



**B M INSTITUTE OF  
MENTAL HEALTH**

# **ANNUAL REPORT 2020-21**



**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, 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.



# 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



## Board of Management

- ◆ **Shri P. K. Laheri**  
IAS and Chairman, B M Institute of Mental Health
- ◆ **Smt. Nayana Patel**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Smt. Meeta Jhaveri**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Dr. Madhu Singh**  
Director, B M Institute of Mental Health,
- ◆ **Additional/Joint Director**  
Commissioner of Higher Education, Govt. of Gujarat
- ◆ **Additional/Deputy Secretary (Medical Education)**  
Department of Health and Family Welfare, Govt. of Gujarat
- ◆ **Director, Social Defence, Govt. of Gujarat**

## Board of Trustee

- ◆ **Shri P.K. Laheri**  
IAS, Former Chief Secretary, Gujarat and Chairman,  
B M Institute of Mental Health
- ◆ **Smt. Mana Sarabhai**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Smt. Nayana Patel**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Smt. Kalpana Setalwad**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Smt. Meher Medora**  
Social Worker and Trustee, B M Institute of Mental Health
- ◆ **Dr. Rajesh Maniar**  
Psychiatrist and Trustee, B M Institute of Mental Health
- ◆ **Smt. Meeta Jhaveri**  
Social Worker and Trustee, B M Institute of Mental Health





## Message from the Chairman

**T**he academic year 2020-21 has been so challenging & terrible that one would really like to forget it. Corona-19 a tiny virus has held the entire mankind in a bondage. The year began during a prolonged lockdown and ended. When there has been a second massive wave of corona the health infrastructure is under unbelievable heavy and unmanageable stress. So have been the ordinary families. There is an atmosphere full of uncertainty, hardship and depression.

We must salute all the doctors, Paramedical staff, Police and Public Servants who have "battle with their pandemic" for over a year. Had it not been for brave & bold attitude of the medical personnel, the situation would have been grave much earlier.

B.M. Institute of Mental Health Ahmedabad faced their calamity with courage & fortitude. There is very heavy rush on our out-door patient Departments(OPD) as more & more

people are becoming victims of stress and latent worries. Many families have to cope with loss of income, death of near & dear ones, separation from family members, sickness and unpredictable future. Our faculty and staff did a wonderful work in terms of online teaching, counseling and research & participation in various webinars. The report is full of their efforts as well as achievements.

I must congratulate Dr. Madhu Singh & her team B.M. which worked with utmost patience, dedication and high degree of sensitivity. We, the trustees are proud of their endeavours in keeping the communication open with the students & their parents.

Earlier, we had ambitious plan to expand our reach but unfortunately all new initiative are on the hold for time being. As is reported by Newspapers, Social & Electronic Media, the need for mental caregiver is now acute. We need to double or triple our training capacities as the



society requires counseling & treatment of much more numbers than ever before.

The academic year 2021-22 has not begun well. We are in the midst of an unprecedented crisis. Let us hope that this shall too pass over soon.

On behalf of the institute, it is my pleasant duty to acknowledge with gratitude the support extended by the State Government, especially Education & Social justice & Empowerment Departments, The Director of Social Defence and the Commissioner of Higher Education, donors and guest faculty for their continuous support. We hope that

our lives become normal and our campus has children all over with their laughter curiosity and pranks. We are really missing so much that words can't describe. Someone has rightly said, "You cannot stop the waves but you can learn to swim." God is testing our optimism. Please do not downgrade your dreams just to fit your reality. Upgrade your conviction to match your destiny. As the management Guru Peter Drukard has rightly advised: "The best way to predict the future is to create it" Let us together face any challenge as deep as the ocean or higher than the sky. It is the time to take care of ourselves & of all around us.

**Pravin K. Laheri**  
Chairman







# Director's Desk

These are strange times, and I am presenting this report for 2020-21 with mixed emotions. The year 2020-21 started in the middle of the pandemic with the bizarre experience of a complete lockdown in the country. Feelings of fear, grief and uncertainty were afloat amidst the virus gripping hold of the nation. We at B M Institute of Mental Health were also impacted by uncertainty, while we were concerned about the halt in ongoing services and were finding ways to support the beneficiaries, we were not technically that equipped to go online completely during such an emergency. With sincere gratitude, I recognize the effort of every employee of the institute and the courageous spirit of teamwork that they have shown, the continual guidance of Hon'ble Chairman Shri P K Laheri, and the unconditional support of many well-wishers who stood by the institute in solidarity during the challenging times. The persistence and grit shown by everyone while trying to ensure that the services to persons with mental health difficulties

and suffers minimally under the circumstances, is commendable.

The institute regained its strength with a resolve to sail through the difficult times, and worked on building employee capacity along with a digital infrastructure to ensure that services to beneficiaries is continued. It gives me immense satisfaction to share that team BMIMH has risen to the challenges of time to deliver services to best of their capacity. Not only did we provide specialized services for our enrolled beneficiaries, but we were also engaged in sharing our experiences with others facing a similar situation as us by training teaching personnel of school education, higher education and parents of children having disability.

Under the approved project of Samagra Sikha of Govt. of Gujarat, BMIMH trained to 2125 teachers of Gujarat in an online mode, and also developed e-resources for parent training on early identification and multidisciplinary intervention for children with Learning Difficulty,

Autism, Intellectual Disability, Cerebral Palsy and ADHA. The institute also conducted a Faculty Development Program for higher education teaching personnel with the kind approval of Commissioner of Higher Education and KCG. The aim of this FDP was to equip teaching faculty of colleges and universities with knowledge and skills of understanding the Mental Health issues of students of higher education. We received an overwhelming response for the FDP from government and grant-in-aid colleges of Gujarat state.

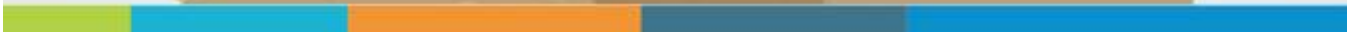
The online education of students for university program as well as special needs children of special school continued throughout the year, while adhering to the government guidelines. The OPD unit of the institute delivered remarkable services by training parents to continue the online screening and intervention needed for the special needs of their children.

Even during pandemic, we received a large number of applications for admission in RCI approved professional courses, and looking at

the volume of application and teaching infrastructure and facility, RCI was kind enough to increase the seat capacity for clinical psychology course by 40% on our request. Employees of the institute made the best use of their time, engaging in capacity building by attending online courses from WHO, International Webinars and National Conferences organised in online mode. Teaching faculty of the institute were engaged in continuing research and study, with attention to the impact of covid on various aspects of society. A number of awareness building programs, parent training programs and community outreach programs were also virtually organised by the institute.

While it has been a rough few months, we close this year with a new found awareness of our resilience, and deep gratitude for those who helped us to continue doing what we do best. Quality service at the B M Institute of Mental Health shall always be provided for people who need it, and it is a commitment!

**Dr. Madhu Singh**  
Director



## HIGHLIGHTS

- 67 adult enrolled beneficiaries benefitted under Sadhan Sahay Scheme of Government with worth expected support of Rs 14 lakhs approx.
- 30 hours Faculty Development Program on Mental Health and Higher Education supported by KCG
- Online Short term course (FDP) on Happy U in 2021 Wellness and Wisdom in Post Pandemic World jointly organized by Grand Academic Portal
- National level and State level CRE webinar approved by RCI
- 2 Projects of Samagra Siksha in Disability Rehabilitation
- Environment Friendly Initiative with Rain Water Harvesting System and Compost Pit
- 100% result of University Courses (Distinction-59%, First Class-41%)
- One employee of Special Education awarded Ph.D
- 9 Webinars Organised
- Seat increased in PDCP Course
- E- Books for library
- Hospital Management Software for OPD services
- Audiometric Services at Speech Therapy Unit





B M INSTITUTE OF  
MENTAL HEALTH



# RESEARCH AND EDUCATION



# RESEARCH AND EDUCATION



Founded in 1951, the B M Institute of Mental Health is primarily a Research Institute working in the field of Mental Health Education and Disability Rehabilitation. It offers professional education courses in Higher Education under affiliation with Gujarat University and Dr. Babasaheb Ambedkar Open University. It is recognized by Rehabilitation Council of India, New Delhi (a statutory body under MSJE). Continuous research and practical based teaching with multidisciplinary approach is the core of teaching and learning methodology at the institute.

## Published Research Papers by Teaching Faculty

**Dr. Rajul Mallik**

**A STUDY OF OCCUPATIONAL STRESS AMONG PROFESSIONALS**

Volume -10 | Issue - 5 |

May - 2020 | PRINT

ISSN No. 2249 - 555X

Indian Journal of Applied Psychology.

**Prachi Sharma**

A research paper entitled

**“Exposure of academic training to the itinerant group children & their intelligence level & intellectual functioning some preliminary findings,**

published in International Journal of Indian Psychology (IJIP)

Volume 8, Issue 4, Oct- Dec, 2020

ISSN 2348-5396 (Online)

ISSN: 2349-3429 (Print)

**Prachi Sharma**

A research paper entitled

**“Low Self Esteem and Psychopathology in Children with Subnormal Intelligence”**

published in International Journal of Interdisciplinary Research & Innovations (IJIRI)

Vol. 8, Issue 4, pp: (33-42),

October - December 2020,

ISSN 2348-1218 (Print)

**Prachi Sharma**

A research paper entitled

**“Need of Early Childhood Care (ECC) in Education for Prevention from Developmental Psychopathology”,**

published in Scientific and Engineering

Research Society –IJACM,

Volume 08 No. 01 Issue No. 08

ISSN NO -2250-2297.

# PUBLICATION



\* **“Mansik Xati Dharavta Balako na Sixan ma Parivar ni Bhumika”**  
A chapter in the book named “World of Children” Edited Articles and Research Papers ISBN No.978-93-89910-24-7 by Dr. Rajul Mallik, Faculty of Psychology.

\* **“Why Early Childhood Care is important in Education”**, A chapter in the book named **“World of Children”** Edited Articles and Research Papers ISBN No.978-93-89910-24-7 by Prachi Sharma, Faculty of Psychology.

\* **“Holistic Development of a child-Early Intervention under Occupational Therapy Unit”**, A chapter in the book named **“World of Children”** Edited Articles and Research Papers ISBN No.978-93-89910-24-7 by Dr. Mritunjay Mukund, Faculty of Occupational Therapy.

\* The institute published **“Mahiti Pustika”** in Gujarati containing information on categories of disabling condition, government policies, benefits and contact details of government offices as well as special schools, therapy centers etc. in Gujarat State.

\* An Online Poster Presentation on a study done in collaboration of B.M. Institute and IIT, Gandhinagar on **“Portable Joint Attention Skill Training Platform Augmented with Virtual Reality and Automated Face Detection Algorithm Implication for Children with Autism”**, in a webinar conducted by International Society for Autism Research (INSAR) during – June 2020 jointly by Prachi Sharma, Faculty and Ph.D. Scholar of IIT, Gandhinagar.

## Study conducted by Prachi Sharma, Teaching Faculty of Psychology & Hiren Dave, Social Worker



- A study conducted on “Effect of Mental Health Awareness Program on Nursing Students”, during March–April 2020.
- A study on “Psychological Well-being among Law Students” in April 2020.
- A study on “Psychosocial Effect on Adults during COVID-19 Lockdown Period”, in May 2020.

## Online Workshop / Webinar :

21/6/2020	Yoga Day for CwSN
10/9/2020	Suicide Prevention: Unlocking Truth
25/9/2020	Nutrition, Mental Health and Disability
10/10/2020	Mental Health of Students: The Way Forward
26/10/2021	Reading Writing Issues of Children
27/10/2021	Role of Occupational Therapy in Pandemic
9/11/2020	Arts Based Therapy: Tools to Transform
27/11/2020	Impact of Covid 19 on Education Sector
15/12/2020	Cerebral Palsy- Current Approaches

## Result

100% RESULT in Gujarat University affiliated and Rehabilitation Council of India recognized Professional Education Courses in 2020. 59% students enrolled in various courses passed the university exam with distinction and 41% students cleared their exam with first class. Male Female ratio in courses is 15:85.

### Post Graduate in Rehabilitation Psychology

- Distinction-58%
- First Class-42%

### Professional Diploma in Clinical Psychology

- Distinction-67%
- First Class-33%



# Approval Continued

Rehabilitation Council of India is a statutory body under ministry of Social Justice and Empowerment to regulate the Human Resource Development in the field of Disability Rehabilitation under Rights of Persons with Disability Act and Rehabilitation Council of India Act. B M Institute of Mental Health is a recognized institute under RCI and approval to continue the PGDRP Course for 5 years has been granted by RCI in August 2020.



212  
11.05.20

**REHABILITATION COUNCIL OF INDIA**  
A Statutory Body of Ministry of Social Justice and Empowerment  
Department of Empowerment of Persons with Disabilities (Divyangjan), Government of India

8-39P-DJCLP/2020/RCI 7457 Speed Post/Email 31 Aug 2020

**CERTIFICATE OF APPROVAL**

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

Course	Duration of course	Intake
Post Graduate Diploma in Rehabilitation Psychology P.G.D.R.P.	One year	25 (Twenty five) (Maximum)

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

2. The approval to conduct the P.G.D.R.P. course is given for five academic sessions i.e. 2020-21 to 2024-25 subject to conditions that the RCI's standard syllabus and curriculum was followed and 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. The faculty, support staff, infrastructure, library, curriculum, transaction, research & development, etc. should be arranged as per RCI norms throughout the programme. The Council may depute team of visiting experts to evaluate the facilities and their evaluation etc. (Theory/Practical) at any time. The final examination shall be conducted by the affilating University in accordance with the norms as prescribed by the Council from time to time.

4. The shortlisting(s) as mentioned on the reverse side of this Certificate of approval must be achieved within 02 months under intimation to the Council being which approval shall stand cancelled.

5. No admissions shall be taken to the course without prior approval of RCI. In case of violation, RCI will not issue CRN number to the passed out and approval of the candidate for future may not be considered in future.

6. Receipt of the Certificate of Approval may please be acknowledged.

Dr. Subash Kumar  
Member Secretary

B-22, Okhla Institutional Area, New Delhi - 110 016  
Tel: 011-2652 2406, 2652 2394, 2652 4291, 2652 2816 Fax: 011-2652 4291  
E-mail: rcic@rci.gov.in Website: www.rciindia.org.in

499  
13/10/20

**REHABILITATION COUNCIL OF INDIA**  
A Statutory Body of Ministry of Social Justice and Empowerment  
Department of Empowerment of Persons with Disabilities (Divyangjan), Government of India

8-39P-DJCLP/2020/RCI 9605 Speed post/Email 23/10/20

✓ Dr. Madhu Singh  
Director  
B.M. Institute of Mental Health, Near Nehru  
Bridge, Ashokra Road, District - Ahmedabad,  
Gujarat - 380009  
Email: bmmih@bmmih.org

**Subj:** Enhancement of intake capacity from 06 to 10 in respect of the P.D.(C. Psy.) course - 196.

**Madam,**

Your kind attention is invited to your letter no. BMMIHC/DRP/197 dated 06/11/2020 on the subject mentioned above and to inform you that your request has been examined by the Council in light of prescribed norms and accordingly intake capacity for P.D.(C. Psy.) course has been enhanced from existing 06 to 10 per batch from the academic session 2020-21. However the prescribed norms & standard to be covered before the commencement of the course.

(Dr. Subash Kumar)  
Member Secretary

Copy to:  
The Registrar,  
Gujarat University,  
Administrative Officer(Tower),  
Navrangpura Ahmedabad-380009 Gujarat,  
Email - registrar@gujaratuniversity.ac.in

Hand copy received by  
Equal received on 13/10/20  
13/10/20

B-22, Okhla Institutional Area, New Delhi - 110 016  
Tel: 011-2652 2406, 2652 2394, 2652 4291, 2652 2816 Fax: 011-2652 4291  
E-mail: rcic@rci.gov.in Website: www.rciindia.org.in



# Professional engagement in Higher Education, Mental Health and Disability Rehabilitation



## **Dr. Madhu Singh**, Director

- Nominated as External Research Expert in Doctoral Committee of Pandit Deendayal Energy University, Gandhinagar
- Invited as Examiner for Ph.D. Viva-voce by Rashtriya Raksha University, Gandhinagar.
- Deputed Visiting Expert by Rehabilitation Council of India, New Delhi for joint assessment of Educational Institute as per direction of RCI.
- Invited as a mentor for empowering young girls and women under India Chapter of Commonwealth of Learning (COL) in association with Dr. Babasaheb Ambedkar Open University, Gandhinagar for a Mentoring Project called Commonwealth Wise Women (CWW).
- Completed the work as reviewer for Transactions on Neural Systems and Rehabilitation Engineering (TNSRE). TNSRE serves the community of biomedical engineers and clinical researchers who work at the intersection of neuroscience and physical medicine. It publish novel approaches and technologies for better understanding neural systems, human movement, and the relationships between them, with a focus on assistive devices that improve life for patients, for practicing clinicians, and for everyday use.
- Participated as Guest Speaker on webinars on New Mindset-New Era organized by Education Dept. and SCOPE, Live and Love by IIPHG, Mann ni Medicine by Deveshi Vartoria of DD News, How to cultivate Happiness by DPS, Bopal, Cultivating Happiness and Well-being by Grand Academic Portal

## **Dr. Rajul Mallik**, Faculty of Psychology

- Appointed as external examiner by NIEPMD, Chennai on 8<sup>th</sup> Feb 2020

## **Dr. Mritunjay Mukund**, Faculty of Occupational Therapy

- Contributed service during Divyang Screening Camp on 9-10<sup>th</sup> January, 2021 organised by PNR Society, Bhavnagar.

## **Dr. Rajendra Pandya**, Special Teacher

- Appointed as examiner by NBER of RCI for D.Ed. Special Education (HI) on 29-30 December, 2020
- Appointed expert by District Institute for Education and Training, Gandhinagar for training of Primary School Teachers during 23-26 February, 2021

## **Ketan Kiratsata**, Special Teacher

- Conducted session in the Training Program for trainers on “Vocational education for CWSN” on 20<sup>th</sup> October, 2021 organised by Samagra Siksha, Gandhinagar.

## **Saman Hakim**, Rehabilitation Psychologist

- Online Expert Lecture on Child Psychology for Diwan Ballubhai School, Ahmedabad on 3rd Feb, 2021.

## Professional Development of Employees



- **Dr. Madhu Singh**  
Director completed , Executive Education Course of one month conducted by IIM, Ahmedabad on Organizational Leadership in 21<sup>st</sup> Century in March, 2021.
- **Dr. Rajendra Pandya**  
Special Teacher awarded Ph.D in Education from Rai University in February, 2021
- **Arti Thakkar**  
Special Teacher completed her Certificate Course in Arts Based Therapy from Child-n-you in association with Mind and Arts Institute, Mumbai in 2020.
- **Dr. Rajul Mallik**  
Teaching Faculty of Psychology was awarded with “Mental Health Professional Honor” by Manas Charitable Trust, Ahmedabad
- **Jankeedevi Vaishnav**  
Teaching Faculty of Psychology registered to volunteer as clinical psychologist for RCI Helpline during covid 19.

## Capacity building

- International Webinar on – “UN75- The Multilateralism we want: Psychological Contributions to Building Bridges among and within Nations, on 27/5/2020 attended by Prachi Sharma, Faculty.
- Online Workshop on Research Methodology organized by PDPU, Gandhinagar between 5 - 7 May, 2020 attended by Dr. Rajul Mallik, , Faculty.
- “International Society for Autism Research (INSAR): A Live Keynote Webinar on 3/6/2020 attended by Prachi Sharma, Faculty.
- 7 Days Online Faculty Development Program on Advanced Statistical Analysis for Management and Social Sciences organized by Amity Institute of Behavioural and Allied Sciences, Amity University, Lucknow Campus from 3 - 9 June, 2020 attended by Dr. Rajul Mallik, , Faculty.
- Meghna Vyas and Priti Purohit, Special Teachers participated in trainers training program at Entrepreneurship Development institute of India, Ahmedabad, during 18-22 January, 2021
- Two days National Webinar on “Understanding of specific learning disability” organised by Center for Disability Studies and Educational Research (CDSER), Netaji Subhash Open University, Kolkata, on 20-21/08/2020 , attended by Prachi Sharma, Faculty.



- National Webinar on “Role of Psychologist in Forensic Mental Health Services” organized by Dept. of Psy., GU and IAHP on 10/10/2020 attended by Dr. Rajul Mallik, Faculty.
- National Webinar on Vocational training and Skill development training for Person with Intellectual Disability on 09/06/2020 organised by NIPID, Secunderabad attended by Aku Rajput, Special Teacher.
- National Webinar on E-learning in disability rehabilitation- A Global perspective by CRC, Kozhikode on 17/06/2020 attended by Aku Rajput, Special Teacher.
- National webinar on New Education Policy by Children's University, Gandhinagar, on 19/08/2020 attended by Aku Rajput, Special Teacher.
- National webinar on “Bhart Ratna Dr. Babasaheb Ambedkarji's Life, Thoughts and Social Harmony” organized by BAO University, Ahmedabad on 14-Apr-2020 attended by Dr. Rajul Mallik, Faculty.
- National webinar on Role of Rehabilitation professionals in Mental Wellbeing of Divyangjan during covid-19 scenerio by CRC, Ahmedabad and S.P.University, Anand on 9/6/2020 attended by Dr. Rajul Mallik, Faculty.
- Online training in handling self help and safety skill for children with special need during covid 19 by AIOTA on 22/7/20 attended by Dr. Mritunjay Mukund, Faculty
- Online training program on “Strategies to Teach Children with SLD”, conducted by NIEPID, Secunderabad, Telangana, on 28<sup>th</sup> and 29<sup>th</sup> October 2020 attended by Prachi Sharma, Faculty.
- National Webinar on Forensic Neurocriminology “Reasoning and Rehabilitation” by Raksha Shakti University, Gandhinagar attended by Dr. Rajul Mallik on 26/7/2020.
- National Webinar organized by Bhakta Kavi Narsinh Mehta University, Junagadh and Bhartiya CharitraNirmanSansthan, Delhi on “अपराधमुक्त वश्व ँनमार्माण संगोषुठडु” attended by Dr. Rajul Mallik, Faculty on 2/10/2020.
- Webinar on splinting techniques by K M Patel institute of PT in association with AOT on 8/5/20 attended by Dr. Mritunjay Mukund, Faculty.

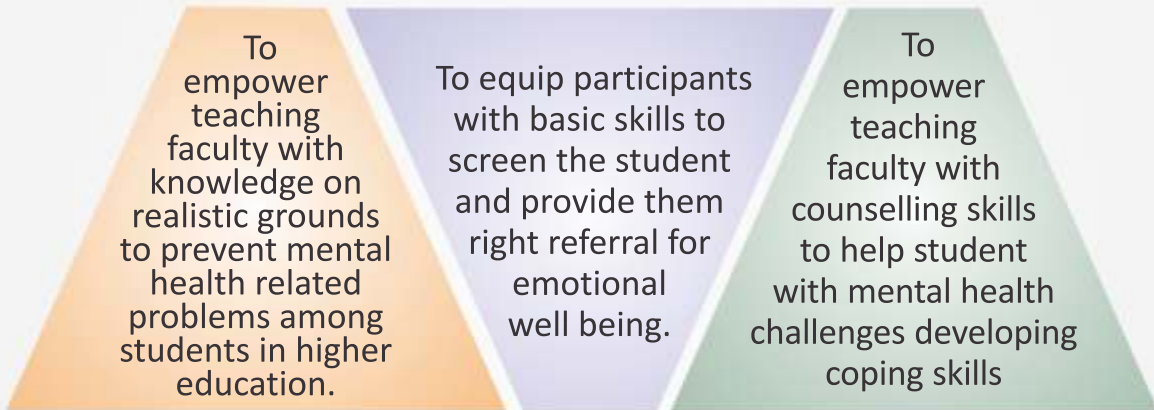




## FACULTY DEVELOPMENT PROGRAM



The B M Institute of Mental Health was granted approval by Knowledge Consortium of Gujarat and Commissioner of Higher Education, Govt. of Gujarat to conduct Online **FDP on Mental Health and Higher Education** jointly organized by KCG and BMIMH from 1/2/21 to 15/2/21. The participants of the FDP included Principals, HODs, Associate Professors, Assistant Professors and Lecturers from Higher Education Institutions of Gujarat State with their diversified educational background like humanities, law, management, science, engineering and technology. Total 224 participants successfully completed the 30 hours online FDP. Objectives for online FDP was



## SHORT TERM COURSE ON HAPPINESS

Online Short term course (FDP) on Happy U in 2021 Wellness and Wisdom in Post Pandemic World jointly organized by Grand Academic Portal.

The banner features a green background with white and yellow text. At the top left is the logo of the Grand Academic Portal. In the center, it reads "XII International Faculty Development Program" and "on Happy U in 2021- Wellness and Wisdom in Post- Pandemic World". Below this, it specifies the dates "1 - 15 January 2021" and the time "6 to 8 PM". To the right, there are logos for the Knowledge Consortium of Gujarat, BMIMH, and other partners. The bottom of the banner is decorated with images of a blue sky with clouds, a small green seedling growing from soil, and blue ocean waves.

## Project

### Special Teachers Training Project

The B M Institute of Mental Health got approval on its project proposal from Samagra Siksha, Gandhinagar for Teachers Training in the field of Special Education. 2125 Special Training of Teachers from 33 districts of Gujarat State under Samagra Siksha was successfully conducted by the institute in August-September, 2020. Each teacher attended 16 hours of online training on following topic with subject experts of the institute.



#### Topic

#### Resource Person

Online teaching for special need children: Issues and its management

Ms. Jankee Vaishnav, Psychology  
Ms. Ila Panchal, Special Education (VI)  
Mr. Rajendra Pandya, Special Education (HI)

Self-Care and Hygiene for special need children and adolescent

Dr. Mritunjay Mukund, Occ. Therapy  
Mr. Anshuman Chavda, Special Education (ID)  
Dr. Tejasvi Shah, Occ. Therapy  
Dr. Hemali Patel, Occ. Therapy

Home Management of Problem Behaviour

Ms. Prachi Sharma, Psychology  
Ms. Aku Rajput, Special Education (ID)

Pre-vocational Training for Special Ability Children

Dr. Rajul Mallik, Psychology  
Ms. Arti Thakkar, Special Education (ID)  
Ms. Priti Purohit, Special Education (ID)





## Project for E- Resource Creation for Parents Training of CWSN.

The proposal of the BMIMH got approval from Samagra Siksha, Gandhinagar for e-content creation for training of parents having children with disabilities viz. ID, LD, CP, Autism, ADHD etc. on various screening, assessment and interventions available for CWSN. E Resource/Content creation for Development of Children with Special Needs on 23 different topic categorized in following areas;

- Early Identification of Intellectual Disability, Learning Disability, Autism Spectrum Disorder, Cerebral Palsy, Neurodevelopmental Disorder, Speech Disability
- Multidisciplinary approach and Intervention
- Medical Treatment
- Life skill training
- Prevocational Training

## National and State Level CRE Webinars of RCI

Rehabilitation Council of India approved National Level and State Level Continuing Rehabilitation Education (CRE) Webinar has been organized by the institute in 2020-21

1. National level Webinar on Best out of Waste Workshop- on TLM Preparation on 3-4 March, 2021 with 168 participants
2. State level CRE Webinar on Physical education, Sports and games on 20-21 December, 2020 with 200 participants

**CONTINUING REHABILITATION EDUCATION PROGRAMME (CRE)**

*National Level CRE Webinar on "BEST OUT OF WASTE-WORKSHOP ON TLM PREPARATION"*

Approved by  
**REHABILITATION COUNCIL OF INDIA, NEW DELHI**

Organised by  
**B M INSTITUTE OF MENTAL HEALTH, AHMEDABAD**

Date:  
**03 04**  
**March**  
**2021**  
Time: 10am to 4pm

Participants Limited  
**Seat : 250**  
Registration Fee  
**Rs.600/-**



B M INSTITUTE OF  
MENTAL HEALTH



# MENTAL HEALTH CARE SERVICES





# MENTAL HEALTHCARE SERVICES

The B M Institute of Mental Health is offering multidisciplinary need based services for mental healthcare and disability rehabilitation. The OPD service of the institute was inaugurated by Hon'ble Dr. Sarvapalli Radhkrishnan in 1955. Since then, the institute has been able to bring sea change in the lives of many beneficiaries of the institute leading to dignified life with inclusion and equal opportunity in society.

During Covid 19 pandemic, the Mental Healthcare Services of the institute has risen to time by adhering to periodically revised government guidelines as per the prevailing situation and ensured that all enrolled beneficiaries get uninterrupted and safe services of the institute either in online or offline mode.

## Total number of new cases registered at OPD: 119

- Male 72
- Female 47

## Multidisciplinary Therapy Sessions conducted: 5592

The multidisciplinary services consists of

Behaviour Modification

Speech and Language Therapy

Special/Remedial Education

Psychological Counselling and Therapy

Genetic Counselling

Psychiatric Assessment and Intervention

Occupational Therapy

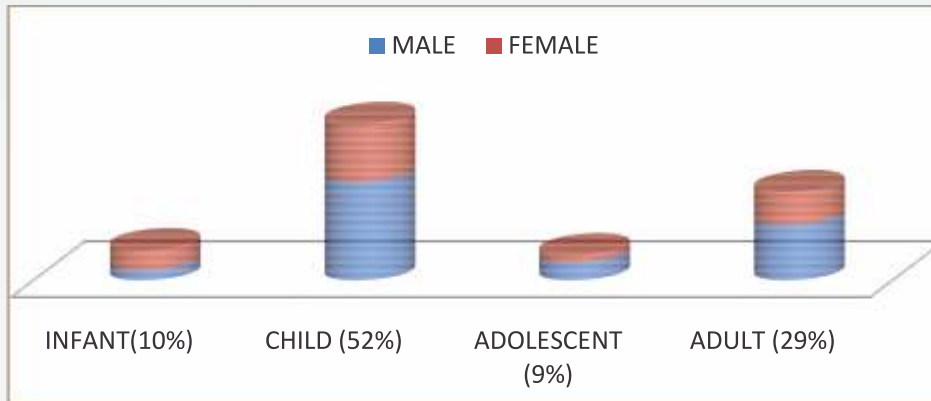
Cognitive Retraining

Sensory Integration Therapy

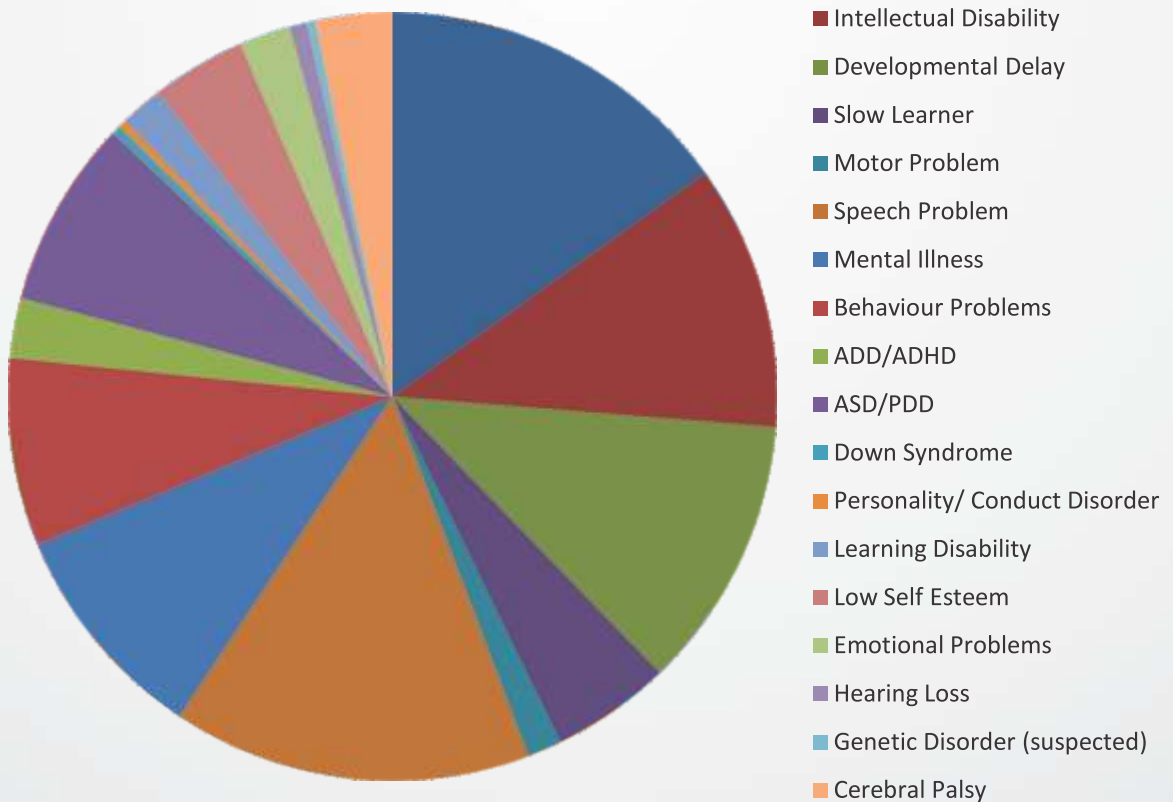




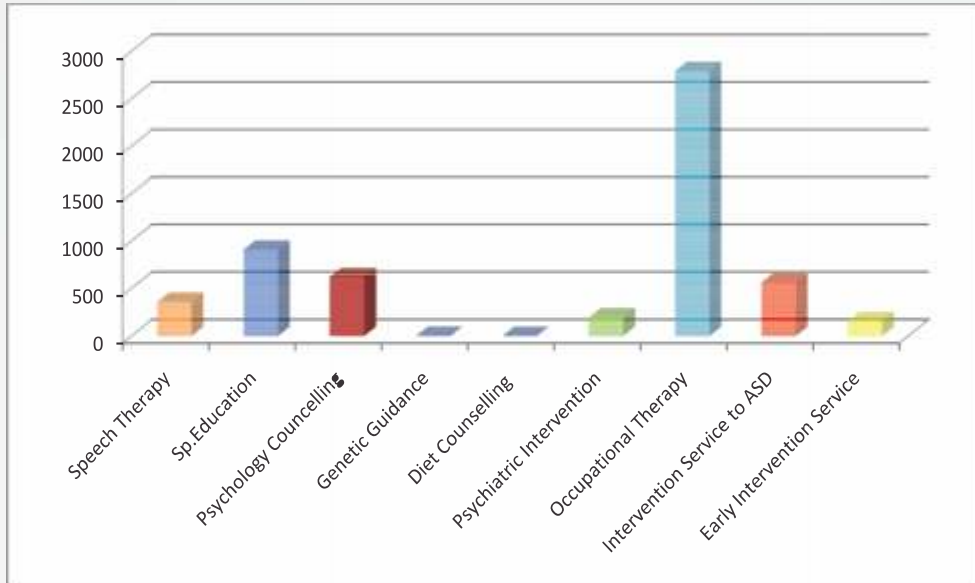
## Age wise case for the year 2020-2021 in OPD



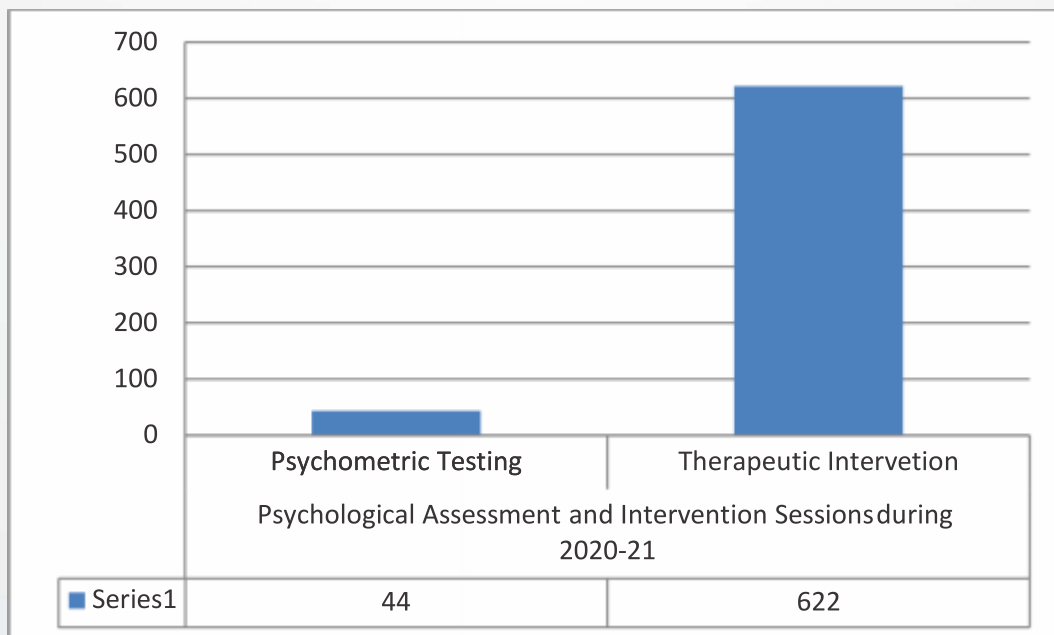
## Category of conditions reported in 20-21 in Mental Healthcare Service Units



## Multidisciplinary Therapy Sessions conducted: 5592



## Psychological Assessment and Intervention Services in 2020-21



## Service Upgraded

The institute equipped the Mental Healthcare Service facility with Hospital Management Software in 2020-21 to reduce the paper work due to which human contact on files and papers is being reduced.

The Speech Therapy Unit updated its services by installing up to date Audio Meter for Hearing Assessment of individuals having hearing and speech issues.

In view of the Covid-19 crisis, the library of the institute has been equipped with digital copy of books for the RCI and Gujarat University approved Higher Education Courses so that the contact point of books can be reduced among enrolled students without impacting their teaching learning.

All above upgrade in service delivery could be made possible with the generous support and contribution of organizations and individuals under CSR. The institute expresses its gratitude specially to Milacron India Pvt. Ltd., KHS Machinery, Kloeckner Desma Machinery Pvt. Ltd.





**B M Institute of  
Mental Health**



## **WORLD MENTAL HEALTH DAY**

**10th October, 2020**

**WEBINAR on**

### **Mental Health of Students: The Way Forward**

(Understanding mental well being in 21st century)

**Time: 4:00 pm to 5:30 pm**

**Chief Guest**



**Shri M. Nagarajan, IAS**  
Director, Higher Education,  
Government of Gujarat

**In the Presence of**



**Shri P.K.Laheri, IAS**  
Chairman - BMIMH



**Dr. Madhu Singh**  
Director -BMIMH

**Speaker**



**Dr. Suhas Doshi**  
Psychiatrist - BMIMH

**Speaker**



**Ms. Prachi Sharma**  
Psychologist - BMIMH

**Speaker**



**Ms. Meenakshi Gupta**  
Counselor

### **WEBINAR INFORMATION**



Login : <https://mediaworkstudios.webex.com>

Meeting Number : 170 999 2361, Password : 123456

Login from any Browser or Download Cisco Webex app  
from Google Play Store, iOS App Store & Microsoft Store

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**B M Institute of  
Mental Health**



**Organizes a WEBINAR**  
**Nutrition, Mental Health and  
Disability**

(National Nutrition Month, September 2020)

**Significance of nutrition in the prevention  
and management of mental health problems  
and disabling conditions.**

**ON 25TH SEPTEMBER 2020, 3:30 PM TO 5:00 PM**

**IN PRESENCE OF**



**Dr. Madhu Singh**  
Director, BMIHM

**SPEAKER**



**Dr. Darshana Thakker**  
MD, Gynaecology

**SPEAKER**



**Dr. Arti Thakkar**  
Ayurved & Yoga Expert

**SPEAKER**



**Ms. Namrata Sheth**  
Nutrition Expert

**SPEAKER**



**Ms. Arti Thakkar**  
Special Teacher, BMIHM

**WEBINAR INFORMATION**



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બાળકમાં વર્તન-લખવા-વાંચવામાં પડતી મુશ્કેલીઓ  
માટે જાગૃતતા વેબિનાર

Date: 26/10/2020, Time : 11:00 am to 2:00 pm

ORGANIZER: B. M. INSTITUTE OF MENTAL HEALTH,  
AHMEDABAD

In the Presence of	Speaker	Speaker	Speaker
 Dr. Madhu Singh (Director, BMIMH)	 Hiren Dave (Social Worker, BMIMH)	 Ms. Saman Hakim (Rehabilitation Psychologist, BMIMH)	 Ms. Akuben Rajput (Sp. Teacher, BMIMH)

 **B. M. Institute of Mental Health**  
**Ahmedabad**

**LIVE WEBINAR**

**ARTS BASED THERAPY: TOOL TO TRANSFORM**  
(An effective therapeutic Technique having Indian mind studies,  
Eastern Psychology and Modern Science)

Date: 9<sup>th</sup> November, 2020  
Time: 2:00 pm

ABT is helpful in rehabilitation process of following:

- Mental Health Difficulties, Special Needs, Addiction, Learning Difficulties, Anxiety, Emotional Disturbance, Pain Management, Palliative Care, Domestic Violence, Abuse, Conflict and Trauma etc.

In the Presence of	Panelist	Panelist	Moderator
 Dr. Madhu Singh (Director, BMIMH)	 Shri Nabhiraj Mehta (ABT Practitioner)	 Smt. Neha Patel (ABT Practitioner)	 Smt. Arti Thakkar (Special Teacher, BMIMH)



B M INSTITUTE OF MENTAL HEALTH

LIVE WEBINAR



"IMPACT OF COVID-19 ON EDUCATION SECTOR"

A PROGRAM JOINTLY ORGANISED BY B M INSTITUTE OF MENTAL HEALTH AND IIPA

TIME - 5:00 PM ONWARDS DATE - NOVEMBER 27, 2020



Chief Guest



Smt. Anju Sharma, IAS (Principal Secretary, Higher & Technical Education)



Keynote Speaker



Shri. Pradyumna Vyas (Former Director, NIO)

Speaker



Shri. Sanjay Varani (Educationist)

Speaker



Shri. P. N. Jain (Former Secretary, H&B and Hon. Secretary, BPA)

Moderator



Dr. Madhu Singh (Director, BHMHI)



Dr. Babasaheb Ambedkar Open University



(Established by Government of Gujarat)

'Atri' Special Learner Support Center & The B M Institute of Mental Health



Dr. Madhu Singh (Director, B M Institute of Mental Health)



Dr. Sahas Desai (Psychologist, B M Institute of Mental Health)



Ms. Meeraakshi Gupta (Coordinator)

Organises Webinar on



Take A Minute



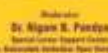
Change A Life



Prof. Anil Upadhyay (Hon'ble Vice-Chancellor, Dr. Babasaheb Ambedkar Open University)



Dr. Anu Thakia (Dr. Babasaheb Ambedkar Open University)



Dr. Nigam K. Pandya (Special Lecturer, Gujarat State)

Suicide Prevention : Unlocking Truth



LIVE @BAOUGujarat https://qrqo.page.link/wDzHi

10<sup>th</sup> Sep 2020 04:00 PM onwards

@BAOU GUJARAT

Webex Link For Registration

https://qrqo.page.link/DHwM7





B M INSTITUTE OF  
MENTAL HEALTH



# REHABILITATION SERVICES








# REHABILITATION SERVICES

The institute is providing Special Education, Vocational Training and Rehabilitation Services to over 250 enrolled beneficiaries having various disabling conditions like Anxiety Disorder, Personality Disorder, Schizophrenia, Obsessive Compulsive Disorder, Depression, Intellectual Disability, Learning Disability, Cerebral Palsy, Autism Spectrum Disorder, Attention Deficit Disorder etc. every day through its service units. The multidisciplinary team works in all services include;

## Rehabilitation Services

- Psychologist
- Psychiatrist
- Social Worker
- Occupational Therapist
- Speech Therapist
- Special Teacher
- Craft Teacher
- Arts Based Therapist
- Vocational Instructor
- Occupational Instructor
- Counselor
- Behaviour Therapist





This group is for providing early intervention and general stimulation to children below 6 years having delayed development.

**PRAYAS GROUP**

**CHETAN GROUP**

This group work exclusively for individuals with autism spectrum disorder between 3 years to 40 years.

This special school is exclusively for children having intellectual disability between the age range of 6 years to 18 years.

**SHARDA SCHOOL**

**MULTI CATEGORY WORKSHOP**

This vocational training center provides skill training to adults above 18 years to 40 years of age having intellectual disability.

This rehabilitation training center works with adults with intellectual disability who are above 40 years of age.

**DAY CARE CENTER**

**DAY CARE UNIT**

This rehabilitation unit works exclusively with individuals having psychiatric conditions under supervision of Psychiatrist and Psychiatric nurse.

This exclusive ITI is approved by Govt. of Gujarat for vocational training of intellectual disability who are above 18 years. The training in two trades currently offered are Paper Bag Making and Art and Craft.

**INDUSTRIAL TRAINING CENTER**





B M INSTITUTE OF  
MENTAL HEALTH



# COMMUNITY OUTREACH



# COMMUNITY OUTREACH

- On 3<sup>rd</sup> December, the OPD unit of the institute organized awareness session and a quiz competition for students of nursing for bringing awareness on the perspective of persons with disability. Students from V S School of Nursing, Jubilee School of Nursing, GCS School of Nursing and Khyati School of Nursing participated in large number in an online awareness cum quiz program on Internal Day for Persons with Disability.
- Community Awareness for Primary School Teachers on Reading and Writing Problems of School going children was organized by Hiren Dave, Social Worker, Aku Rajput, Special Teacher and Saman Hakim, Psychologist of the institute on 26<sup>th</sup> October, 2020 in online mode for over 60 participants from Rahe Khair Girls Primary School, Khamasa, Chippa Welfare Primary School, Jamalpur, Anjumane Islam Primary School, Kalupur and Khamasa.
- The institute enrolled 67 of its students with intellectual disability under Sadhan Sahay Yojna of Govt. of Gujarat which shall enable its beneficiaries to start their own enterprise with the given support. This initiative would economically empower divyanjan.
- An awareness program for over 61 Anganwadi Worker was conducted by Hiren Dave, Social Worker and Aku Rajput, Special Teacher of BMIMH on 22<sup>nd</sup> January, 2021 at Behrampura, Khodiyarnagar, Ahmedabad.

## Environment Safety and Sustainability Work

- The B M Institute of Mental Health is also equally committed for conserving environment and natural resources. In continuation of its sustainability endeavor, RAIN WATER HARVESTING SYSTEM and COMPOST PIT have been installed at the institute campus in January, 2021.



# Media Coverage



## બાળકોનું જગત: વેપાર- ધંધા જેટલી તેમના શિક્ષણ- આરોગ્યની ચિંતા ક્યારે કરતા થઈશું ?

મહાન ગુજરાતી સાહિત્યકાર જયરામ આણંદના આશિષ ગ્રંથાલયે આજે સાંજે ૬ થી ૯ વાગ્યાં સુધી આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે...

**જયરામ આણંદ** આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે...

આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે આજની રજાના દિવસે...

## Access to jobs, edu needs to be enabled

**Purth Shastri**  
@timesgroup.com

**Ahmedabad:** Kamia Mewada, 11, a resident of Jungwadi, could have been in Ahmedabad for her studies at a special school. But the girl with cerebral palsy is now studying with the help of her father's phone. The classes are possible if her father is home and the network is good.

Brijita Christian, the chief administrator at the Apang Manav Mandal (AMM), said that several students associated with the organization are facing the problem. "Children with disabilities require individual attention," she said. "Education from home is not working for everyone as accessibility remains a challenge."

Around the world, December 3 is marked as the International Day of Persons with Disabilities (PWDs). The UN has announced "Building Back Better: Towards an Inclusive, Accessible and Sustainable Post-Covid World" as the theme of the celebration this year.

Dr. Bhushan Punani, executive secretary, the Blind People's Association (BPA), said that education and employment remain the two major issues for the PWDs in the post-Covid world. "But we are happy that so many innovations and good practices have been tried over the past six months," he said. "Today, not only BPA-led students with disabilities in the state are connected virtually with their schools, but their parents have also become part of their learning process."

Punani added: "Our campaign of collecting used smartphones from citizens and distributing them among the students in need has received great support. We have collected over 300 phones so far."

A majority of the organizations are not only educational hubs, but also activity centers for the students. Dr. Madhu Singh, director of IIM Institute of Mental Health, said that the students with non-cerebral disabilities are at the receiving end due to restricted access to the institute.

**THE FRENCH CONNECTION**

It was a big blow for the family of **Zainab Chhikharwala**, a native of Bharuch, when a medical condition right after her birth robbed her of her vision. An early interest in the French language set her on a path of purpose. "My mother not only put me in a normal school, but also prodded me to explore the world on my own. From a young age, I started giving French lessons to earn pocket money," recounts Zainab. She is now the head membership of the Bookshare initiative that makes reading accessible to persons with disabilities (PWDs). She has so far taught the language to hundreds of students at several levels and has also worked as a translator for some major corporate firms. "No challenge is bigger than a person's resolve. Technological advances are best for the PWDs which have made them independent," she said.

**BRITTLE BONES, RESOLUTE DESIGNS**

When young **Madho Gohil**, a native of Bhavnagar, could not understand why he had to rush to doctors every now and then — he was later diagnosed with the brittle bone disease. "Even if someone just pushes me, my bones will break. I was battling polio steadily as the condition prevented me from taking part in many activities," Gohil said. He later came to Ahmedabad and became part of the Apang Manav Mandal (AMM) family. He completed his graduation and got absorbed in the organization. Today, he heads the art and crafts segment of the AMM. "I have taught many young kids and teens the craft that can make them independent. We have also collaborated with some notable designers and even organized shows," Gohil said. "Disability cannot hamper a person's growth if the environment — both built and societal — is supportive."

# Media Coverage



## દિવ્યાંગોની ક્ષમતાની ઉજવણી

નવગુજરાત સમય

ડૉ. બાબાસાહેબ આંબેડકર ઓપન યુનિવર્સિટી સંચાલિત અખિ સ્પેશિયલ લર્નર્સ સપોર્ટ સેન્ટર દ્વારા યુનિવર્સિટી ખાતે દિવ્યાંગોની ક્ષમતાની ઉજવણી કરતાં પાંચ દિવસના પ્રદર્શન કમ-સેલનું આયોજન કરવામાં આવ્યું હતું. જેમાં અંધાળ નંડણ, બી.એમ. ઇન્સ્ટિટ્યૂટ ફોર મેન્ટલ હેલ્થ અને નવગુજરાત દિવ્યાંગ બાળકોની સંસ્થા જેવી અણ સંસ્થાઓ સાથે ખેડાચેલી દિવ્યાંગ વ્યક્તિઓ દ્વારા તૈયાર કરવામાં આવેલી હસ્તકલાની પ્રોડક્ટ્સનું પ્રદર્શન અને વેચાણ કરવામાં આવ્યું હતું. પ્રદર્શનનું ઉદઘાટન કુલપતિ પ્રો.ડૉ.અમી ઉપાધ્યાયના હસ્તે કરવામાં આવ્યું હતું.

# ૨૭ એપ્રિલ : વર્લ્ડ ઓટિઝમ અવેરનેશ ડે



### અંધારા

૨૭ એપ્રિલ ૨૦૨૧ વર્ષે વર્લ્ડ ઓટિઝમ અવેરનેશ ડે તરીકે ઉજવવામાં આવે છે. ઓટિઝમ સ્પેક્ટ્રમ ડિસઓર્ડર (એ.એસ. ડી) એ ન્યૂરોલોજિકલ અને ડેવલપમેન્ટલ ડિસઓર્ડર છે જે કોમ્યુનિકેશન અને વર્તન ને અસર કરે છે. ઓટિઝમ નું નિદાન કોઈ પણ ઉંમરે થઈ શકે છે, ઓટિઝમ માનવજાતી માટે થાય છે અને કિયોરવસ્થા



અને યુવાવાસના માં જન્મવાઈ શકે છે. જન્મના પ્રથમ પાંચ વર્ષે હરમાન મોટાભાગના કિસ્સાઓ માં તે કોર્ટાઈ આવે છે. કેટલાક ઓટિઝિક પોતાની કોર્ટાઈ સ્વયં ડીને કાઢી શકે છે તો અન્ય લોકોમાં મંજીર અપેક્ષતા હોય છે અને તેમને આક્રમક કાપક અને ફેન્ડેનની જરૂર હોય છે.

બી.એમ. ઇન્સ્ટિટ્યૂટ ઓફ મેન્ટલ હેલ્થ, આશ્રમ રોડ, અનંતાવાડ ઓટિઝિક માનકે અને ભક્તિભાગ

અભાન ટેકનલોજી અને સાંજોનો ઉપયોગ કરીને તાલીમ આપવામાં આવે છે.

અમી મહાી ડિલિવેરીનારી ટીમ ડાટા, એ. ડી. સ્પીચ થેરાપી, સેન્સરી ઇન્ટિગ્રેશન, મિઓવિસર થેરાપી, સ્પેશિયલ એજ્યુકેશન, સુપ થેરાપી, પે થેરાપી વગેરે ક્ષેત્રોમાં આપવામાં આવે છે. ભારતમાં વિકલાંગ પારો ૨૦૨૨ માં સમાવેશ ૨૨ વિકલાંગોમાં માં ઓટિઝમ નો સમાવેશ કરવામાં

આવેલ છે. છતાં પણ આજની તારીખમાં ઓટિઝમ વિશે સમાજમાં જાગૃતતા નો અભાવ છે, વિશ્વવ્યાપી ઓટિઝમ વાળા લોકો મોટાભાગે કાંઈક, બેકાબાવ અને માનવાધિકાર ના ઉલ્લંઘન ને આધીન હોય છે, તેમને મળતી સેવાઓ અને સહાય અપૂરતી છે.

અંકુ રાજપુત સ્પેશિયલ ટીચર ( બી.એમ. ઇન્સ્ટિટ્યૂટ ઓફ મેન્ટલ હેલ્થ)

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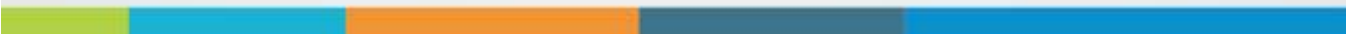
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- @ bminstitute.ahm@gmail.com
- 🌐 [www.bminstituteofmentalhealth.com](http://www.bminstituteofmentalhealth.com)



Monday to Saturday  
10 am to 5 pm

