



B M INSTITUTE OF
MENTAL HEALTH



ANNUAL REPORT

2019-20

YOU ARE MORE PRECIOUS TO THIS WORLD
THAN YOU'LL EVER KNOW.





B M INSTITUTE OF **MENTAL HEALTH**

Enabling abilities...



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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.

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 VISION



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.

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.

OUR CULTURE



Board of Trustees

❑ **Shri P.K. Laheri**

IAS (Retd), Former Chief
Secretary,
Govt. of Gujarat – Chairman
Board of Trustee

❑ **Smt. Kalpana Setalwad**

Social Worker

❑ **Smt. Mehar Medora**

Social Worker

❑ **Smt. Nayana Patel**

Social Worker

❑ **Dr. Rajesh Maniar**

Psychiatrist

❑ **Smt. Mana Sarabhai**

Social Worker

❑ **Smt. Meeta Zaveri**

Social Worker

❑ **The Director**

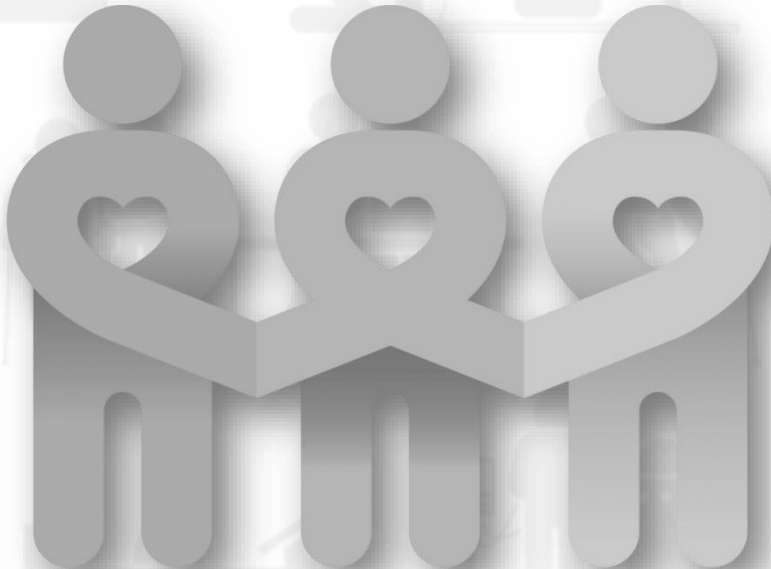
Higher Education, Govt. of
Gujarat

❑ **The Director**

Social Defense, Govt. of
Gujarat

❑ **The Deputy Secretary**

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



Director's Desk

I am pleased to share with you the Annual Report 2019- 20 of B M Institute of Mental Health.

This year we directed our efforts towards improved teaching and training for rehabilitation professionals in making at the institute. A 100% result, with majority of the enrolled students in distinction and first class in all



professional education courses laud the quality of training and education. The extraordinary academic performance of students of higher education in disability rehabilitation and mental health has continued the trend of excellent teaching learning process of the institute. At BMI, students not only engage in hands on practical training on the very specialized subject, but also work closely with the society under the supervision of teaching faculty and clinicians. Learning is a continuous process, and the continued capacity building efforts of the institute have kept the resource team and faculty abreast with the best current research-based practices in the field. For promoting quality research in this specialized field, this year we expanded the scope of work in the institute by collaborating with premier educational institutions from diverse field viz. technology, genetics, design etc.

Efforts were made to increase the need assessment in areas like cognitive abilities, sensory motor abilities, speech and socio-communication abilities, neurodevelopmental abilities, learning abilities etc. The objective of our community awareness efforts has been prevention, early identification and management of conditions leading to disability.

Every professional at BMI empowers people to take action and change the world for good. We conducted over 8500 need based intervention sessions during 2019-20 with a multidisciplinary team of behaviour therapist, occupational therapist, speech therapist, special educationists, psychological counsellor, genetic counsellor, diet counsellor, dance movement therapists, arts based therapists etc. for children and adults with mental health disabilities, which is a testimony of continued specialized service for the needy.

We reached over 7000 lives through our community initiatives for awareness building. We ensure that the fund given to us by the community is utilized towards fulfilling our mission and ultimately towards fulfilling our shared vision of a world in which everyone has the opportunity to lead a safe, healthy and productive life.

In March, 2020 towards the end of the year 2019-20, the unprecedented pandemic situation affecting most of the countries across the world, impacted the institute too. We had to cancel our fully planned community engagement program on 21st March, 2020. But as there is a saying, if there is will, there is way! The institute has been sincerely equipping and training itself with changing technological innovations, to be connected with its beneficiaries and provide them the necessary support and care. We stand strong with our NATION, with a strengthened commitment in fighting the challenges of a new normal. We take a safety pledge to work sensibly and responsibly and pray for the wellbeing of fellow citizens. We strive to provide all possible care and support within the capacity of B M Institute of Mental Health during the time of inevitable threat to lives. Stay Safe!

- Dr. Madhu Singh

Highlights



The Structure

Research and Education



- Research and study
- Professional education and training

Mental Health Care Services



- OPD
- Therapy Services



- Prayas group
- Chetan group
- Sharda School
- MCW
- DCU

Rehabilitation Services



- Prayatna

Community Outreach

Research and Education

Recognized by Department of Higher Education, Government of Gujarat as a Research Institute, The B M Institute of Mental Health offer Higher Education Courses which are affiliated by Gujarat University and Dr. Babasaheb Ambedkar Open University, Gujarat.



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

Guest Faculty

- ❖ Dr. Rakesh Sanghadia, MD, Psychiatry
- ❖ Dr. Suhas Doshi, MD, Psychiatry
- ❖ Dr. Punita Grover, MD, Psychiatry
- ❖ Charu Dholakia, M.Ed. Special Education
- ❖ Priti Nimavat, M.Phil Clinical Psychology
- ❖ Narsinh Chaudhary, M.Phil Clinical Psychology
- ❖ Meenakshi Gupta, MBA

Study By Teaching Faculty

Dr. Rajul Mallik

- Parenting in Digital Society: Challenges and opportunities

Dr. Mritunjay Mukund

- Early Intervention under Occupational Therapy

Ms. Prachi Sharma

- Low self Esteem and Psychopathology in Children with subnormal Intelligence
- Exposure of Academic Training to the Itinerant Group Children and their Intelligent level and Functioning
- Mental health – An important but ignored part of life
- Survey to understand the Psychological well-being among Law Students.



Research Collaboration



To promote research and study in the disability rehabilitation area, BMIMH has joined hands with IIT, Gandhinagar, NID, Gandhinagar and NIRMA University, Ahmedabad.

- Ph.D. students of Electrical Engineering branch from IIT Gandhinagar conducted study at BMI on Children with Autism to understand the Joint Attention Skill.
- Ph.D. students of Institute of Science, NIRMA University are studying the genetic aspect of children with intellectual impairment at BMI.
- M.Design students of Toy and Game Design from NID, Gandhinagar conducted study at BMI on children with intellectual impermanent for developing inclusive playground.



Internships at BMI

- IIT, Bombay: Priya Singh
- IIT, Gandhinagar: Swati Satish Joshi
- Sophia Collage, Mumbai: Priyal Shah
- Manipal University, Jaipur: Payal Mulani
- Gujarat University, Ahmedabad: Bhavika J. Thumar

20 nursing students of ESIC School of Nursing, Ahmedabad got educational placement at the institute.

Empowering Specially Abled Citizens

28 Students with Intellectual Impairment completed their six months Vocational Training ITI Course from the institute which are recognized by Department of Employment and Training, Government of Gujarat

Paper Bag Making

Total number of students: - 18

Distinction: - 3

First class: - 14

Second Class: - 1

Art and Craft

Total number of students: - 10

Distinction: - 2

First class: - 7

Second Class: - 1



Annual Performance Report

(Professional Courses approved by RCI and Recognized by Gujarat University)

PGDRP* Course Students Result-100%

*Post Graduate Diploma in Rehabilitation Psychology

Distinction: 30%

First Class: 70%

*43% Male and 57% Female students were enrolled in the course

PDCP* Course Students Result-100%

*Professional Diploma in Clinical Psychology

Distinction: 50%

First Class: 50%

*33% Male and 67% Female students were enrolled in the course

B.Ed.SE, ID

*B.Ed.Special Education Intellectual Disability

Distance Mode professional course approved by Rehabilitation Council of India (RCI) and Recognized by Dr. Babasaheb Ambedkar Open University

(Result Awaited)



Educational Visits

B M Institute of Mental Health has been continuously working towards building inclusive society. Promoting collective wisdom by using the tool of teaching and learning is the key...



Over 1500 Faculty and Students from following 12 Universities and 33 Educational Institutions visited the institute for teaching and learning purposes.

- Anna University, Chennai
- CEPT University, Ahmedabad
- Gujarat Technological University, Gandhinagar
- Gujarat Vidyapith, Ahmedabad
- Gujarat University, Ahmedabad
- S.P. University, Vidyanagar
- Gujarat Institute of Nursing Education & Research, Ahmedabad
- Hemchandracharya North Gujarat University, Patan
- Indus University, Ahmedabad
- National Institute of Design, Ahmedabad
- Parul University, Vadodara

Recognition to Trainees of BMIMH

Naureen Mansure, PDCP course won award for Best Paper in Scientific Session during International Mental Health Conference held on 10-11 October, 2019 at Gujarat University

Vaibhav Bhandari, PDCP wrote Awareness building Article for leading news daily Rajasthan Patrika (11/10/19) on Preventive Mental Health.



Priti Makwana, Hipal Gajjar and Ridhhi Barriya, PGDRP course won best poster presentation award during Psychology Mela organized by Saurashtra University, Rajkot between 26-28 February, 2019



Professional Development

BMIMH encourage its employees for continuous training, knowledge building and sharing.



National Conference on Mental Health on 11th October, 2019 as a Guest Speaker at Indian Institute of Public Health, Gandhinagar- **Dr. Madhu Singh**

CRE Workshop on Professional Ethics in Rehabilitation Work setting on 15th June, 2019 as Guest Speaker at GKT, Ahmedabad - **Dr. Madhu Singh**

Consortium of Inclusive Education on 31st August, 2019 as Invited speaker at Riverside School, Ahmedabad- **Dr. Madhu Singh and Ms. Charu Dholakia**



Capacity Building

Resource person at 3days CRE program at Gujarat Kelavani Trust on 4th to 6th November 2019 - **Dr. Rajul Mallik**

Participated in western zone course coordinator meeting on 21st to 22nd February 2020 at Nagpur - **Dr. Rajul Mallik**

DD Girnar: Participated as expert in the live talk show Hello Jindagi on Mental and Intellectual Disability Rehabilitation - **Dr. Rajul Mallik**

National Symposium on Psychotherapy Indian Psychiatric Society and IPS Gujarat State Branch attend on 04/08/2019 at Hospital for Mental Health - **Ms. Prachi Sharma**

National level CRE Workshop on “Externs Comprehensive system: A Hands on Experience of Recent Advancement in coding, scoring, and Interpretation of Rorschach Inkblot Method on 6 and 7 September 2019 at GFSU, Gandhinagar- **Ms. Jankeedevi Vaishnav**

State Level CRE on “Recent Practices in Behaviour Modification” 3 to 5 January 2020 at Surendranagar - **Ms. Jankeedevi Vaishnav**



Continuing Rehabilitation Education (CRE)
organized by BMI with the approval of RCI in
2019-20



State Level CRE Workshop
on Rights of Persons with
Disabilities and its
implications from 30th July,
2019 to 1st August, 2019



State Level CRE Workshop
On "MEDIA AND
DISABILITY" 8th to 10th
January 2020



Conference, Workshop, Training Program and Seminar at BMI



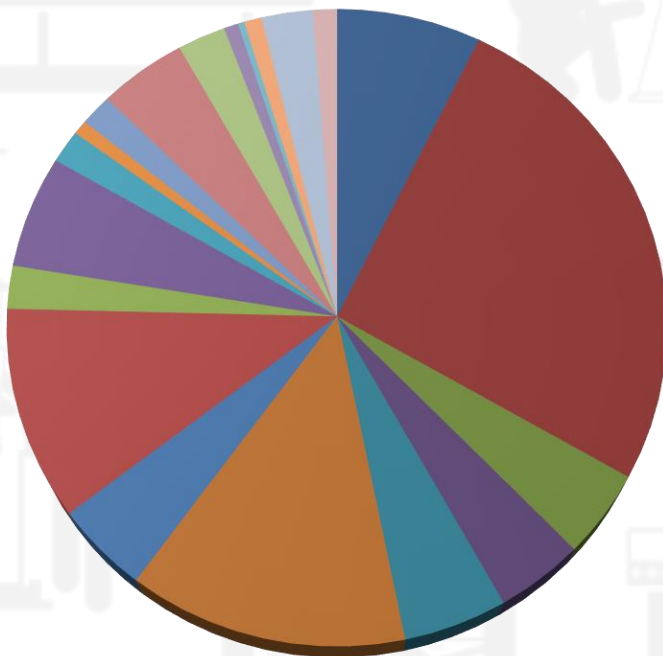
- Seminar on Autism Awareness on 2nd April, 2019
- Seminar on Schizophrenia: Acceptance and Support on 24th May, 2019
- Workshop for Parents on “World Yoga Day” On 21st June 2019
- Seminar on Auditory Verbal Therapy on 4th September, 2019
- Parents training for children with motor and cognitive difficulties on 19th October, 2019
- Seminar on Psycho- Education and Medico-Legal Aspects in Mental Illness for DCU Parents on 15th February 2020

Mental Health Care Services

Under Out Patient Department, Multidisciplinary Services for early identification, intervention and management of mental health difficulties and disabilities are offered at the B M Institute of Mental Health.

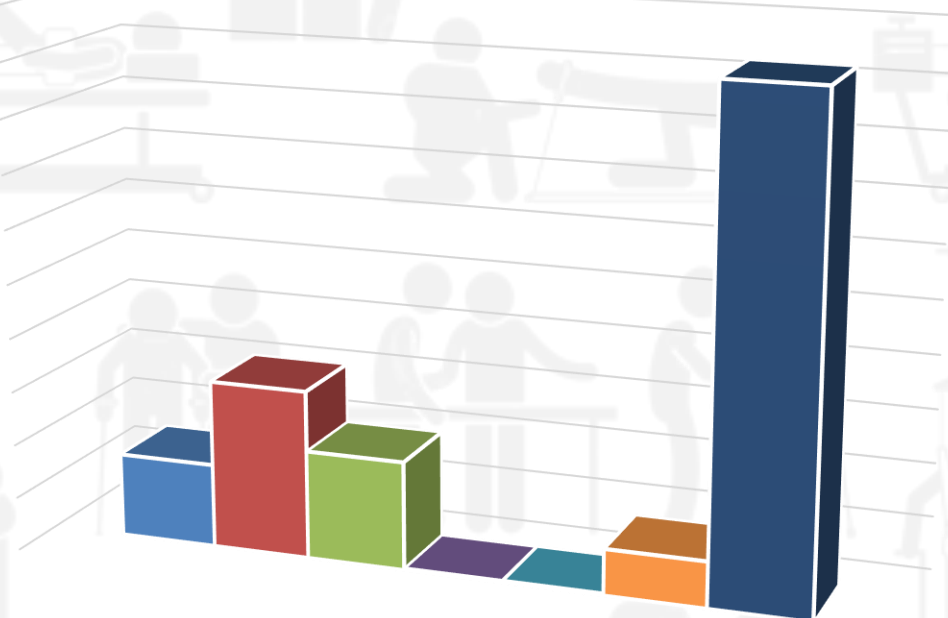


Types of Conditions Attended at OPD



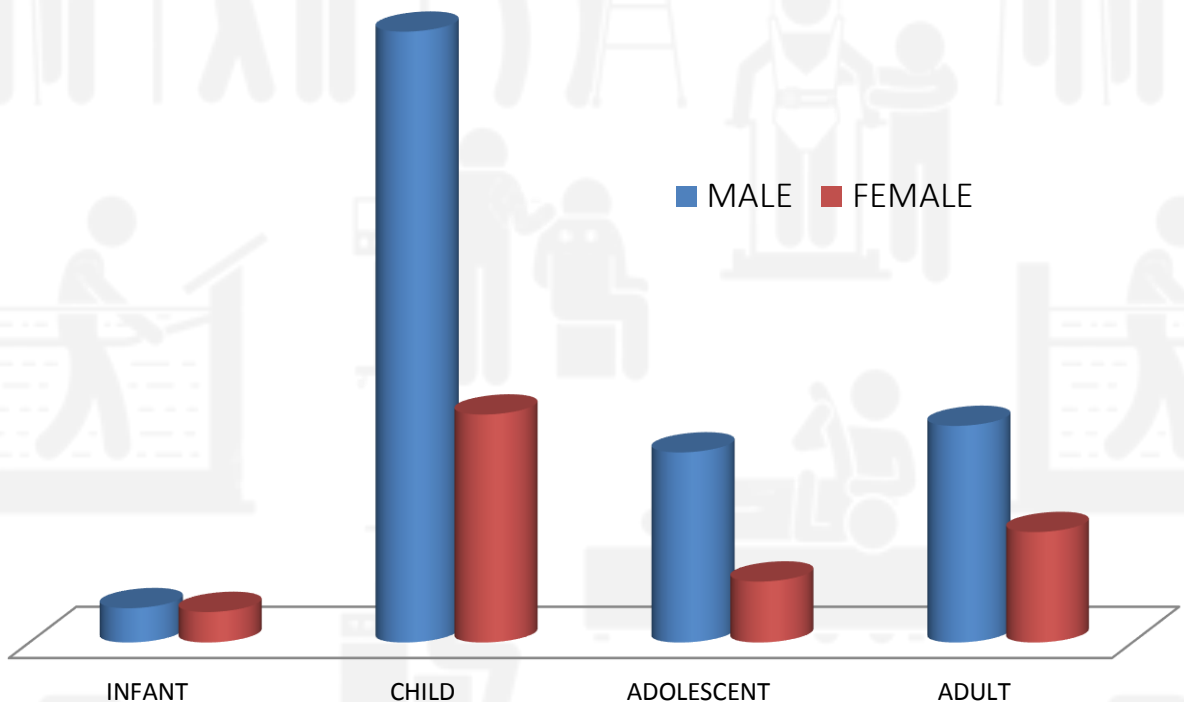
- Average Intelligence
- Intellectual Disability
- Developmental Delay
- Slow Learner
- Motor Problem
- Speech Problem
- Mental Illness
- Behaviour Problems
- ADD/ADHD
- ASD/PDD
- Down Syndrome
- Personality/ Conduct Disorder
- Learning Disability
- Low Self Esteem
- Emotional Problems
- Vision Impairment
- Brain Damage(Accident)
- Hearing Loss
- Genatic Disorder (undiagnosed)
- Diet consultation

Multidisciplinary Therapy Sessions Conducted - 8449



- Speech Therapy
- Psychological Intervention
- Diet Counselling
- Occupational Therapy
- Special Education
- Genetic Counselling
- Psychiatric Intervention

New Cases Reported at OPD - 390



Medical/Health Screening/Vaccination Camp for PWDs

On 10th October, 2019, BMIMH organized free Mental Health Screening Camp at its campus where over 240 individuals got assessed who were between the age of 18 years to 35 years. Need based Guidance and free consultation was also provided to all registered individuals.

General Health Screening Camp for Children with Disability was organized in collaboration with Urban Health Center, Ahmedabad on 14th February, 2020



Rehabilitation Services

Multidisciplinary approach in all rehabilitation services for persons with mental health challenges and disabilities signifies the work culture of B M Institute of Mental Health. The core of rehabilitation services of the institute reflects research based best practices.



Prayas

It is a training group for children between 2-6 years of age. General stimulation for developing pre-educational skills, socio-communication skills, behavior 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: 10

Chetan

It is a 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: 18

Sharda School

It is a special school registered under Social Defense 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: 98

DCC – Day Care Centre

It is a rehabilitation and day care centre for adults with intellectual impairment above 40 years.

Team: Clinical/Rehabilitation Psychologist, Special Educator, Occupational Instructor, Occupational Therapist, Craft Instructor and Music Instructor.

No. of beneficiaries: 15

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.

Serving Team: Special Educator, Rehabilitation Psychologist, Occupational Therapist, Craft Teacher

No. of Beneficiaries: 81

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.

Serving Team: Psychiatrist, Rehabilitation Psychologist, Clinical Psychologist, Social Worker, Craft Teacher and Psychiatric Nurse.

No. of beneficiaries: 15

Community Awareness and Outreach

Multiple programs have been conducted under the initiative - *PRAYATNA*

For Early Identification and Management of Autism Spectrum Disorder, BMIMH organized Community Awareness Program at V. S. Hospital, Ahmedabad on 2nd April, 2019

Community awareness program on Suicide Prevention organized at Ahmedabad One Mall and Institute of Law, NIRMA University, Ahmedabad on 10th September, 2019

BMIMH joined hands with Sadvichar Parivaar for Youth Development Program from 10th April to 12th April, 2019

For promoting mental well-being among students of educational institution, BMIMH organized Community Awareness Program at IIT, Gandhinagar on 12th September, 2019

An awareness exhibition was organized at BMIMH for community to understand Schizophrenia on 24th May, 2019

On 10th October, 2019, BMIMH organized Community Awareness Exhibition at its campus on Mental Health and Suicide Prevention

For Preventive Mental Health, BMIMH organized Community Sensitization Program at GCS College of Nursing on 22nd June, 2019

Community Awareness Exhibition for understanding the role of Occupational Therapy was organized on 19th October, 2020 at BMIMH

Mobilizing Community

B M Institute of Mental Health reach out to community seeking support for providing better service and facilities to beneficiaries of the institute.



- Vice District Governor of Lions Club of Ahmedabad Aarohan- 1/1/2019
- Employees of Milacron India Pvt. Ltd.- 24/5/2019
- Shri Yatindra Sharma, MD of KHS Machinery- 5/6/2019
- Vice President of ONGC Mahila Samiti, Ahmedabad- 12/9/2019
- Shri P.K.Gupta, MD, SBI & Shri Dukhbandhu Rath, CGM, SBI- 21/11/2019

It Is an Immense Pleasure to Receive this Great Support



PROJECT- PEHCHAN supported by ONGC

PROJECT- SHARDA supported by SBI

PROJECT –PRAYATNA supported by KHS Machinery

PROJECT – CHETAN supported by Milacron India Pvt. Ltd.



Sincere Gratitude to All for the Hand Holding!

- 
- Ambalal Purshottamdas Patel
 - Amin Amarish Amin
 - Amirbhai Meghani
 - Anjana V. Patel
 - Bhupendrabhai J Amin
 - Bhupendrakumar N. Makwana
 - CA Harsh R. Rathi
 - Charu dholakiya
 - Dattaranjan jayantkumar Dave
 - Deviyani K Panchal
 - Dilipbhai R. Gor
 - Dilipbhai R. Vora
 - Dishank Jayendrabhai Parmar
 - Dr. Ajitsinh Rana
 - Dr. Bhushan Punani
 - Dr. Madhu Singh
 - Haresh D. Parmar
 - Hiren N. Dave
 - Indravadan Lekhdia Charitable Trust
 - Janakbhai Manharbhai Patel
 - Jankeedevi Vaishnav
 - Kalpanaben Setalvad
 - KHS Machinery Pvt Ltd
 - Kishorkumar D. Padhiyar
 - Kunjvihari Chunilal shaha
 - Late Jignesh Shashikantbhai
 - Mahidhar A Raval
 - Minaben N Shah
 - Milacron India Pvt. Ltd.
 - Navinbhai R.Shah
 - Nilesh Jitendrabhai Dalal
 - Niyanta C. Mehta
 - Noshirvan D.S.Randeria
 - Prachi Sharma
 - Rajendra Pandya
 - Rajul Mallik
 - Sangeeta Rathod
 - Shashikant J Munshaw
 - Shivani Lekhraj Malu
 - State Bank Of India
 - Viral N. shah

Sports

Special Needs beneficiaries of BMI and Sharda School participated in district and state level sports tournaments and showcased their sporting spirit by winning **32 medals** in following games:

Long Jump, Shot-put, Badminton, Basketball, Volley ball, Bocce, Softball throw, 50 meter run, 100 meter run, 200 meter run, 50 meter walk of which 10 students won the 1st prize, 10 of them won the 2nd prize while the rest 12 were the winners of 3rd prize.



Initiatives

ITI Courses Started: With the approval of Dept. of Employment and Training, Govt. of Gujarat, two ITI courses have been started at the institute exclusively for individuals with intellectual impairment who are above 18 years of age from January, 2019. Total 30 students with intellectual disability are enrolled in the courses. ITI Saraspur is the Nodal ITI for the institute.



DCC : The institute started Day Care Center (DCC), a rehabilitation unit exclusively for adults with intellectual disability from 15th June, 2019 for those beneficiaries who are above 40 years of age or are having severe category intellectual disability. This center function under the supervision of the Multidisciplinary team consisting of RCI recognized professionals of the institute.

Arts Based Therapy Service: This highly effective therapy ABT is an evidence based therapy technique for people having mental health related problem or disabling condition which are less practiced in Gujarat. The BMIMH started this multidimensional therapy service at its OPD from September, 2019.



Initiatives

Dance Movement Therapy for mentally ill cases: For the beneficiaries of Day Care Unit, a Rehabilitation Centre for cases with Psychiatric Difficulties, BMIMH started the DMT services from July, 2019 in collaboration with Darpana Dance Academy, Ahmedabad. DMT is a research based augmentative therapy which is effective in the rehabilitation process of individuals having mental health problems.



Senior Chetan Group: is a new initiative for older individuals with Autism Spectrum Disorder (ASD), from 1st December 2019 for Autism level 1 and 2 with Severe Intellectual Impairment Age between 12 to 20 years. This group function under the supervision of the Multidisciplinary team consisting of RCI recognized professionals of the institute.

Inclusive Playground: Play area development at Bakubhaini pol of B M Institute that include Children with Intellectual Disability. Collaborative Project by B M Institute, NID and Arihant Play inaugurated on 12th March 2020. Post graduate students of Toy and Game Design dept. of NID completed their research understanding the ability and needs of special children of BMI for developing inclusive play area.



Initiatives

Green Initiative: On 5th September, 2019, tree plantation drive was undertaken at B M Institute campus in collaboration with Union Bank of India where Shri L.A. Khan, DGM of the bank participated with his team. The institute also adhere to the waste disposal guidelines of Government and has made provisions for waste segregation and disposal.



Fire Safety Training: The institute function with the belief and action on Safety First for its beneficiaries and employees. Fire Safety Training was organized on 10/07/2019 at B M Institute of Mental Health. All staff and students of BMI underwent training for fire safety during the mock drill. Training was provided by Govt. authorized person.



Eminent Visitors

- Shri Bhupendrasinh Chudasma, Education Minister, Gujarat
- Smt. Vibhavari Dave, Minister of State, Gujarat
- Shri Narayan Madhu, Additional Director, Commissioner of Higher Education, Gujarat
- Dr. Ami Upadhyay, Vice Chancellor, Dr. Babasaheb Ambedkar Open University, Gujarat
- Shri Yatindra Sharma, Managing Director, KHS , Machinery
- Shri Shirish Divgi, Managing Director, Milacron India Pvt. Ltd.
- Shri Praveen Nahar, Director, National Institute of Design

Celebrating Abilities



On 3rd December, 2019, cultural event was organised at Tagore Hall, Ahmedabad to celebrate the abilities of persons with special abilities. Shri Bhupendrasinh Chudasma, Education Minister, Smt. Vibhavari Dave, State Minister for Education and Dr. Ami Upadhyay, Vice Chancellor, BAOU graced the occasion with their presence. Joint performances by differently abled and higher education trainees of BMIMH showcased the strengthened inclusion in society.



The image is a collage of four newspaper clippings, each with a caption below it. The clippings are arranged in a 2x2 grid. The top-left clipping is from 'THE TIMES OF INDIA' and is titled 'In e-relationship era, human connect can saves lives'. It features a graphic titled 'STRESS FACTOR' and a photo of a man. The top-right clipping is also from 'THE TIMES OF INDIA' and is titled 'I pray I'll hear my son once say 'mom''. It features a photo of a family. The bottom-left clipping is from 'TIMES CITY' and is titled 'Early & right intervention is needed'. It features a graphic titled 'SHOWN TO SEE A DOC' and a photo of a child. The bottom-right clipping is partially visible and is from 'THE TIMES OF INDIA', with the headline 'WORLD AUTISM AWARENESS DAY'.



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Media Coverage



AHMEDABAD CITY



NAVGUJARAT SAMAY

YOUNG LEADER

Festive Celebrations

Holi



Diwali



Yoga Day



Navratri



Janamashtami



Rakhi



Joyful Events and Knowledge Sharing

Schizophrenia Day
24th May



Mental Health Day
10th October



OT Day
27th October



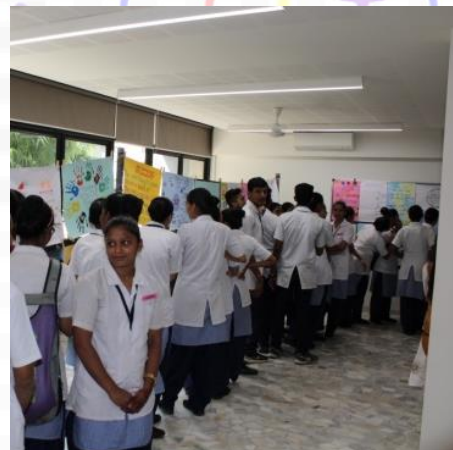
Disability Day
3rd December



Autism Day
2nd April



Suicide Prevention Day
10th September







B M INSTITUTE OF
MENTAL HEALTH

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10 am to 5 pm

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