

# ANNUAL REPORT | 2017-2018

DEDICATED TO THOSE COUNTLESS SMILES



B M INSTITUTE OF  
**MENTAL HEALTH**



**YOU NEVER FAIL UNTIL  
YOU STOP  
TRYING!**



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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 recognized by Government of Gujarat and Gujarat University.

## Our Vision

To bring sea change in the 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 Setalwad**

Social Worker

❑ **Smt. Mehar Medora**

Social Worker

❑ **Smt. Nayanaben Patel**

Social Worker

❑ **Dr. Rajesh Maniar**

Psychiatrist

❑ **The Director**

Higher Education, Govt. of Gujarat

❑ **The Director**

Social Defence, Govt. of Gujarat

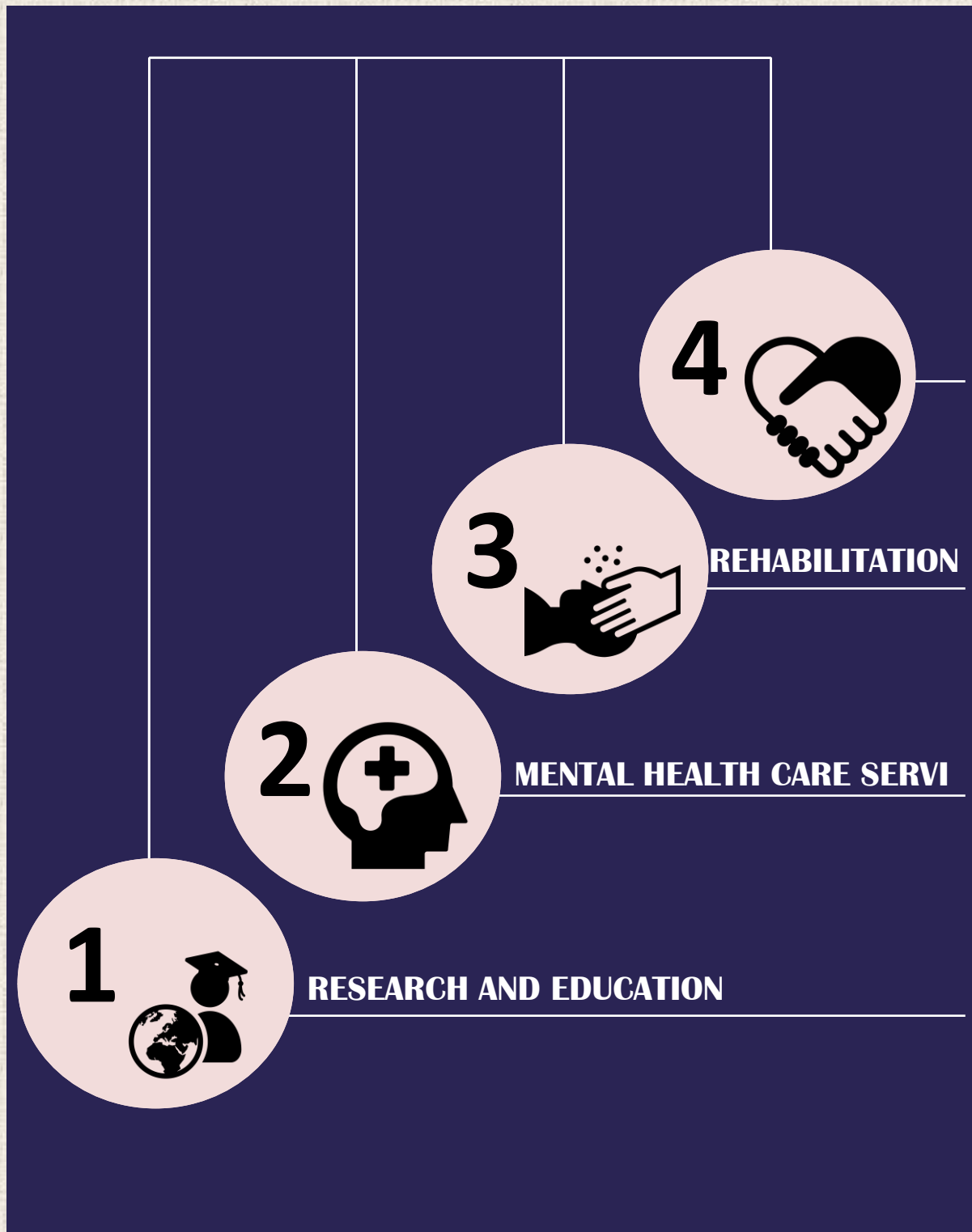
❑ **The Deputy Secretary**

Dept. of Health and Family  
Welfare, Govt. of Gujarat



# THE STRUCTURE

## B. M. Institute Of Mental Health



## COMMUNITY OUTREACH

## PRAYATNA

### SERVICES

- PRAYAS GROUP** - 2 to 6 yrs, Developmental Delay
- CHETAN GROUP** - 3 to 20 yrs, Autism
- SHARDA SCHOOL** - 6 to 18 yrs, Intellectual Disability
- MCW** - Above 18 years , Intellectual Disability
- DCU** – Above 16 years, Psychiatric Problem

### CES

#### OPD

#### THERAPY SERVICE

- Psycho Therapy
- Counseling
- Speech Therapy
- Occupational Therapy
- Behaviour Therapy
- Remedial Teaching
- Genetic Counseling
- Diet Therapy
- Dance Therapy
- Art Therapy

#### RESEARCH AND STUDY

#### PROFESSIONAL EDUCATION & TRAINING



# DIRECTOR'S DESK

2017 saw B M Institute of Mental Health complete 66 years of committed service to the society. Since its inception in 1951, the institute has endeavoured to bring positive change in the lives of people with mental health problems and special needs through its multifarious activities and human resource development. The year 2017-18 marked another significant period of accelerated efforts and momentous growth.



In the last three years especially, our focus has been on underlining and putting into action long-term goals that focus on holistic development of children and individuals with special abilities. This year alone our multi-disciplinary teamwork has resulted into making a discernible difference to the lives of more than 3000 children and adults. More than 7500 therapeutic sessions were conducted at the institute in Psychotherapy, Counselling, Occupational Therapy, Speech Therapy, Behaviour Modification, Remedial Teaching, Diet Therapy, Genetic Counselling etc.

As an organisation that spearheads the cause for equality for special population of India, we realise the need to be strategic in our approaches and utilisation of resources to maximise our impact. We have realigned the organisation to optimise our efforts with the updated Rights of Persons with Disability Act, 2016 and Mental Healthcare Act, 2017. To ensure our endurance, we have opened ourselves to many new ideas. Recent initiatives like Genetic Counselling, Sensory Integration Therapy, Dance Movement Therapy, Art Based Therapy and Diet Therapy have already started to take roots. A Biofeedback machine has been installed in the OPD for therapeutic intervention and research in the field.

The field of Research and Education has also been preparing for extensive growth in the coming year. The institute is preparing to start more professional courses in disability rehabilitation to train professionals for offering their services in Gujarat. In addition to ongoing professional training of students of Post Graduate Diploma in Rehabilitation Psychology, in 2017, approval has been granted to start one more professional training course- Advance Certificate Course in Inclusive Education Cross Disability- by RCI, New Delhi.

Professionals trained at B M Institute stand out in the field for their knowledge and commitment. A feather in the cap was added when the Gujarat State Higher Education Department awarded the institute during Grand Education Fair in 2017.

Lasting change is possible only when the entire community comes together to make it happen. BMIMH continues to play the role of a Community Partner in mobilising volunteers and empowering communities. Endeavours like sensitizing society for the cause of disability and mental health, consultancy to educational institutions for the rights of specially abled population, screening camps for early identification of mental health problems and disability have been among the highlights this year.

A significant focus of the year was an exercise to consolidate our identity to rise to the challenge of change. 18 new employees have been recruited to accelerate the ongoing work. New resources are continuously being added in the institute repository for research, education, training, assessment and therapeutic intervention.

As you read this report, you will sense a more collective process evolving in each of our efforts in 2017-18 that are in consonance with the values and practices we adhere to. I look forward to strengthening the ongoing services and spearhead new endeavours that ensure lasting change in the lives of people.

*-Dr. Madhu Singh*



# OUR IMPACT



7000+

Therapeutic sessions conducted



100%

PGD Trainees of PGDRP program successfully completed the course in 2017



3000+

Lives touched



92

Awards won by specially abled beneficiaries of BMI & SHARDA SCHOOL



333

New cases registered at OPD



70%

Students of Post Graduate Diploma in Rehabilitation Psychology got job placements



333

Specially abled children and adults participated in sports events



28

Visits from College/University/Educational Institute



1439

Students and faculties from other educational institutes including 5 universities, 9 nursing colleges, 5 hospitals, 2 architecture institutes, 1 national institute and 6 others visited the BMI campus



18

New staff members recruited

# HIGHLIGHTS



**Award by  
Education  
Department,**  
Govt. of Gujarat



**Workshops/  
Seminars** for  
awareness and learning



**International  
Conference** on  
Psychoanalysis in 21<sup>st</sup>  
Century



**Parent Training  
Programs** conducted



**Beneficiaries  
mainstreamed**  
after structured  
rehabilitation and skill  
training



**Capacity Building  
program** at different  
campuses for faculty/ HR  
training



**Community  
Awareness**  
Exhibition for promotion  
of skills of PWDs



Faculty members  
participated in  
**International  
Faculty  
Development  
Program**



**Eminent Visitors**  
gave their presence at  
the BMI campus



Dr. Madhu  
Singh, Director was  
invited as one of the  
**Senate Member  
of NID, Ahmedabad**



## Library and Psychology Laboratory

Upgraded



## RCI approved new course

**ACCIED** started at the institute



## Continuing Rehabilitation Education

sessions conducted



## Bio-feed back machine

installed for therapeutic work



## Round table meeting

conducted with Psychiatrist, Social Worker and Psychologist at DCU.



## Community Outreach

programs at Unjha and NID



## International Professors/ professionals

visited the institute



## Naari Shakti

Project supported by ONGC, Ahmedabad



## FCRA registration

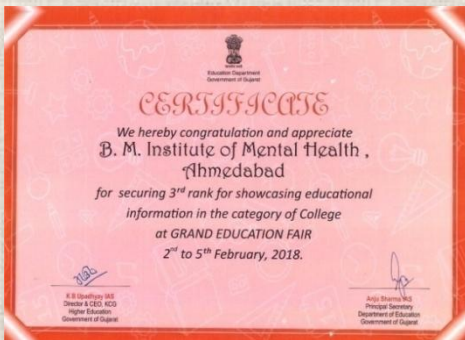
approved by MHA



# RESEARCH AND EDUCATION

The gradual growth of the institute has been enhanced based on the roots of intense research. The modules designed, the faculties trained, the curriculums revised and ultimately the betterment established are all a collective result of the research and past experiences and innovations shared and implemented at as well as outside the campus. The institutional tasks were likely to be accomplished more effectively by the Institute's collaborative work with other agencies and workers who shared its aims in the field of preventive social medicine. It sought the services of highly qualified and trained personnel with a psycho-dynamic approach in the medical and social sciences, viz. medicine, psychiatry, clinical psychology, sociology, neurosciences, education and psychiatric social work.

## AWARD BY EDUCATION DEPARTMENT



5th of February, 2018 was a day of pride and honor for B. M. Institute. The Education Department, Govt. of Gujarat presented an award to the institute at the Grand Education Fair for being one of the best educational institute in Gujarat State.

## RESEARCH AND STUDY

A survey was conducted by Ms. Prachi Sharma, Faculty of Rehabilitation Psychology at the institute to understand gender ratio among reported cases at the OPD of the institute with reference to disability. Data from last two consecutive years reveal that male population have registered double in comparison to female population. The population reported at the OPD consists of infants, children, adolescents and adults.

Research paper on “Status of Mental Toughness of the citizens of Ahmedabad” was published by Dr. Rajul Mallik, Faculty of Rehabilitation Psychology in the International Journal of Indian Psychology ISSN: 2349-3429, Volume 5. Issue 2 in 2017.





**CERTIFICATE OF APPROVAL**

The Rehabilitation Council of India is pleased to accord approval to B.M. Institute of Mental Health, Near Nehru Bridge, Ashram Road, District - Ahmedabad, Gujarat - 380009 for running the following course:

Course	Duration of course	Intake Capacity
Advanced Certificate Course in inclusive Education (Cross Disability)(ACCIE(CD))	Six months	30 (Maximum) 10 (Minimum)

Note: The approval can be withdrawn at any time if found violating RCI norms or any other reasons in public interest.

2. The approval is for one batch in the year 2018 of 06 months duration; subject to conditions that the RCI's standard syllabus and nomenclature are followed, facilities in the institute are maintained in accordance with the norms prescribed by RCI from time to time.

3. The Institute is advised to fulfil all the conditions as prescribed by the Council and follow the conditions mentioned overleaf at Annexure-A at any given time. Approval for second batch may be considered only after satisfactory performance of the institute and compliance of points at Annexure-A. The core faculty/guest faculty should be ensured as per RCI norms throughout the program. The clinical setup, infrastructure, laboratory, library, curriculum transaction, exams, practical etc. should be ensured throughout the programme. The Council may deputee team of visiting experts to evaluate the facilities at any time and visitors to attend the final examination (Theory/practical).

4. The examinations shall be conducted by National Institute for the Persons with Multiple Disabilities (NIEPMD), Chennai in accordance with the norms as prescribed by the Council from time to time. List of admitted students as per merit list shall be sent to NIEPMD for enrolment and examinations with a copy to RCI. The same may also be displayed on the notice board of the institution. Details of admissions, enrolment, examination may be and all other.

5. Approval fee of Rs.5000/- (five thousand) shall be remitted to the Council through NEFT within a week of receiving of this letter and send the UTR slip in original to RCI. Details for NEFT are as mentioned below:

Beneficiary A/C No : 1484101026701 (Saving AC)  
IFSC Code : CNRB0001484  
Account Holder : Rehabilitation Council of India  
Bank Name & Branch : Canara Bank, Jeet Singh Marg, New Delhi

6. In case of violation of norms, RCI will not consider the award of 100 CRE points to the pass outs and further approval of institute in future for this course may not be considered.

7. Receipt of this Certificate may be acknowledged.

(S.K.Srivastava)  
Member Secretary

**Copy to:**

1. The Director, National Institute for Empowerment of Persons with Multiple Disabilities, East Coast, Muttukadu, Kancheepuram Dist., Kovalam Post, Tamilnadu - 603112 for necessary action please.
2. National Board of Examination in Rehabilitation, RCI House, B-22, Qutub Institutional Area, New Delhi -16 for information & necessary action please.

बी-22, कुतुब इंस्टीटयूशनल एरिया, नई दिल्ली - 110 016  
B-22, Qutub Institutional Area, New Delhi - 110 016  
Tel.: 011-2653 2408, 2653 2384, 2653 4287, 2653 2816 Fax : 011-2653 4291  
E-mail : rehabstd@nde.vsnl.net.in , rehccouncil\_delhi@bol.net.in  
Website : www.rehabcouncil.nic.in



The Rehabilitation Council Of India has recently imparted approval at B. M. Institute of Mental Health for new course- **ACCIED.**



## RESEARCH PUBLICATION BY BMI FACULTY

Ms Arti Thakkar, Senior Employee and a special educator published and released her book **“HIMMAT NI JYOT II”**.



# RESEARCH AND EDUCATION

## CORE FACULTY



**Dr. Rajul Malik**

Ph.D Psychology and B.ED.  
Special Education (MR)



**Ms. Prachi Sharma**

M.Phil. Rehabilitation  
Psychology



**Dr. Mritunjay Mukund**

Master in Occupational Therapy



**Ms. Jankeedevi R. Vaishnav**

M.Phil. Clinical Psychology



**Ms. Gurpreet Kaur Chabda**

M.Phil. Clinical Psychology



All professionals working at BM Institute are registered with  
RCI/MCI/AIOTA

## **GUEST FACULTY**

- ❑ Dr. Rakesh Sanghadia, MD, Psychiatry
- ❑ Dr. Suhas Doshi, MD, Psychiatry
- ❑ Dr. Punita Grover, MD, Psychiatry
- ❑ Ms. Charu Dholakia, M.Ed. Special Education

## **TEAM OF PROFESSIONALS**

- ❑ Mr. Rajendra Pandya, Special Educator
- ❑ Ms. Ketan Kiratsata, Special Educator
- ❑ Ms. Nirvisha Satvara, Special Educator
- ❑ Mr. Hiren Dave, MSW
- ❑ Ms. Saman Hakim, Rehabilitation Psychologist
- ❑ Mr. Narsingh Chaudhary, Rehabilitation Psychologist
- ❑ Ms. Sumita Kusari, Rehabilitation Psychologist
- ❑ Ms. Sheetal Shah, Speech Therapist
- ❑ Ms. Jalpa Bhatt, Occupational Therapist
- ❑ Ms. Hina Suthar, Rehabilitation Psychologist
- ❑ Ms. Mansi, Special Educator
- ❑ Mr. Sandeep Vadher, Craft Instructor
- ❑ Ms. Parul Sonara, Occupational Instructor
- ❑ Ms. Meghna Vyas, Occupational Instructor
- ❑ Ms. Manisha Patel, Psychiatric Nurse

# ANNUAL PERFORMANCE RATE

## PGDRP STUDENTS



**46%**

**54%**

**Distinction**

**First Class**

# PSYCHOLOGY LABORATORY

## TESTING TOOLS AND QUESTIONNAIRES



- ☐ Bayley 3 Developmental Screening Test
- ☐ Developmental Screening Test (DST)
- ☐ Vineland Social Maturity Scale (VSMS)
- ☐ Gessel's Developmental Issue (GDS)
- ☐ Seguin Form Board (SFB)
- ☐ Godard Form Board (GFB)
- ☐ Specific Learning Disability Test
- ☐ School Readiness Test for Young Children
- ☐ Desai- Verbal And Non- Verbal Intelligence Test
- ☐ Verbal Test of Intelligence
- ☐ Test of General Mental Ability
- ☐ Test of Non- Verbal Intelligence – Language free measures
- ☐ Clinical Analysis Questionnaire (CAQ)
- ☐ Emotional Intelligence Inventory (EII)
- ☐ Scale for Assessing Academic Stress
- ☐ Coner's Teacher's Rating Scale- revised
- ☐ Vocational Interest Record
- ☐ Educational Interest Record
- ☐ Depression Scale
- ☐ Mental Health Checklist
- ☐ Occupational Stress Index
- ☐ Stewart Maturity Scale
- ☐ Mc Carthy Scale for Children Abilities





# DETAILED TESTS

- ☐ Bayley 3 Developmental Test – Detailed
- ☐ Binet-Kamat Test of Intelligence (BKT)
- ☐ Malin’s Intelligence Scale for Indian Children (MISIC)
- ☐ Bhatia Battery Performance Test of Intelligence
- ☐ Wechsler’s Intelligence Scale for Children
- ☐ Wechsler’s Intelligence Scale for Children- IV
- ☐ Wechsler’s Adult Intelligence Scale – IV (WAIS-IV)
- ☐ Wechsler- Bellevue Intelligence Scale
- ☐ Raven’s Progressive Matrices – CPM, SPM and APM)
- ☐ Draw – A Man Test
- ☐ Specific Learning Disability- Comprehensive Test
- ☐ Diagnostic Test of Learning Disability (DTLD)
- ☐ Learning and Studying Strategies Inventory 2<sup>nd</sup> Edt.
- ☐ David Battery of Differential Aptitude (DBDA)
- ☐ Differential Aptitude Test (DAT)
- ☐ Multi-Factor Interest Questionnaire (MFIQ)
- ☐ Attention Deficit Hyperactivity Disorder Test-2 (ADHDT-2)
- ☐ Childhood Autism Rating Scale (CARS)
- ☐ Indian Assessment for Autism Assessment (ISAA)
- ☐ Bahavioural Assessment Scale for Indian Children- Mental Retardation (BASIC-MR)
- ☐ Behavioural Assessment Scale for Adult Living- Mental Retardation (BASAL-MR)



# DETAILED TESTS

- ☐ Knox Cube Imitation Test
- ☐ PGI Battery for Brain Dysfunction (PGI-BBD)
- ☐ PGI Memory Scale
- ☐ AIIMS Comprehensive Neuropsychological Battery
- ☐ AIIMS Comprehensive Dementia Scale
- ☐ Bender- Gestalt Test 2<sup>nd</sup> Version (Visual- Motor)
- ☐ Wisconsin Card Sorting Test (WCST)
- ☐ Mental Depression Scale
- ☐ Eysenck's Personality Questionnaire (EPQ)
- ☐ I PAT Depression Scale
- ☐ High School Personality Questionnaire (HSPQ)
- ☐ Minnesota Multiphasic Personality Inventory (MMPI)
- ☐ Children Personality Questionnaire (CPQ)
- ☐ Sack's Sentence Completion Test (SCT)
- ☐ Neo- Personality Inventory -3<sup>rd</sup> version
- ☐ 16 Personality Factors (16 PF)
- ☐ Children Apperception Test (CAT)
- ☐ Thematic Apperception Test (TAT)
- ☐ Rorschach Ink-Blot Test (RIBT)
- ☐ Rosenweig's Picture Frustration Study
- ☐ Draw – A-Person Test (DAPT)

# OTHER RATING SCALES AND QUESTIONNAIRES

- ☐ NIMH Vocational Assessment and Programming System for Person with Mental Retardation
- ☐ NIMH Disability Impact Scale (NIMH-DIS)
- ☐ NIMH Family Need Schedule (NIMH- FAMNS)
- ☐ NIMH Family Efficacy Scale (NIMH-FES)
- ☐ NIMH Family Support Scale (NIMH- FSS)
- ☐ Socio-economic status Scale

## LIST OF APPARATUS

- |  |   |
|--|---|
| <input type="checkbox"/> Mirror Drawing Test                   | <input type="checkbox"/> Paired Memory Test Board       |
| <input type="checkbox"/> Size- weight Illusion Test            | <input type="checkbox"/> Muler-Layer Illusion Apparatus |
| <input type="checkbox"/> Hand Steadiness Test (Manual version) | <input type="checkbox"/> Asthesiometer                  |
| <input type="checkbox"/> Finger Dexterity Board (Conner's)     | <input type="checkbox"/> Dry Pen Pointer and Brush      |
| <input type="checkbox"/> Blind Glass                           | <input type="checkbox"/> Hand Tally Counter             |
|  | <input type="checkbox"/> Stop Watch                     |

## Diagnostic and Statistical Manual –V (DSM-V)

BIO FEEDBACK Device is installed with Pulse, GSR, Respiratory, EMG and EEG functions. It is a non-invasive technique used for monitoring of various physical and mental functions and biofeedback training. It also help to manage many physical and mental health issues like Anxiety or stress, Attention deficit hyperactivity disorder (ADHD), Headache, High blood pressure, Psychiatric issues etc and helps people take charge of their health.





# LIBRARY

*“That perfect tranquility of life, which is nowhere to be found but in retreat, a faithful friend and a good library.”*

*- Aphra Behn, The Lucky Chance, Or, the Alderman's Bargain*

This institute library comprises of a vast range of publications and tomes on around 35 subject categories including Psychiatry, Psychology, Special Education, Physiology, Neurosciences, Development, Brain, Speech and Language, Occupational Therapy, Ergonomics etc.

Computer learning being one of the most wanted skills in this digital era, all the faculties, students and employees are delivered with the knowledge with the computer labs designed at the campus for this purpose.

## COMPUTER LABORATORY



## Interns from BMI at other institutes and organizations

- S.V.P.Integrated Rehab. Center for deaddiction, Ahmedabad
- Kannoria Hospital, Ahmedabad
- Ayushman (AIDMASH), Assam
- P.D.U. Medical College and Hospital, Rajkot
- Health and Care Foundation, Ahmedabad
- S.C.Patel Center for Mental Health and Deaddiction, Baroda
- MatimandNiwasi Vidyalaya, Omari
- Maharaja Sayajirao University, Baroda
- Kalrav School, Bharuch
- The Society for Mentally Retarded, Ahmedabad
- Kalrav, Ahmedabad
- Dr. Vishwa Mohan Thakur, Psychiatrist
- ROL Brain Education

## INTERNSHIPS at BMI

- Prapti Verma, NID, Ahmedabad
- Bhavya Agarwal, NID, Ahmedabad
- Regina Kuruthukulangara, NID, Ahmedabad
- Bhumika Parmar, Gujarat University
- Himakshi Shukla, M S University, Baroda
- Dhruv Chavda, M S University, Baroda
- Krishna Patel- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand
- Kruti Pandit- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand
- Ankita Patel- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand
- Devashree Pande- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand
- Rajita Akula- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand
- Anakha Pishrody- Smt. K.P.Institute of Physiotherapy & Occupational Therapy, Anand



# EDUCATIONAL VISITS AT B.M.I

Over 28 Educational institutes visited our campus with more than 1400 students and faculties from different educational institutes in the year 2017-2018 which include universities, nursing colleges, hospitals, architecture institutes, national institutes, etc.

❑ **Gujarat University, A-bad**

❑ **M S University, Baroda**

❑ **Parul University, Vadodara**

❑ **PDP University, Ahmedabad**

❑ **NIRMA University, A-bad**

❑ Civil Hospital, Nadiad

❑ ManikakaTopawala Inst. of Nursing, Change

❑ Indubhai Parekh School of Architecture, Rajkot

❑ Govt College of Nursing, Civil Hospital Campus, Ahmedabad

❑ Victoria Jubilee College of Nursing, Ahmedabad

❑ General Hospital, Limdi

❑ General Nursing School, Nadiad

❑ GCS School of Nursing, Ahmedabad

❑ Gujarat Vidyapeth, Ahmadabad

❑ Prakash School, Baraj

❑ IIPH, Gandhinagar

❑ Shama General Nursing School, Danilimda

❑ Apollo Nursing Institute, Ahmedabad

❑ JG College/ School of Nursing, Ahmedabad

❑ Dr. M.G.R. Educational & Research Inst., Chennai

❑ GuruNanak College, Chennai

❑ G.C.Patel Inst. of Architecture, Surat

❑ SLU Arts , Ahmedabad

❑ V.S. Hospital, Ahmedabad

❑ NIEPMD, Chennai

❑ General Hospital, Palanpur

❑ General Hospital, Godhra

❑ Ahmedabad Institute of Nursing Science, Gota



# FACULTY DEVELOPMENT

## CAPACITY BUILDING



Dr. Madhu Singh, Director attended one day training on **Mental Healthcare Act, 2017** organized by Commissioner of Health and Family Welfare, Govt. of Gujarat on 07/04/2017.

Dr. Rajul Mallik attended One Day Workshop on **RPWD-2016 Act** at Blinds People Association on 04/07/2017.



Ms Prachi Sharma and Dr Rajul Malik attended an **International Faculty Development Program** co-ordinated by Gujarat University and RUSA at KCG, Ahmedabad on 20/11/2017-21/11/2017.

Ms. Arti Thakkar, Special Educator and Ms. Mona Vyas, Clerk cum Typist attended the **Capacity Building Program** organized by GSCPS, Dept. of Social Defence at Gujarat National Law University on 20/11/2017-21/11/2017.



Ms Prachi Sharma, Faculty, Rehabilitation Psychology participated in three days workshop on **Statistical Methods of Behavioural Research** at NIMHANS, Bangalore from 22/08/2017 to 24/08/2017.

Ms. Jasmin Patel and Ms. Priti Purohit, Special Educators attended the **Dattak Jagruti And Taalim Program** organized by District Samaj Suraksha Kacheri on 31/03/2018.



# CONTINUING REHABILITATION EDUCATION

## 2017-2018

A seminar on **PROMOTION OF SCHOOL OF MENTAL HEALTH** had been conducted in July, 2017 where in around 30 people had been a part at the event.

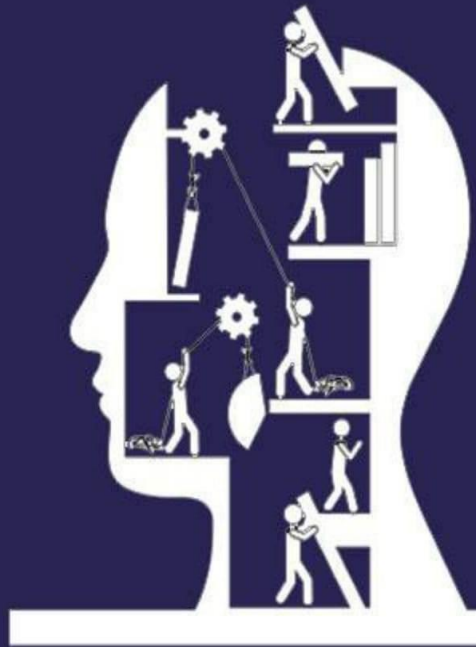




# INTERNATIONAL CONFERENCE

## International Conference on.... PSYCHOANALYSIS IN 21<sup>ST</sup> CENTURY

(7<sup>th</sup> December, 2017)



## INTERNATIONAL CONFERENCE ON PSYCHOANALYSIS IN 21<sup>ST</sup> CENTURY

had been conducted the BMI campus on 7<sup>th</sup> December, 2017. The very famous Psychoanalysts from British Psychoanalytical Society, Dr. Michael Brearley and Dr. David Black had given their honorable presence as the chief speakers at the event wherein more than 100 faculties, professionals and students had participated.







# WORKSHOPS AND SEMINARS

## COLLABORATION WITH DR. B.R. AMBEDKAR OPEN UNIVERSITY

A workshop on **TEACHER DEVELOPMENT** had been conducted in collaboration with Dr. B. R. Ambedkar Open University from 30<sup>th</sup> October to 3<sup>rd</sup> November, 2017 where in 37 participants had contributed to the involvement in the workshop.

The workshop was granted CRE Status by RCI, N.Delhi.



# WORKSHOPS AND SEMINARS

Seminar on “**BENEFITS OF N.I.O.S. FOR SPECIAL NEEDS CHILDREN**” was organized by Ms. Charu Dholakia, Guest Faculty of Special Education on 1/4/17. Dr. Rajiv Prasad, Regional Head, N.I.O.S., Gujarat was the keynote speaker.

Seminar on “**GENETICS AND AUTISM**” was organized by Dr. Rajul Mallik, Faculty of Rehabilitation Psychology on 1/4/17 for professionals working with individuals with autism.

Parent training program was organized by Dr. Mritunjay Mukund, Faculty of OT on 19/6/2017 for **UNDERSTANDING CHILDREN WITH MOTOR DIFFICULTIES**.

Parent training program was organized by Ms Prachi Sharma, Faculty of Rehabilitation Psychology on **MANAGEMENT OF CHILDREN WITH SPECIAL NEED** from 22/08/2017 to 24/08/2017.

A session on **RIGHTS OF PERSONS WITH DISABILITY ACT, 2016** was conducted by Dr. Madhu Singh at Gujarat Institute of Mental Health on 09/09/2017.



# WORKSHOPS AND SEMINARS

On World Occupational Therapy Day, Seminar for **PARENTS OF CHILDREN WITH MOTOR DIFFICULTIES** was organized by Dr. Mritunjay Mukund, Faculty of OT on **27/11/2017**.

On 28/11/17, Dr. Rajul Mallik, Faculty, Rehabilitation Psychology delivered lecture on **“SCHOOL ENVIRONMENT FOR MENTAL HEALTH”** during CRE organized by Gujarat Kelvani Trust, Ahmedabad

A seminar on **UNDERSTANDING DEVELOPMENTAL DELAY AMONGST CHILDREN** was conducted at the BMI campus for the staff and students at the institute on 30<sup>th</sup> December, 2017. Dr. Mahendra Mehta had been present as the speaker at the event.

Parent training program was organized by Ms Prachi Sharma, Faculty of Rehabilitation Psychology on **VOCATIONAL TRAINING AND REHABILITATION OF INDIVIDUALS WITH INTELLECTUAL DISABILITY** on 21/1/ 18

Seminar on **JACOBSON’S PROGRESSIVE MUSCULAR RELAXATION TECHNIQUE (JPMR)** was organized by Ms Gurpreet Chhabda and Ms Jankee Vaishnav, Faculties of Clinical Psychology for staff and trainees of B M Institute on 3/2/18.

On 22/2/18, Director of the Institute delivered lecture on **SKILLS FOR COUNSELLING PARENTS OF STUDENTS WITH SPECIAL NEEDS** at CRE program approved by RCI and organized by Manas Charitable Trust at Gujarat Institute of Mental Health, Ahmedabad

Parent training program was organized by Dr. Rajul Mallik, Faculty of Rehabilitation Psychology on 3/3/2018 for the **PSYCHOEDUCATION OF PARENTS OF INDIVIDUALS WITH MENTAL ILLNESS.**

On 12/3/2018, Dr. Madhu Singh, Director delivered keynote address on **GUIDANCE AND COUNSELLING** at Dept. of Education, Gujarat University

Seminar on **BUILDING HAPPINESS and OPTIMISM** was organized for staff members of B. M. Institute on 17/3/2018. Ms. Iti Shukla was the resource person.

# SHARING THE POWER OF KNOWLEDGE



B. M. Institute of Mental Health was proudly a part of the Education Fair conducted on June, 2017 and February, 2018 by delivering a fragment of awareness and knowledge and successfully moving forward towards achieving its goal for its prominent establishment in the society.



# FELICITATION OF DR. MADHU SINGH

On the occasion of Women's Day, Dr. Madhu Singh, Director was felicitated by Hon'ble Shri Vijay Rupani, Chief Minister, Gujarat and Shri Suresh Prabhu, Minister at Central Cabinet during a function at Deendayal Upadhyay Auditorium in Ahmedabad.



# DEVELOPMENT OF RESEARCH ADVISORY COMMITTEE

Progressing further, the management at the institute has constituted a RESEARCH ADVISORY COMMITTEE. Dr. S. L. Vaya, former Director, IBS, Gujarat Forensic Science University and Dr. R. S. Patel, Dean and Director, Dept of Education, Gujarat University are expert members of the committee.

# FELICITATION OF DR. S. L. VAYA

It is our pleasure to have honorable Dr. S. L. Vaya, Director, Research and Development, Raksha Shakti University and former Director, IBS, Gujarat Forensic Science University associated with the institute. Dr. Vaya was honored by Hon'ble Home Minister Dr. Rajnath Singh with Lifetime Achievement Award in February, 2018. B.M. institute conducted a felicitation ceremony for this heroic personality of Dr. Vaya at the institute on 28/2/2018.



*"I am happy to place on record that B.M.Institute was a dream come true institute and the exposure I had are unimaginable like the learning that took place as a rapporteur in the International Child Congress when I heard legend speakers like James Anthony, Erna Hoch & many more and series of lectures by Erik H. Erikson. It accelerated my professional growth and gave an impetus to set my goals to working for developing more such institutes in the years to come."*





# EMINENT PERSONALITY VISITS

❑ Smt. Anju Sharma, IAS, Principal Secretary, Higher Education

❑ Dr. Gaurav Dahia, IAS, Mission Director, National Health Mission

❑ Shri K.B.Upadhyay, Director, Higher Education

❑ Dr. Himanshu Pandya, Vice Chancellor, Gujarat University

❑ Dr. S.L.Vaya, Director R&D, Raksha Shakti University

❑ Ms. Sara Hendren, Professor, Olin College of Engineering, USA



# MENTAL HEALTH CARE

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 counseling, 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 counseling, etc.



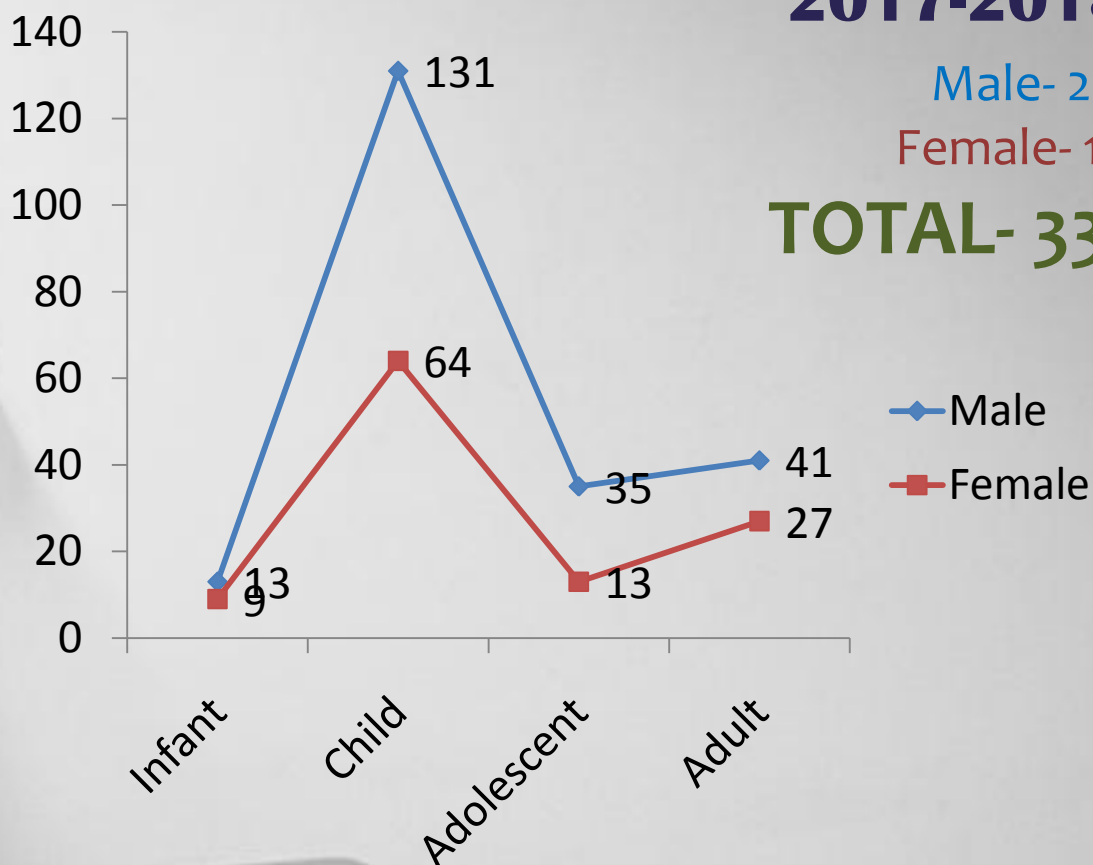
# NUMBER OF NEW CASES AT OPD

2017-2018

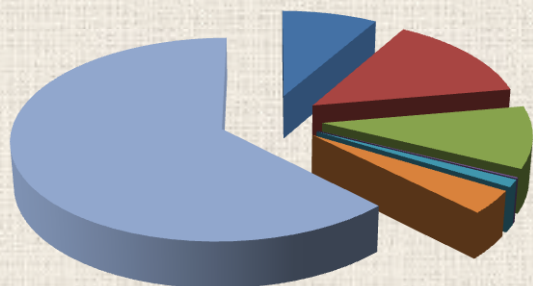
Male- 220

Female- 113

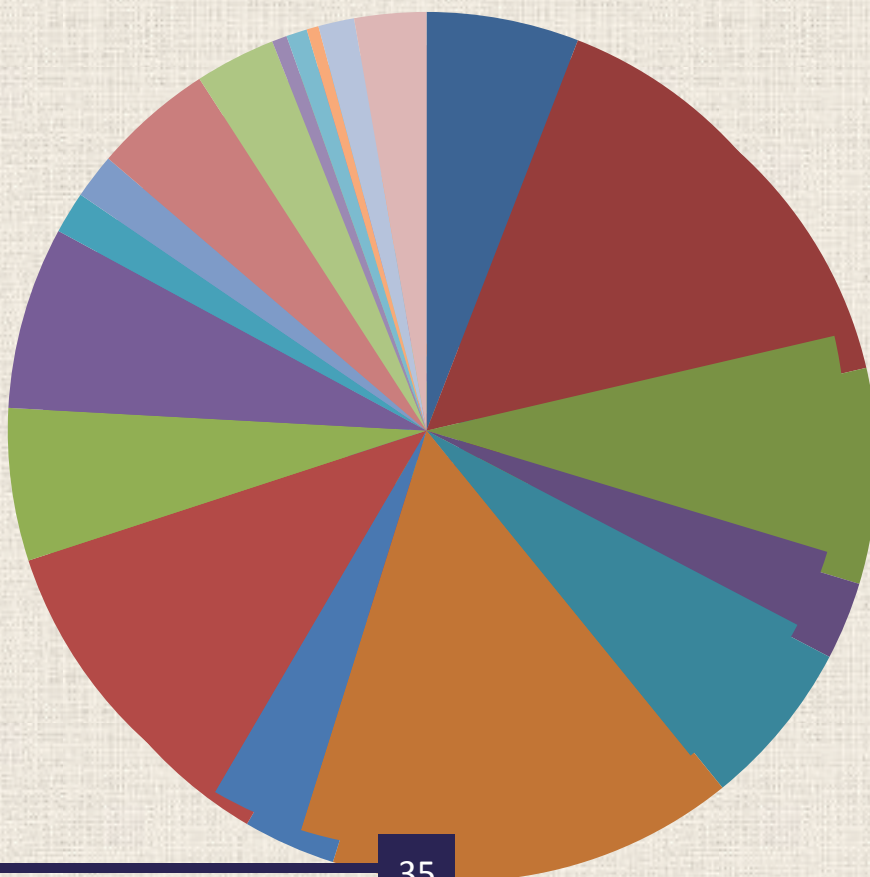
**TOTAL- 333**



# MULTIDISCIPLINARY THERAPY SESSIONS AT OPD



Speech Therapy	610
Special Education	1021
Psychology Counseling	733
Genetic Counseling	14
Diet Counseling	89
Psychiatric Therapy	278
Occupational Therapy	4578







## CASES 2017-2018

- Average Intelligence - 51
- Intellectual Disability - 134
- Developmental Delay - 72
- Slow Learner - 26
- Motor Problem - 56
- Speech Problem - 136
- Mental Illness - 31
- Behaviour Problem - 100
- ADD/ ADHD - 51
- ASD/ PDD - 61
- Down Syndrome - 14
- Personality/ Conduct Disorder - 0
- Learning Disability - 15
- Low Self- Esteem - 40
- Emotional Problems - 27
- Vision Impairment - 5
- Brain Damage - 7
- Hearing Loss - 4
- Genetic Disorder - 12
- Diet consultation - 24

# REHABILITATION SERVICES

Every great challenge forms a fertile soil in which a great recovery can take roots and blossom, but only if you plant the seeds of REHABILITATION. Several groups created at B M Institute of Mental Health are organized and dedicated to different sectors. They serve areas with students of various age groups affected with different issues/ conditions.



## PRAYAS

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

Team: Psychologist, Speech Therapist, Occupational Therapists, Special Educator and Social Worker.

No. of Beneficiaries: 30



## CHETAN

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

Team: Psychologist, Speech Therapist, Occupational Therapists, Special Educator and Dietician.

No. of Beneficiaries: 17



## SHARDA 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.

No. of Beneficiaries: 120



## MCW Multi-category Workshop

MCW is a vocational setup 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 Therapist.

No.of Beneficiaries: 83



## DCU- Day Care Unit

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, Clinical Psychologist, Social Worker and Psychiatric Nurse.

Services: Psychiatric treatment, Individual and Family Counseling, Structured Program of Rehabilitation, Life Skill Training, Computer Skill Training and Vocational Skill Training.

No. of beneficiaries: 14



## PEHCHAAN

Pehchaan is an initiative by B M Institute for economic empowerment of persons with special abilities. Vocationally trained person are involved in designing and production of eco friendly items. Designs for each product are created keeping in mind the cognitive and physical development of each individual. The process aims at making each individual involved in the work self reliant and sustainable. Creating by freedom of choice and spontaneity leads to unique and innovative set of product ideas.





# COMMUNITY OUTREACH



## RIGHTS AND HIGHER EDUCATION FOR PWDs

Awareness stall was kept during Grand Education Fair at Gujarat University Convention Centre, Ahmedabad for Sensitizing Society about Rights and Higher Education for PWDs on **14/06/2017-15/06/2017**.

## UNJHA CAMP

Early identification camp for children with intellectual disability at Parishram Charitable Trust, Unjha on **04/07/2017**.



## AWARENESS EXHIBITION DURING NAVRATRI

Awareness Exhibition for Skill Promotion of Intellectually Challenged Girls under Nari Shakti Project funded by ONGC was on display during Navaratri celebration at AES Ground, Ahmedabad from **06/10/2017 to 09/10/2017**.

## SCREENING CAMP AT NID

Screening and Awareness Camp for Preventive Mental Health at NID, Ahmedabad on **09/10/2017-10/10/2017**.



## AWARENESS FOR VOTING RIGHTS

Awareness program had been conducted regarding the importance and understanding of voting for differently abled and special need people on **29/11/2017**.

## PAD YATRA

Pad Yatra was organized in association with Radio One for generating awareness on menstrual hygiene of girls with special abilities on **07/02/2018**.



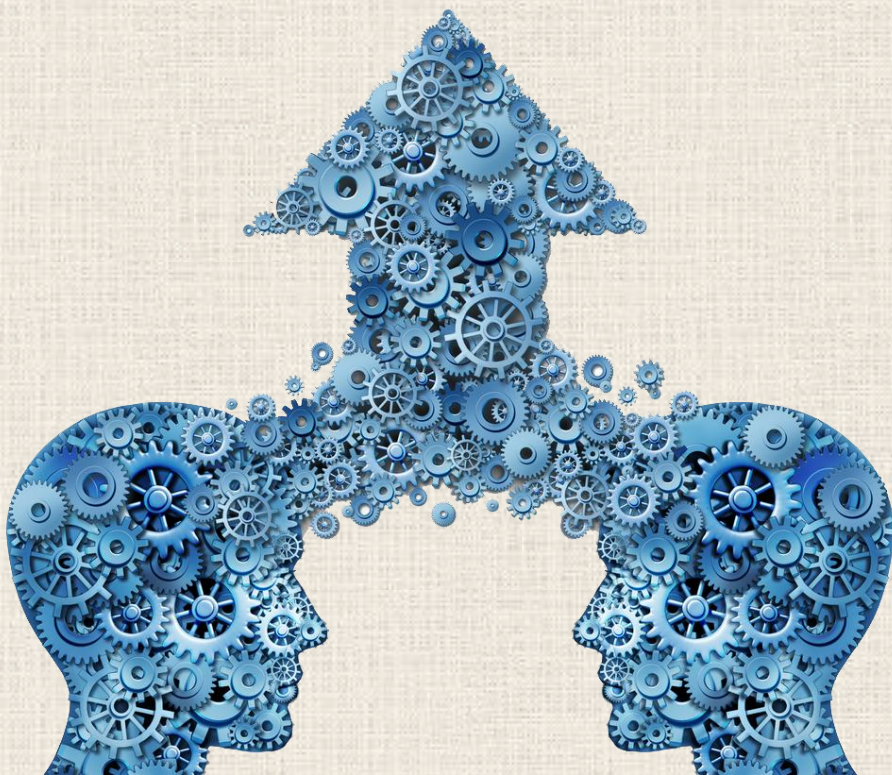


# PRAYATNA

## 2017-2018

Under agreement with NID, Paldi, B. M. Institute of Mental Health provided Psychological Consultation and Counseling Services to students and Staff of NID.

Consultancy services were provided to NID Admission Cell, Ahmedabad for scrutiny of the DISABILITY CERTIFICATES of PWDs seeking admission at the institute.





# COLLABORATION

Under agreement with 6 different organizations, the institute continued the research, services and training work in 2017-18

- ❖ MOU is signed between Sewa, Ahmedabad and B. M. Institute for vocational skill training and rehabilitation of mentally challenged adult girls enrolled at multi-category workshop of B. M. Institute.
- ❖ Agreement was signed for Providing Counseling services to Students of NID, Ahmedabad
- ❖ PanGeonomics and BMIMH are working under agreement for providing genetic counseling services to people with disability.
- ❖ MOU between B. M. Institute of Mental Health and Department of Zoology, Gujarat University is signed for research on genetics and autism.
- ❖ An agreement with Dr. B. R. Ambedkar Open University has been made for joint workshop of 5 days for teachers development approved by RCI as Continuing Rehabilitation Education Program.





# PROJECT- NAARI SHAKTI

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



## MOBILIZING VOLUNTEERS WE ARE GRATEFUL TO...

- ☐ Nishmin Marshal
- ☐ Priyesh Balakrishnan
- ☐ Janki Chavda
- ☐ Vedika
- ☐ Hansuta Kapoor
- ☐ Chandakant
- ☐ Bhumika Parmar
- ☐ Gayatri
- ☐ Mansi
- ☐ Hina Suthar

# EVENTS



**SARASWATI POOJA**



**ROUND TABLE MEETING**



**COMMUNITY AWARENESS STALL**



**EDUCATION FAIR**



**CONTINUING REHABILITATION  
EDUCATION WORKSHOP**

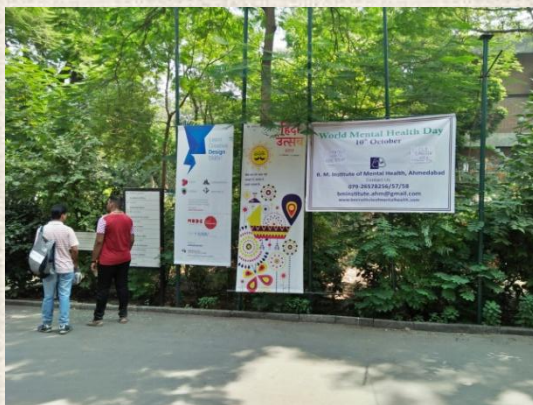


**26<sup>TH</sup> JANUARY,  
REPUBLIC DAY CELEBRATION**





**DR. M. N. PATEL AT AN  
AWARENESS PROGRAM**



**WORLD MENTAL HEALTH DAY**



**SWACHCH BHARAT ABHIYAAN**



**DESIGNING RANGOLI-DIWALI  
CELEBRATION**



**PARENT TRAINING PROGRAM**



**YOUNG AHTLETE PROGRAM IN  
COLLABORATION WITH SPECIAL  
OLYMPIC TEAM, GUJARAT**

# HAND HOLDING BY WELL- WISHERS

We are thankful to everyone for their continuous support to B.M. Institute of Mental Health.

- |   |  |
|---|--|
| <input type="checkbox"/> K. B. Upadhyay                                     | <input type="checkbox"/> Jigar K Parekh            |
| <input type="checkbox"/> Add Web Solution Pvt. Ltd                          | <input type="checkbox"/> Jignesh Patel             |
| <input type="checkbox"/> Atulbhai Sridhar Dharaj                            | <input type="checkbox"/> Jyoyindra Acharya         |
| <input type="checkbox"/> Bharatbhai Rathod                                  | <input type="checkbox"/> Kalpanaben Setalvad       |
| <input type="checkbox"/> Chanchal Girdharlal                                | <input type="checkbox"/> Kamleshbhai Nayak         |
| <input type="checkbox"/> Chhabildas Lalchand                                | <input type="checkbox"/> Kantilal Kayrath          |
| <input type="checkbox"/> Cvishad Padmanabh Mafatlal Public Charitable Trust | <input type="checkbox"/> Libania Fernandes         |
| <input type="checkbox"/> Diponi Patel                                       | <input type="checkbox"/> Lt. Neenaben P Rupareliya |
| <input type="checkbox"/> Dipti D Pujara                                     | <input type="checkbox"/> Manisha Patel             |
| <input type="checkbox"/> Dishank Jayendrabhai Parmar                        | <input type="checkbox"/> Navneetbhai C Patel       |
| <input type="checkbox"/> Eden Fernandes                                     | <input type="checkbox"/> Nioa Mehta                |
| <input type="checkbox"/> Ferromatic Milacron India Pvt. Ltd                 | <input type="checkbox"/> Nishit B Thakkar          |
| <input type="checkbox"/> GSC School/ College of Nursing                     | <input type="checkbox"/> Noshirvan D D Randeriya   |
| <input type="checkbox"/> Hira Manek Trust                                   | <input type="checkbox"/> Padhiyar Yogini K         |
| <input type="checkbox"/> Indravadan B Lekhadia, Charittable Trust           | <input type="checkbox"/> Patel Kishan              |
| <input type="checkbox"/> Izek Telariwala                                    | <input type="checkbox"/> Perpetual A Dsouza        |
| <input type="checkbox"/> Jayaben Shah                                       | <input type="checkbox"/> Ranna Patel               |
|   | <input type="checkbox"/> Rupa Rameshbhai Sheth     |
|   | <input type="checkbox"/> Sujal Mehta               |

All contributions to B. M. Institute of Mental Health are covered under **80G of Income Tax Act and FCRA.**







# SPORTS

All awards are won by specially abled beneficiaries of Sharda School and Multi-category Workshop.

Total Participants- 333  
Winners- 92

**33**



First  
Position

**28**



Second  
Position

**31**



Third  
Position



# SUCCESS STORY

NIHAL MOHAMMADSHEREIF SHEIKH born on 19<sup>TH</sup> MARCH 1995 is diligent and industrious. Despite being diagnosed with Mild Intellectual Disability, Nihal completed his SSE and got training at ITI. He reported to B.MInstitute of Mental Health in the beginning of 2017 with complaints related to workplace adjustment. He stays in a nuclear family with his parents and two siblings.



Structured training and rehabilitation program was designed to develop his strengths. Team of multidisciplinary experts constantly worked with him to minimize his weaknesses. Over a period of one year, Nihal developed occupational efficiencies, started performing tasks systematically taking responsibilities with proper time management and independent living skills. Finally, with the collective efforts of Professionals at B.MInstitute and his parents, Nihal got an opportunity to live a life with dignity. Presently, he is working in a factory as a tuner-fitter at GIDC, Vatva, Ahmedabad.

## SECRETARY SAYS

As rightly quoted by Albert Einstein “Everyone is a Genius” in their own ways. Every individual has a potential that can be groomed and further developed into something productive.

But not every eye has the potential to discover this talent; B. M. Institute of Mental Health believes that differently abled children can learn to lead a normal life if they have effective access to services like early identification, intervention, education, vocational training, employment opportunities and the availability of aids and appliances.

However, we believe that every differently abled child can excel in life if given special care, love and guidance. Institute mainly takes care of children with various disabilities like Intellectual Disability, Cerebral Palsy, Down syndrome, Autism, Hearing and Speech Impaired, Muscular Dystrophy and other physical impairments, etc.

The Institute is a Grant in Aid Institute established in the year 1951 and affiliated to Gujarat University and runs RCI approved courses. Few more RCI approved courses are in the pipe line and are being commenced shortly. Institute is also obliged to the Chairman and Board of Trustees for their support and valued guidance.

*-D. T. Dave*

# **B. M. INSTITUTE OF MENTAL HEALTH**

**Near Nehru Bridge, Ashram Road,  
Ahmedabad, Gujarat-380009**

**Monday to Saturday  
10 am to 5 pm**

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[bminstitute.ahm@gmail.com](mailto:bminstitute.ahm@gmail.com)**