushamatu, Ratu, by the Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding common mental illnesses, early identification, and available multidisciplinary mental health services. Interactive discussions addressed stigma, highlighted evidence-based treatment approaches, and disseminated information on CIP and Tele-MANAS services, encouraging timely help-seeking and improved access to mental healthcare.	 

22	25/06/2026	Village Sungi, Karra, JHK	25	A Community Mental Health Awareness Programme was conducted at Panchayat Bhawan, Sungi, Karra, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi. The programme promoted awareness regarding common and severe mental disorders, substance use disorders, stigma reduction, and available mental health services. Interactive discussions, individual guidance, and IEC material distribution encouraged early identification, timely referral, and community participation in promoting mental health and psychosocial well-being.	 
23	02/07/2026	Sadar Hospital, Khunti, Jharkhand	35	A Mental Health Awareness Programme was conducted at Sadar Hospital, Khunti, by the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, for Community Health Officers, Anganwadi Workers, and Multipurpose Workers. The programme promoted awareness regarding stigma reduction, suicide prevention, and disability certification for persons with mental illness. Interactive discussions and IEC material distribution strengthened participants' capacity for early identification, timely referral, and community-based mental healthcare.	 
24	04/0-7/2026	Government Middle School, Bero boys	180	A school mental health awareness programme was conducted at Government Middle School, Bero, by the Tele-MANAS Jharkhand State Cell. The programme promoted awareness regarding stress management, suicide prevention, substance use, and Tele-MANAS services. Interactive activities,	

				discussions, and IEC material distribution enhanced students' understanding of mental health, encouraged healthy coping strategies, and promoted timely help-seeking through accessible Tele-MANAS support services.	
--	--	--	--	--	---