



B. M. INSTITUTE OF MENTAL HEALTH

Annual Report 2016-2017



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About Us

B.M. Institute of Mental Health is a research institute for education and clinical work in the frontier area of Mental Health and Disability Rehabilitation. It was established in 1951 and is registered under Bombay Public Trust Act, Persons with Disability Act, Rehabilitation Council of india, National Trust and recognised by Government of Gujarat and Gujarat University.

Our Vision

To bring sea change in the quality of life of people related to mental health and disability

To serve for attaining total well-being and sound mental health.

Our Mission

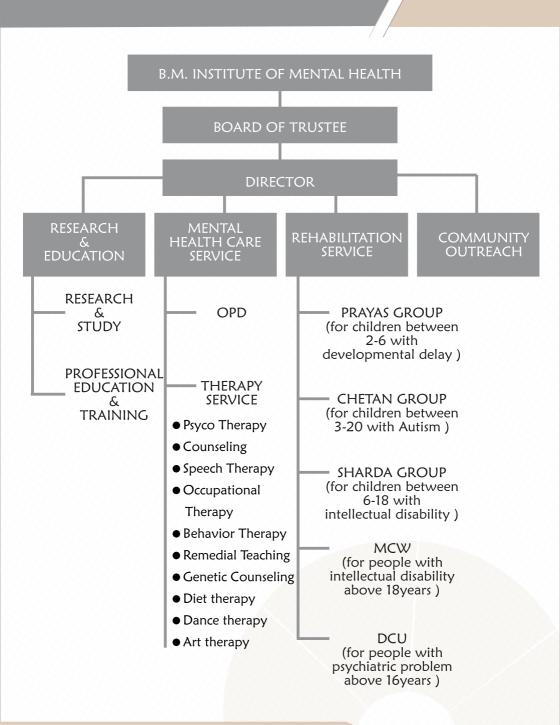
To help Special Need Children get Integrated Services

To participate in the broad field of Mental Health and Behavioural Research

To develop as an Institute of Importance for Mental Health Education and Services.

Our Culture

A multidisciplinary approach for clinical diagnosis, training and care for mental health related problems and disability rehabilitation and an interdisciplinary approach for research, professional education and training.



Board of Trustees

- Shri P.K.Laheri , IAS (Retd) Former Chief Secretary, Govt. of Gujarat - Chairman, Board of Trustee
- Smt. Kalpanaben Setalvad (Social Worker)
- Smt. Meher Medora (Social Worker)
- Dr. Rajesh Maniar (Psychiatrist)
- Smt. Nayanaben Patel (Social Worker)
- The Deputy Secretary, Department of Health and Family Welfare
- * The Commissioner, (Higher Education), Education Department
- The Director, Social Defence, Govt. of Gujarat





Director's Desk



2015 was the year when the decision for reshaping the organisation was taken. We had a vision of becoming one of the leading organisations in the field, and a group of passionate people were willing to work towards it. The path of the organisation was reengineered and the institute saw several changes in its very core. We expedited our efforts to make our services more client friendly. We raised the bar of professional training by adopting best practices in the field. 2015 saw the institute venture into new services including Occupational Therapy, Dance Therapy and Community Out-Reach Programs, all of which have done exceptionally well in 2016.

We worked hard on redefined trajectory in 2016 to deliver efficiencies and we are now better skilled and structured to develop quality human resource for this field. Several studies were conducted for promoting best practices in mental health and rehabilitation area. For knowledge sharing we could reach out to educational institutions and generated awareness about benefits of multidisciplinary work in the field of disability rehabilitation. We could make a difference in the lives of hundreds of children at risk of developmental disability by early diagnosis and need based therapies. 2016 was important in some exceptional ways. It was the year of working to make progress towards the Sustainable Development Goals of inclusive societies.

The specially abled community of India is witnessing a year of several changes as The Persons with Disability Act has been revised in December, 2016, closely followed by the revision in The Mental Healthcare Act in April, 2017. In view of the revised Act, B.M. Institute of Mental Health has started to realign itself and is developing robust services and educational programs. The team effort of the institute and strong support of volunteers from diversified fields are contributing in strengthening our service delivery system.

In 2017, BMIMH is being called upon to embrace change. Every life has an immeasurable value and more equal society envisioned is not a mere hope, but a reachable reality. No matter the obstacles come, bringing positive change is possible.

Dr. Madhu Singh Director

Research & Education

The institute engages in research and study related to the field of mental health and disability rehabilitation.

The institute offer professional courses approved by Rehabilitation Council of India (RCI) and affiliated with Gujarat University in the field of Psychology, Special Education, Rehabilitation and Child Development.











Research

B.M.Institute of Mental Health conduct research and study in the field of child development, disability rehabilitation and mental health.

MOA for Autism Research: An agreement has been signed between B.M.Institute of Mental Health and Department of Zoology, School of Science, Gujarat University in 2016 for Research Collaboration on "Cytogenic and Molecular Assessment of Patients with Autism Spectrum Disorder".

Intervention Study: "Treatment of Cognitive and Social Behaviour -An Intervention Study on An Autistic Child with Delayed Development". by Ms. Prachi Sharma, Ms. Parante Kusum D and Ms. Anukampa Sharma was presented during 43rd Annual Conference of Indian Association of Clinical Psychologists held on 27-29 January, 17

Intervention Study: "The study of Effectiveness of ABA Intervention on Children with ADHD and Autism" by Ms. Prachi Sharma, Ms. Preeti Nimavat and Mr. Paresh Parmar was presented during 43rd Annual Conference of Indian Association of Clinical Psychologists held on 27-29 January, 17

Research Paper on Status of Mental Toughness of the citizens of Ahmedabad was presented in International Conference of Indian Association of Applied Psychologists at Jaipur by Dr. Rajul Mallik, Faculty of Psychology held at Jaipur on 23-25 February, 17

Paper on "Atypical Symbolic Play: A Predictor of Autism" was presented by Ms Charu Dholakia, Special Educator in International Conference of IAAP at Jaipur on 22-24 February, 17

Research Scholor from other University for research related work

2 research scholor from Dept. Of Psychology, Gujarat University, Ahmedabad I research scholor from Dept. of Psychology, PDPU, Gandhinagar

2 research scholor from Manikaka Topawala Institute of Nursing, Anand

2 research scholors from Dept. of Zoology, BMT & Human Genetics, Gujarat University

Higher Education

B. M. Institute of Mental Health Plays an active role In the education and training of individuals in the field of mental health, psychology, child development, disability and rehabilitation. Various professional course are provided in two distinct modes. All courses are recognized by Rehabilitation Council of India. New Delhi.

Face To Face mode

1- Post Graduate Diploma in Rehabilitation psychology

Affiliated with Gujarat University Duration of course is one year

Approved Seat: 25

Filled Seat :25

2. Diploma in Special Education- Mental Retardation

Duration of the course is two years

Approved Seat: 20

Filled Seat: 10

Distance Mode

1- B.Ed Special Education (MR)

Affiliated with Dr. B.R Ambedkar University Duration Of the Course is Two Years.

Higher Education

Upgraded Psychology Laboratory and Speech Therapy Unit by purchasing latest tests and tools.

Psychology Laboratory

- 1. Wechsler Adult Intelligence Scale 4th Edition (Indian Version)
- 2. Wechsler Scale for Indian Children 4th edition (Indian Version)
- 3. Wechsler Memory Scale III (Indian version)
- 4. Bayley III Developmental Screening Test
- 5. Bayley III Developmental Test (Detail)
- 6.Mental Health Checklist: Dr. Gupta
- 7. Mental Depression Scale: Dr. L.N. Dubey
- 8. High School Personality Questionnaire: Dr. R.B. Cattel
- 9. Hand Steadiness Test
- 10. Finger Dexterity Board

Speech Therapy Unit

Diagno-Speech/Language Therapy of Dr. Speech

- ❖Vocal Assessment (Voice)
- Therapy Delux Special 5.0
- ❖My Word (E)















Knowledge Sharing

Placement/Internship at B M Institute

(The Institute welcomed intern from other Education Institute)

Masters of Business administration, NIRMA University, Ahmedabad.

Masters in Occupational Therapy, S.P.University, Anand

Masters in Clinical Psychology, Gujarat University

Masters in Social Work, Gujarat University

Masters in Home Science, Jai Narayan Vyas University, Jodhpur

Masters in Psychology, Jai Narayan Vyas University, Jodhpur

Graduation in Architecture, Apeejay Institute of Technology, U.P.

P.G.D. in Design, National Institute of Design, Gandhinagar

P.G.D. in Ceramic & Glass Design, National Institute of Design, Gandhinagar

Masters in Social Work, Mahatma Gandhi Labour Institute, Ahmedabad

Masters in Photograpy Design, NID, Ahmedabad

Student of Law, NIRMA University, Ahmedabad

Masters in Special Education, S.P.University, Anand

Graduation in Arts, St. Xavior College, Ahmedabad

Graduation in Architechture, Malviya National Institute of Technology, Jaipur

Masters in Toy and Game Design, NID, Gandhinagar

PGD in New Media Design, NID, Gandhinagar

Continuing Rehabilitation Education

Under the approval by Rehabilitation Council of India, New Delhi, Continuing Rehabilitation Education (CRE) was organized from 3rd December to 7th Decembr, 2016 at B M Institute campus. Title for the program was Early Identification and Early Intervention in Disability Rehabilitation. 30 participants attended five days training program. Multidisciplinary team that include Neonatologist, Neuro Prediatrician, Psychiatrist, Gyneachologist, Psychologist, Occupational Therapist, Speech Therapist, Physiotherapist, Special educator, Dietician and Genetic Counsellor were invited as resource person during five days training program.

Faculty Development Programme/Employee
Development Programme

Date26/09/2016 to 02/10/216

RUSA sponsored seven days Short Term Course on Classroom Teaching Technology was attended by Dr. Rajul Mallik, Faculty from 26/9/16 to 2/10/16 at KCG, Ahmedabad.

Date26/09/2016 to 02/10/216

Seven days training Programme on Latest Trend in Library & Information Services sponsored by RUSA was attended by Mr. Jagdish Chavda, Librarian from 26/9/16 to 2/10/16 at KCG, Ahmedabad.

Date 14/02/2017

One day Training Programme for Pay bill preparation and Accounting was organized by Dept. of Higher Education, Government of Gujarat on 14/2/17 at Knowledge Consortium of Gujarat, Ahmedabad. It was attended by the Director, Sevretary, Mr. Mehul Vyas & Mr. Deven Thakker.

Workshop & Seminar











Workshop & Seminar

Early Identification and Management of Autism

Talk on early Identification and management of autism was organized at Government Arts College, Maninager, Ahmedabad on 2/4/16.

Legal Guardianship for PWDs

Seminar on Legal Guardianship and benefits to PWD was organized at Apang Manav Mandal, Ahmedabad on 1/8/16

Applied Behaviour Analysis for Autism and ADHD

Two days workshop was organized on Applied Behaviour Analysis on 27 & 28 August, 2016 at B.M.Institute of Mental Health. Arount 50 participants attended the workshop which include Psychologists, Counsellors, Special Educators and Parents of children with disabilities. Resource person for the workshop was Ms. Sheetal Nair, Behaviourist and ABA Therapist, New York, USA.

Art Based Therapy for Mental Wellbeing

Seminar on Art Therapy was organized at B.M.Institute campus for special teachers, psychologists and trainees of different courses on 11/11/16. Shri Nabhiraj Mehta, Art Therapist and Trustee, Child and You was the resource person.







Speech and Language Problem in Downs Syndrome Children

Lecture was delivered by Ms. Sonal Doctor, Speech Therapist, B.M. Institute on speech and language related problems of Children with Down Syndrome during Parents workshop on 11/11/17 at Gujarat University.

Role of Genetics in Intellectual Disability

Seminar on Role of Genetics in Intellectual Disabilities was organized at B.M.institute campus on 17/12/16. Dr. Mansi Vishal, genetic counsellor was the resource person. Special teachers, Psychologists, Speech Therapist, Occupational Therapist and caregivers attended the seminar.

Introduction to Psychoanalytical Thinking

Seminar on Introduction to Psycho Analytic Thinking was organized on 21/1/17 at B.M.Institute of Mental Health campus. Michael Brearley, renouned psychoanalyst and ex President of British Psychoanalytical Society, London, UK was the speaker. Leading Psychiatrists and Professors of Psychology from Gujarat participated in the highly interactive program.

Skill Development of Intellectually Challenged People

Three days Workshop for Skill Development of People with Intellectual disability was organized at B M Institute from 1st to 3rd March, 17. Special teachers, vocational instructors and trainees of the institute participated in the skill training workshop. Ms. Janki Chavda and Khushali, Earthchild, Ahmedabad were the resource persons for the program.

Mental Healthcare Service

OPD: Entry gateway to the clinical services of the Institute for early identification of problems using multidisciplinary team approach.

Therapy Units: Intervention and management of identified condition through counselling, family work, psychotherapy, behaviour therapy, cognitive stimulation and training, sensory integration therapy, neurodevelopment therapy, occupational therapy, speech and language therapy, remedial teaching and special education, diet therapy, genetic counselling etc.





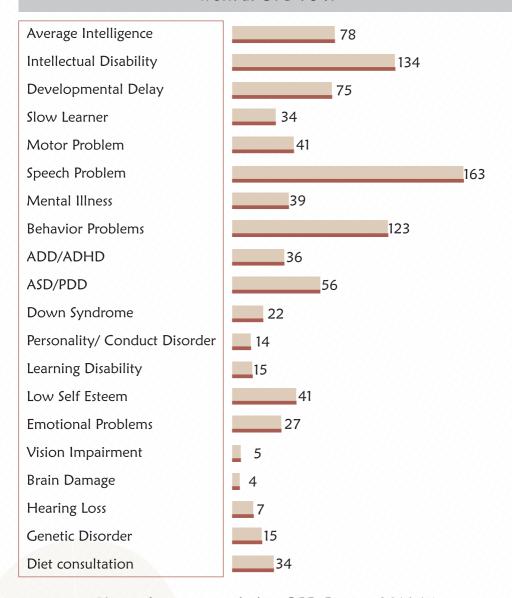






Mental Health Care Service

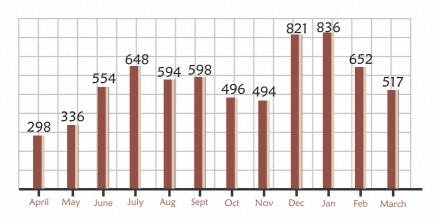
New registration of cases for multidisciplinary diagnostic work at OPD: 341

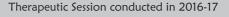


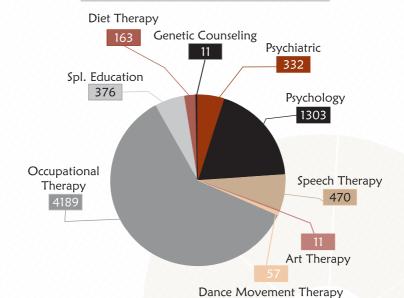
Type of cases attended at OPD During 2016-17

Total Therapy Session conducted during 2016-17: 6844

Number of Therapy sessions every month







Rehabilitation Service











Rehabilitation Unit

Prayas

It is a training group for children between 2 to 6 years of age. General Stimulation for developing pre-educational skills, socio-communication skills, behaviour and cognitive skills are given to childrens who are at risk of delayed development.

Team:

Psychologist, Speech Therapist, Occupational Therapist, Special Educator and Social Worker.







Chetan

It is center offering specially designed educational programme, therapies and intervention services to children diagnosed with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

Team:

Psychologist, Speech Therapist, Occupational Therapist, Special Educator and Dietician.







Rehabilitation Unit

Sharada School

It is a special school registered under Social Defence Department Govt. of Gujarat and offers special education and training in activities of daily living to children with Intellectual Impairment.

Team:

Special Educator, Art Teacher, Occupational Therapist, Psychologist and Speech Therapist.







Multi category workshop (MCW)

MCW is a vocational set up where people having limitations in functional abilities, intellectual impairment or psychiatric problem are provided vocational training in various skills and trades. The training provided to beneficiaries help in vocational rehabilitation and their main streaming in society.

Team:

Special Educator, Rehabilitation Psychologist, Occupational Instructor and Occupational Therapist.







Rehabilitation Unit

Day Care Unit (DCU)

DCU is a rehabilitation center exclusively for emotionally disturbed people with psychiatric conditions having psychotic and neurotic problems. It works on a model of Treatment, Training and Rehabilitation. Cases are registered for day care services only.

Team:

Psychiatrist, Rehabilitation Psychologist, Social Worker and Psychiatric Nurse.

Services:

Psychiatric Treatment, Individual, Group and Family Counselling, Structured Program for Rehabilitation, Life Skill Training, Computer Skill Training, Vocational Skill Training.









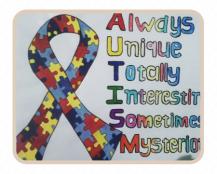






Community Outreach











Community Outreach

Autism Awareness Drive

Community awareness programme was conducted at Govt. Art College, Maninagar, Ahmedabad on (2/4/2016). Lecture by Dr. Rajul Mallik, Faculty, Rehab. Psychology was delivered to College students on early identification and management of Autism Spectrum Disorder. A skit was presented by the Trainees of PGDRP and D.Ed on the subject. Principal of the College Dr. Gita Pandya remained Present during the programme.

Mental Health Awareness Campaign

Outreach programme for Awareness on mental wellbeing was conducted on (10/10/2016) by OPD Team of BMI at Gujarat National Law University, Gandhinagar. A Team of Psychologist, Psychiatrist and Spl. Educator visited GNLU for screening of mental health condition. A lecture was also organized for students of the University to educate them about importance of mental health.

Skill India for Differently abled

On World Science Day (28/2/17) a stall of Multicategory Workshop was kept at Dept. of Science, Gujarat University for promotion of skills of Intellectually Challenged people. Shri Himanshu Pandya, Vice Chancellor of Gujarat University also visited and encouraged the endeavour of B.M.Institute.Awareness building literature was distributed among visitors.

Community Outreach

Science and Technology for Disability Rehabilitation

To generate awareness about Role of Science and Technology in Disability Rehabilitation, Dr. Madhu Singh, Director of B.M. Institute of Mental Health addressed a gathering of academicians and students at Department of Science and Thechnology, NIRMA University, Ahmedabad on (28/2/17)

Vocational Rehabilitation of Intellectual Challenged

Four days awareness stall of Pehchaan(an initiative to promoted vocational rehabilitation of people with intellectual disability) was kept during Navratri celebration at AES Ground, Vastrapur from 6th to 9th October, 2016. Products made by intellectually challenged adults under Project Pehchaan was on display for promotion of vocational rehabilitation and mainstreaming of vocationally trained people with special need in society.

Sensitization for Mainstreaming of PWDs

Exhibition cum sale of products made by intellectually challenged people was kept at Dharti Vikas Kendra, Naranpura for awareness building and sensitization of society.

Downs Syndrome Awareness Drive

On World Downs Syndrom day on (21/3/17), Faculty and students of the institute visited Govt. Girls Hostel, Ashram Road, Ahmedabad to generate awareness about the condtion of Downs Syndrom, its early identification and management.

Community Outreach

Prayatna

MOU was signed between B. M Institute of Mental Health with Udgam School and Zebar School, Ahmedabad for Teacher's Training. The aim for training was to enable teachers to Identify and manage struggling children in the classroom. 46 hrs of Teacher's Training and practical exposure was given to more than 15 teachers of Udgam School and Zebar School.







Mobilizing Volunteers

m Volunteers who offered specialized voluntary services during 2016-17

- ❖Nishmin Marshal
- ❖Saman Hkim, M.A., MSU, Baroda & PGDRP
- Preeti Nimavat, M.A, GU & PGDRP
- *Kusum Parante, M.A. GU & PGDRP
- Anukampa Sharma, M.A., GFSU & PGDRP
- ❖ Paresh Parmar, M.A., GU & PGDRP
- *Roshni Khandeker, M.A., PGDCP, GU
- ❖Nilam Pandya, M.A., PGDCP, GU
- ❖ Varsh Iyer, Jyoti Nivas College, Bangalore
- ❖Vivek Chodanger, M.Des, NID
- Nabhiraj Mehta, Child and You, Mumbai
- ❖ Shaivalini Dhruv, B.A., Psychology, Ahmedabad
- Janki Chavda, Architect, Earthchild, Ahmedabad
- ❖ Prahlad Dabhani, M.A., GU & PGDRP

Events











Events

World Autism Day

Community awareness programme was conducted at Govt. Art College, Maninagar, Ahmedabad on 2.4.2016. Lecture by Dr.Rajul Mallik, Faculty,Rehab. Psychology was delivered to College students above early identification and management of Autism Spectrum Disorder. A skit was presented by the Trainees of PGDRP and D.Ed on the subject.Principal of the College Dr. Gita Pandya remained during the programme.

World Disability Day

On 3.12.2016 a cultural programme was organized at BMI where people with intellectual disability showcased their skills by performing on patriotic song. Shri Pranav Desai from Voice of SAP was the Chief Guest and Smt, Mallika Sarabhai and Shri Rohit shah were the Guest of Honour. Smt. Manaben Sarabhai and Michael Brearley were present as Special Guests during the event. Chairman of B M Institute, Shri P.K.Laheri expressed his gratitude to Smt. Mana Sarabhai for her continuous support in terms of refurbishment of building of B M Institute.





World Yoga Day

World Yoga Day was celebrated at BMI Campus on 21.6.2016 where special need children, trainees and teachers jointly participated. Shri Chhaganbhai demonstrated yoga postures which was followed by the entire team. He also spoke about the benefits of Yoga.





Medical Camp

On 28.9.2016 Medical Camp was organized for Children with Intellectual Disability at BMI Campus which was supported by Lion's Club, Ahmedabad. More than 200 people with special need got benefitted during the Camp. A team of Opthalmologist, Dentist and General Physician consulted children and their parents.

World Mental Health Day

On 10.10.2016 Outreach programme for Awareness on mental wellbeing was conducted by OPD Team of BMI at Gujarat National Law University, Gandhinagar.



A Team of Psychologist, Psychiatrist and Spl. Educator visited GNLU for screening of mental health condition. A lecture was also organized for students of the University to educate them about importance of mental health.

Media Coverage



revamp autism care

ool

Boys are from Mars

'They are More Stable Emotionally'

બાળકોમાં માનસિક વિકલાંગતા નહીં, યોગ્યતા જૂઓ

'Apathy of city to autism alarming'

Cops toughest, home-makers weakest in beating stress: Study



Autistic boy who has alpha memory

ઈન્સ્ટિ.માં આંતરરાષ્ટ્રીય ક્લકની સાક્લાક ાવંતીકાસિંહ, પ્તા સહિતના

ચોરિટી છે. અમારી સંસ્થા નસિક અસ્વસ્થ અને વિા

યાલુ રાખો ટેકનોલોજીથી ઓટિસ્ટિક બાળકોમાં સુધારો આવશે

Awareness drive for

eague with a difference

ઓટિઝમ બીમારી નથી, સાયન્ટિફિક થેરાપીથી તેમાં સુધારો લાવી શકાય

in a state of mental apathy



Sports

Children and Adults with intellectual disability getting special education and vocational skill training at B M Institute won Total 76 medals in different events (Special Olympic, Khel Mahakumbh and Ahmedabad Municipal Corporation Sports).

Categoery









Achievements

Best Paper Award to intervention study on Effectiveness of ABA on Children with ADHD and Autism in 43rd National Annual Conference of Indian Association of Clinical Psychologists held on Jan 27th - 29th 2017 at Coimbatore.



Radhav Shah (name changed) 34 years with Schizophrenia got treated and rehabilitated as Office assistant in Anand.

Total 76 medals won by special need beneficiaries of B.M.Institute in city, district and state level sports during 2016-17.

After getting professional training at B. M. Institute, Student of PGDRP & D.Ed. Special Education got job placement in education institution, health care settings, NGO etc.total 15 Student got job placement.

Success Story

Shubh Patel

Shubh Patel, age 12 years was admitted to Sharda School of B.M.Institute of Mental Health for special education and training in 2007. He was diagnosed with mild intellectual disability at the OPD of the institute and is affected with Apert Syndrome, a rare genetic condition. He received special education and training for daily living skills



till he turned 18. Later he was transferred to Multicategory Workshop of the institute for vocational skill training in 2014. He is 22 now and is rehabilitated in mainstreamed society in March, 2017. He is assisting his father in his electrical business and is not dependent on his family. He is leading his life with dignity







Cultural

Republic Day





Diwali

Janmastami







E-id



Navratri



Rakshabandhan



Christmas Day



Independence Day

Collaboration

MOU is signed between SEWA, Ahmedabad and B M Institute for Vocational Skill Training and Rehabilitation of Mentally Challenged Adult Girls enrolled at Multicategory Workshop of B M Institute.

MOU between B.M. institute of mental Health and Dept of Zoology, Gujarat University is signed for research on Genetics and Autism.

PanGeonomics and BMIMH are working under agreement for providing genetic counseling services to people with disability.

Project

The institute entered into agreement with ONGC, Ahmedabad for project Nari-Shakti, a tailoring project for vocational skill training to girls with intellectual disability.







Secretary Says

B M Institute of Mental Health is one of the oldest and pioneer Institute in Asia, offering committed services to the society in the field of mental health and disability rehabilitation during the last 6 decades. In fiscal year 2016, we have completed our strategy plan and launched our new strategy in the F.Y 2017. This strategy, fully aligned with our mission was developed to better address the complexity of our footprints. Throughout the F.Y 2016, we have continued to review our operating practices particularly when it comes to reporting our status.

The Institute has its own vision and mission to achieve the targeted goals.

The main vision is to build an inclusive society in which equal opportunities are provided for the growth and development of persons with disabilities, so that they can lead productive, safe and dignified life.

The main mission is to empower persons with disabilities, through its various acts/institutions/organizations and schemes for rehabilitation and to create an enabling environment that provides such persons with equal opportunities, protection of their rightsandenablethemtoparticipateasindependentandproductivemember of the society.

I am happy to report that the results from strategy are starting to be visible. Finally, I thank Dr. Madhu Singh, Director of the Institute to put forward B M Institute of Mental Health in spite of many hurdles and Team BMI for their continued support and cooperation to achieve the targeted goal. At last, I may say that the Institute have still many challenges to overcome. The challenges are to recognize the challenge and challenge within. Who do overcome the challenge create opportunities for themselves.

D.T.Dave

Why should I care

- ❖ Around 2.6 crore of total Indian population is having disability
- ❖ Around 11 lakh persons are having some form of disability in Gujarat state
- ❖42,037 people are having Mental Illness in Gujarat state
- ❖66,393 people are having Mental Disability in Gujarat state
- ❖50 percent of disabling conditions can be prevented before birth
- ❖Under reporting and misdiagnosis of disabling condition add to agony
- ❖Vulnerability may be reduced with timely management and care

Your generous support will help us in reaching, treating and rehabilitating more number of people with special needs especially children with disabilities.

All contributions to B.M. Institute of Mental Health are covered under 80G of Income Tax Act. Registration under FCRA and 35 AC of IT Act is in process.



Gallery



















Gallery



















B. M. INSTITUTE OF MENTAL HEALTH

Near Nehru Bridge, Ashram Road, Ahmedabad, Gujarat-380009 Monday To Saturday 10am To 5pm

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Photograph by: Priyesh Balakrishnan