



B M INSTITUTE OF
MENTAL HEALTH

**Celebrating 70 Years
(1951-2021)**

ANNUAL REPORT

2021-2022





**B M INSTITUTE OF
MENTAL HEALTH**
Celebrating 70 Years
(1951-2021)



*#Best
Moment*



**B M INSTITUTE OF
MENTAL HEALTH**

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Enabling Abilities

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B M INSTITUTE OF
MENTAL HEALTH

**Celebrating 70 Years
(1951-2021)**



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 recognised by the 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.



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 service.

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



THE STRUCTURE



01



RESEARCH AND EDUCATION

- Research and Study
- Professional Education and Training

02



MENTAL HEALTH CARE SERVICES

- OPD
- Therapy Services



B M INSTITUTE OF
MENTAL HEALTH



REHABILITATION SERVICES

- Prayash Group
- Chetan Group
- Sharda School
- MCW
- DCC
- DCU

03



COMMUNITY OUTREACH

- Prayatna

04

BOARD OF MANAGEMENT

Shri P.K.Laheri, IAS (Retd)

Former Chief Secretary, Government of Gujarat

Additional Commissioner

Commissioner of Higher Education, Government of Gujarat

Director

Department of Social Justice & Empowerment, Government of Gujarat

Deputy Secretary, Medical Services

Department of Health & Family Welfare, Government of Gujarat

Smt. Nayana Patel

Trustee, B M Institute of Mental Health

Smt. Meeta Jhaveri

Trustee, B M Institute of Mental Health

Dr. Madhu Singh

Director, B M Institute of Mental Health

BOARD OF TRUSTEE

Shri P.K.Laheri, IAS(Retd)

Chairman, Board of Trustees

Smt. Kalpana Setalwad

Social Worker

Smt. Nayana Patel

Social Worker

Smt. Meher Medora

Social Worker

Dr. Rajesh Maniar

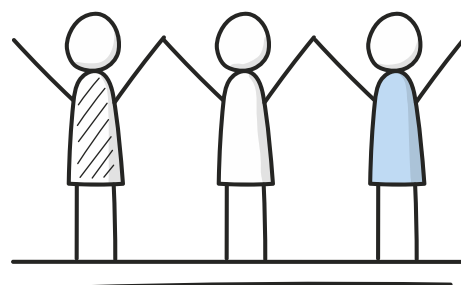
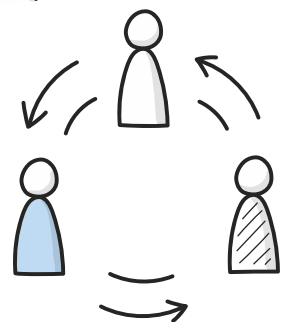
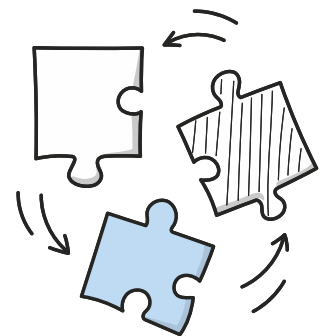
Senior Psychiatrist

Smt. Mana Sarabhai

Social Worker

Smt. Meeta Jhaveri

Social Worker



MESSAGE FROM THE CHAIRMAN



Mental Health includes our Emotional, Psychological and Social well-being. It affects how we think, feel and act. Mental health is important at every stage of our lives. There is a number of causes which lead to mental health disorders.

B. M. Institute of Mental Health in its long journey had played an important role in education, care, rehabilitation and treatment of the challenges faced by the persons having difficulty in exercising his/her mental faculty fully. Corona has created a dangerous situation as we are witnessing a sharp rise in the number of people affected by stress and disorder.

Fortunately, now we have advanced knowledge for counselling & medicines to help the affected person to come out of mental health issues quite successfully. The aim of any institute of mental health is to identify, treat and cure the disorders so that an individual is restored with mental health & able to live normal & happy life.

During the year 2021-22, B. M. Institute of Mental Health has not only coped with the innumerable problems created by the corona pandemic but it has moved forward in the right direction to achieve new heights.

The most important thing to note is the 'Faculty Development' programmes and participation in many seminars/webinars and implementation of various CSR sponsored projects. Though the Sharda School remained closed for the better part of the year, the outdoor patient department treated more than 9000 patients during the year.

The specialized PG Programmes including a special batch of 10 psychotherapists ran quite smoothly and efficiently. I am thankful to Dr. Madhu Singh our Director & her team who braved many challenges & overcame them successfully. My gratitude to the Team-B.M.



extends to each and every faculty & staff member. We are beholders to Manabahen Sarabhai for her perseverance and commitment to maintaining the infrastructure of the institute to a level which has very high benchmarks. Since Manabahen represents the founder, we are only capable of acknowledging her and her family's sterling contribution.

Our thanks to all the Governmental Departments and officers for their continued support. Our donors are our motivators and pillars of strength. As our work expands, naturally we look forward to the generosity of our donors including the corporate sector. National Institute of Design has been helping us to create new attractive & marketable challenged children. Thanks to NID and all other associated organizations for their support. I also thank my colleagues on the Board of trustees for their time, guidance and help.

With Best wishes to all.

Pravin K. Laheri

Chairman



DIRECTOR'S

DESK



There is always light at the end of a tunnel, a popular saying appeared relevant in the first few months of 2021 after Covid 19 pandemic hit the world in 2020. But the massive impact of the second wave of covid 19 infections in India shattered the rising hope of normalcy. Amidst uncertainty on reopening educational institutions for offline academic activities in April 2021, we satisfactorily

managed the teaching-learning of University-affiliated professional courses at B M Institute of Mental Health. We all could up-skill ourselves with reasonably good technical abilities for online teaching methodologies. The support from Gujarat University in conducting online examinations for higher education students of the 2020-21 batch was commendable. The admission process for 2021-22 in said courses could also be completed by overcoming unavoidable challenges due to pandemics as entrance examination is mandatory according to the regulatory rules for the Clinical Psychology program.

The online assessment and intervention work of multidisciplinary OPD could continue fairly well till October 2021 and gradually, we started reopening the face-to-face clinical work with individuals with disability reporting to the institute with utmost precaution. All rehabilitation services working for individuals with mental illness and other disabilities could extraordinarily master the methodology for online teaching, training and progress monitoring work of individuals with special needs. With technological support, educational and rehabilitation work could be managed very well by instructors and clinical staff.

During the awareness program of BMIMH on World Mental Health Day in October 2021, Hon'ble Collector of Ahmedabad Shri Sandip Sagale extended exemplary support to the institute's activities. He not only inaugurated the awareness exhibition on mental health and a screening camp for mental well-being at the institute but also provided space on the premises of the Ahmedabad Collector Office to promote equal opportunity for persons with disabilities. Exhibition cum sale stall at the premises of Collector Office to showcase skills and work done by trained individuals with special needs received an overwhelming response from the community.

All this could not have been possible without the strong support of well-wishers from the community. With the kind hand-holding and contribution from Milacron India, KHS Machinery, Kloecker Desma, Indravadan Lekhadia Charitable Trust and many others, B M Institute of Mental Health continued to improve and deliver its services for persons with disabilities.

The institute has been an advocate for inclusion and equal opportunity that had been showcased during various community sensitization and engagement activity. Faculty Development Program of thirty hours for over 150 professors of Government and Grant in colleges of Gujarat on Mental Health in Higher Education needs special mention. With kind support from the Commissioner of Higher Education, Govt. of Gujarat, the institute is spearheading toward building a society where mental health is not considered a stigma. The institute is able to produce the sizable number of qualified and professionally trained Psychologists to add to the workforce every year.

While fighting the battle every day by doing our bit for controlling the spread of the infection and saving lives during the pandemic, Team B M Institute of Mental Health didn't leave any stone unturned to safeguard innocent lives availing services at the institute. Extraordinary support by the Hon'ble Chairman and Trustees during challenging times and the collective effort of all staff members of the institute kept us going strong towards achieving the set mission of the institute.

The pandemic gave us an opportunity to rethink and re-evaluate the way we use to reach and serve those who needed our service. We trained ourselves to connect with beneficiaries using technology. We are now equipped to deliver services even in an adverse situation by having virtual classrooms and online consultation and intervention practices well in place at the institute. Being a research institute, we not only continuously engage in studying and innovating ways for improving the lives of persons with mental health difficulties but also provide a platform to higher education students from multiple disciplines to learn having an interdisciplinary understanding that benefits society at large. Students from varied backgrounds whether it is electrical engineering, design, law, yoga, social work or psychology, are provided the opportunity to develop their skills to understand mental health and disability rehabilitation with respect to the contribution of their specialized area for benefit of society and that differentiate this institute from any other educational institution.

I extend my gratitude to all for having faith in our work whether it is higher education, therapy, special education or rehabilitation training. We are determined to increase our reach to the vulnerable population who need our specialized services. The focus in 2022 shall also be on working in the area of Specific Learning disabilities and sensitizing the community toward the rights of persons with disabilities and mental health problems. I once again assure you that we shall rise above all challenges and would be there contributing to making our society SENSITIVE and INCLUSIVE with VALUES intact for HUMANITY.

Dr. Madhu Singh

Director





HIGHLIGHTS

**30 HOURS FACULTY DEVELOPMENT PROGRAM ON MENTAL HEALTH AND
HIGHER EDUCATION TRAINING 159 PROFESSORS OF HIGHER EDUCATION**

**3 INTERNATIONAL WEBINARS CONDUCTED ON SUBJECTS RELATED TO
DISABILITY AND MENTAL HEALTH**

**3 NATIONAL LEVEL CRE WEBINAR TRAINING
590 RCI REGISTERED REHABILITATION PERSONNEL**

3 PROJECTS WITH CSR SUPPORT COMPLETED

**100% RESULT OF UNIVERSITY PROGRAM WITH
55% DISTINCTION AND 45 % FIRST CLASS**

**9674 MULTIDISCIPLINARY THERAPY SESSIONS CONDUCTED FOR
INDIVIDUALS WITH SPECIAL NEEDS**

**14 EDUCATIONAL INSTITUTION INCLUDING STUDENTS FROM
11 UNIVERSITY VISITED BMIMH**

**OVER 7000 LIVES TOUCHED THROUGH
COMMUNITY AWARENESS PROGRAMS**

281 NEW CASES REGISTERED AT OPD



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RESEARCH AND EDUCATION

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

Published Research and Article



A Comparative Study on Level of Anxiety Among People of Practitioners and Non Practitioner of Yoga published in International Journal of Creative Research Thoughts(IJCRT) ISSN: 2320-2882 in March, 2022 by Narsinh Chudhary.

Study to understand the mental well-being of Mothers of children with special needs during covid 19 pandemic in International Journal of research and analytical reviews E-ISSN:2348-1269,P-ISSN:2349-5138 by Narsinh Chaudhary, Madhu Singh, Jankee Vaishnav, Jayvant Makwana in March, 2022.

Research paper on Impact of Covid-19 Restrictions on psycho-social behaviour of adults published in a peer-reviewed journal named International Journal of Indian Psychology (IJIP), entitled "" volume-10, issue - 1 Jan - March - 2022 by Prachi Sharma and Hiren Dave



**Articles published in
"Lagn Samayojan" ISBN
no. 978-81-950275-3-8
by Faculty and Rehabilitation
Personnel of B M Institute of
Mental Health in 2021.**



- **Marriages and Mutual Adjustments**
– Shri P.K.Laheri
- **The impact on parent's marital relationship due to child having Cerebral Palsy**
– Dr. Mritunjay Mukund
- **Lagn Jivan ma Samayojan na Ghatako**
– Dr. Rajul Mallik
- **Impact of Marital Disharmony on Children**
– Dr. Prachi Sharma
- **Vaivahik Jivan Uper Corona ni Asar**
– Dr. Rajendra Pandya
- **Vaivahik Jivan Uper Corona ni Asar (Social Worker's Perspective)**
– Shri Hiren Dave
- **Divyang balako na karne Mata-Pita na Vaivahik Jivan ma Samasya**
– Shri Arpit Shah



International Webinar

International Webinar on Autism Spectrum Disorder
UNDERSTANDING AUTISM: PARENT'S AND PROFESSIONAL'S PERSPECTIVE

Key points ::

- > About Autism
- > Autism through a parent's eye
- > Available Therapeutic Interventions
- > Various Biomedical approaches
- > Importance of ABA
- > Assessment in ABA
- > Collaborative services such as Speech, OT, PT.
- > Role of parents and caregivers in treatment protocol.
- > Significance of parent training.
- > A.O.L. & DBS Training for Individuals with Autism.

Speakers:
Sheetal Nair (Parent's Speaker)
Aku Rajput (Professional's Speaker)

Joining Link
Link : <https://bit.ly/3tqy6Gj>

Date: 3rd April, 2021 **Time:** 3 pm to 5 pm
Organized by : B M Institute of Mental Health, Ahmedabad

03/04/2021

Understanding Autism: Parent's and Professional's Perspective

SPEAKER

Sheetal Nair, Board Certified Behaviour Analyst, New York, USA
Aku Rajput, Special Educator, BMIMH, Ahmedabad

31/05/2021

International Webinar on Compassion in Health Services - A Professional Perspective And Reflection

SPEAKER

Dr. Shripati Upadhyay
Clinical Psychologist, United Kingdom

INTERNATIONAL WEBINAR
**"COMPASSION IN HEALTH SERVICES
- A PROFESSIONAL PERSPECTIVE AND REFLECTIONS"**

Monday, 31st May 2021
Live start at 2.00 PM IST
JOINING LINK : <https://bit.ly/2SpHYvY>

ABOUT THE SPEAKER
Dr. Shripati Upadhyay, is a practicing Clinical Psychologist in United Kingdom having British Nationality. He is Ph.D. in Clinical Psychology from NIMHANS and further studied Applied Forensic Psychology from University of York, England. Few areas of his special interest are Behavioural Medicine, CBT, Transcultural Psychiatry and Psychology, Emotional Intelligence and Mindfulness Meditation. Dr. Upadhyay was also associated with the B M Institute of Mental Health during 1972-75 as Clinical Psychologist. There are large numbers of publications to his credit in the subject field. Some of his professional associations include British Psychological Society, Health Care Profession Council, UK, British Association for Behavioural Cognitive Psychotherapy, National Autistic Society, UK, EMDR Association UK and Ireland.

Organized By
B M Institute of Mental Health, Ahmedabad
www.bminstituteofmentalhealth.com

18/01/2022

International Webinar on Hope, Disappointment and Despair

SPEAKER

Michael Brearley,
Psychoanalyst and Former Captain of England Cricket Team, London

INTERNATIONAL WEBINAR ON HOPE, DISAPPOINTMENT AND DESPAIR

18th January, 2022
3 pm onwards
Clisco WebEx

Registration Link
<https://www.clisco.com/join/2222222222>

FREE REGISTRATION

ABOUT THE WEBINAR
Hope is central feature of life, often taken for granted. Life without hope would be unbearable. There is realistic hope and unrealistic hope. For realistic hope, we have to face the possibility of disappointment. Unrealistic hope only blind us to the reality of the situation.

Covid-19 crisis, ever recurrent crisis, and we have to put up with the grief of it, of long-term reflections on our life and dreams. Hope has to be continuous and ever evolving and be transformed. The webinar focuses on rebuilding the perspective on HOPE in times of challenges faced due to pandemic.

HIGHLIGHT OF THE WEBINAR
Understanding HOPE, DISAPPOINTMENT and DESPAIR with respect to the global crisis like situation has enabled, that is Covid-19 pandemic.

Professional Participation

Dr.Madhu Singh

International Panel
Discussion on
"Work Prospect and
Career Opportunities
for
Psychology Graduates
in India" at PDEU on
19/07/2021

Dr.Mritunjay Mukund
Examination Paper of
Mahatma Gandhi
University of Medical
Sciences and
Technology – Jaipur
24/07/2021

Dr.Rajul Mallik
External Practical
Examiner NIEPMD,
Chennai.
26/07/2021

Dr.Rajendra Pandya

URC Meeting and
RBSK
Programme
Orientation.
21/10/2021

Dr. Madhu Singh
"Leadership and
Participation of Persons
with disabilities toward
an Inclusive, Accessible
and Sustainable
post Covid-19 world"
online live webinar
organized by
Education Department,
Gandhinagar
3/12/21

Dr. Madhu Singh

Ph.D co-guide
for student of
PDEU and RRU

Professional Development

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

Professional Development Program on Inclusive Education organized by NIE-ADIRA between January–March, 2022 attended by **Dr. Madhu Singh**

Workshop on Design, Methods and Applications: EEG Neurofeedback, 23–24 March, 2022, GFSU attended by **Dr. Rajul Mallik, Dr. Prachi Sharma, Ms. Jankeedevi Vaishnav, Mr. Narsinh Chaudhary and Mr. Jayvant Makwana, Teaching Faculty at BMI**

Media & Digital Technology, 5th National Media Conclave 2021 attended by **Dr. Rajul Mallik** on 23/11/21

“Relevance of Psychology in Pandemic Condition & It’s impact on well-being in the digital world” by RCI, 9/11/21 attended by **Jankeedevi Vaishnav**

National e-conference on Mental Health in an Unequal World between 7–8 October, 2021 attended by **Jankeedevi Vaishnav**

National Teachers Day Quiz Program on 05/09/2021 attended by **Aku Rajput**

Samvedna Setu Programme on Emotion of People after Pandemic on 02/08/2021 attended by **Arti Thakkar**

Digital Education Summit organised by South Asian Institute for Advanced Research and Development (SAIARD) between 29–31 July, 2021 attended **Dr. Rajul Mallik**

Computerised Assessment Interventions for Persons with Autism Spectrum Disorder development application in Rehabilitation organised by NIEPID, (Divyangjan) Regional center Kolkata in July, 2021 attended by **Mr. Hiren. N. Dave**

Workshop and Seminar



17/07/2021

**Seminar on Language
Development of Special
Needs Children**



30/09/2021

**Seminar on Autism
Spectrum Disorder**



03/12/2021 (Online live webinar)

**Leadership and Participation of
Persons with disabilities toward
an Inclusive Accessible and
Sustainable post Covid-19 world**



29-30/03/2022

**Joint seminar on multi
disciplinary approach of under-
standing disability, Early
identification & its management
with Gujarat University**



Faculty Development Program

Mental Health and Higher Education 01/10/2020 to 10/02/2022

Knowledge Consortium of Gujarat financially supported B M Institute of Mental Health for jointly organising 30 hours Faculty Development Program on Mental Health and Higher Education in online mode. On special interest of Shri M. Nagarajan, CEO, KGC on FDP for teaching personnel of Government and Grant in Colleges of Gujarat State, 159 teaching personnel including Professors and Principals from multidiscipline (Language, Law, Arts, Banking/Accounting, Commerce etc.) successfully completed the FDP. A qualified and trained resource team was selected by B M Institute for effective delivery of the FDP content engaging and sensitizing the participant on the subject of mental health-related issues and their possible management for students of higher education institutions. Leading Psychiatrists, Psychologists, Professors and Counsellors were part of the resource team.

TOPIC

SPEAKER

Youth Wellbeing

Dr. Madhu Singh,
Director, BMIMH

**Understanding Mental wellbeing and
Mental Healthcare Act, 2017**

Ms. Yesha Vyas,
Psychologist and Psychotherapist,
Ahmedabad

Community and Mental Health

Dr. Rajul Mallik,
Faculty and Academic Head,
BMIMH

**General Understanding of Mental Health,
NCRB in context to Suicide Prevention**

Ms. Meenakshi Gupta,
Psychotherapist,
Ahmedabad

**Inclusion of Persons with Disability in
Higher Education in context to RPWD Act, 2016**

Dr. Madhu Singh,
Director, BMIMH

**Positive Mental Health and
Psychological First aid**

Dr. Suhas Doshi,
Psychiatrist, GIPS,
Ahmedabad

**Mental Health Challenges faced by
Higher Education Students**

Dr. Punita Grover,
Psychiatrist, GIPS,
Ahmedabad

Faculty Development Program

Innovation and participatory pedagogy in learning and assessment & Multiple Intelligence: Every being is unique

Dr. Sanjay Gupta,
Professor, Children University,
Ahmedabad

Mental Health Challenges for Incarcerated Individuals: Role of Forensic Psychologist

Dr. Proshanto Saha,
Faculty, NFSU, Ahmedabad

Home Assignment **– Understanding Inner Potential as Teachers**

NEP on Higher Education

Dr. Pradeep Mallik,
Professor and Head, Dept. of Languages,
Literature and Aesthetics, PDEU, A'bad

Barriers/Challenges and Way forward

Dr. Prachi Sharma,
Faculty and Head of
Mental Healthcare Services, BMIMH

Essential Counselling skills for Higher Education Teachers

Dr. Nimrat Singh,
Psychologist and Founder of Tangram,
Ahmedabad

Healthy and Happy Students in reference to Education and Psychology

Dr. Darshna Thakkar,
MD, Ahmedabad

Media and Mental Well-being

Mr. Parth Shastri ,
Senior Assistant Editor, TOI,
Ahmedabad

Suicide and Depression

Dr. Rajendra Anand,
Psychiatrist and CEO,
Kanoria Hospital, Ahmedabad



National Level Continuing Rehabilitation Education

B M Institute of Mental Health is recognised by Rehabilitation Council of India, New Delhi. The institute organised three National Level Workshop for Continuing Rehabilitation Education of 590 RCI registered Rehabilitation Personnel between April, 21 to March, 22 with prior approval from Rehabilitation Council of India, New Delhi.

B. M. INSTITUTE OF MENTAL HEALTH, AHMEDABAD
2 Days National Level CRE Webinar
"COMMUNITY BASED REHABILITATION"
(3rd to 4th MARCH, 2022)
APPROVED BY REHABILITATION COUNCIL OF INDIA (RCI)

Chief Guest **Intake 200**

Dr. Sharddha Rai
Coordinator, ZDC west, RCI,
HDD, S.V. Arts College,
Ahmedabad

Dr. Bhushan Punani
General Secretary, BPA

Dr. Pushpa Joshi
Education Specialist,
UNICEF

Dr. Rajul Mallik
Psychologist & Academic Head,
BMMH

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

Dr. Rajendra Pandya
Spl Education & Program
Coordinator

Ms. Bhumi Satapara
Audiologist and Speech
Pathologist, Program
Co-Coordinator

Dr. Sanghmitra Prabhakar
Former Faculty,
Social Work, S.P. University

Dr. Prachi Sharma
Psychologist & OPD Head,
BMMH

Mr. Pranav Shah
Coordinator,
Prabhat Education Foundation

Registration Link : <https://forms.gle/jrMKTWk5tcsSQs5Y8>

www.bminstituteofmentalhealth.com **+91 9428981872 +91 7698882277**

**National Level Webinar on
Promotion of School Mental Health Program on
3rd & 4th August, 2021**

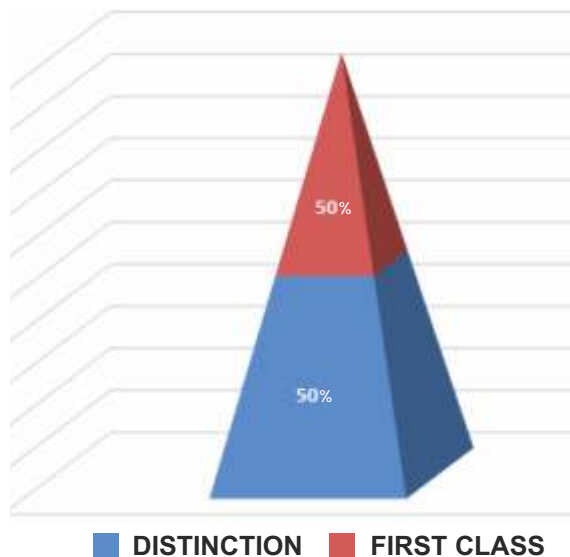
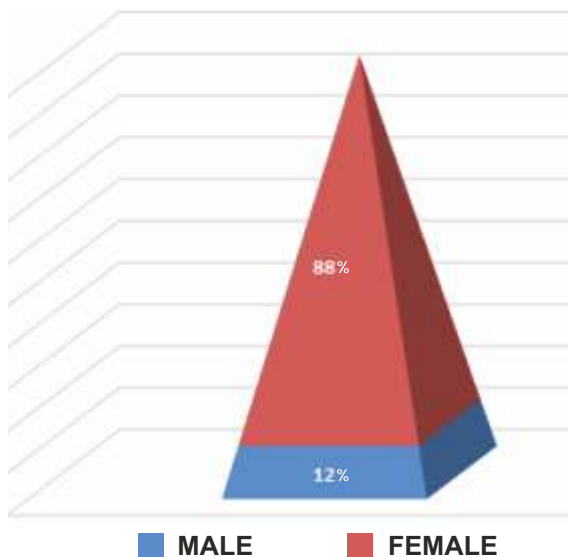
**National Level Webinar on
Language Development : Activities and Materials on
7th & 8th December, 2021**

**National Level Webinar on
Community Based Rehabilitation on
3rd & 4th March, 2022**

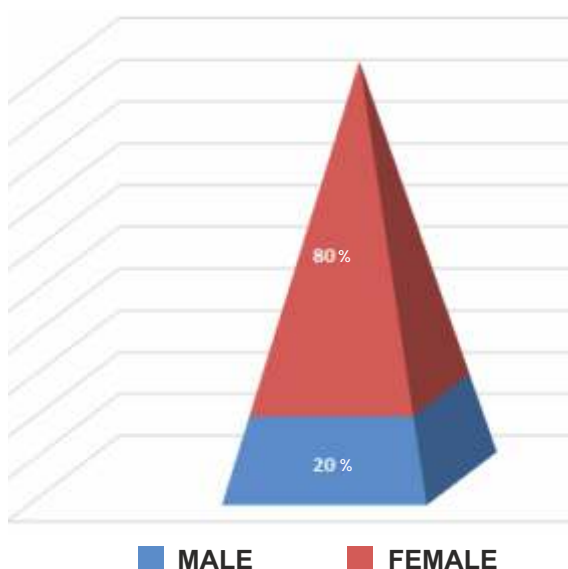
Academic Performance Report

100% Result in Gujarat University affiliated and Rehabilitation Council of India recognized Professional Education Courses in 2021-22. 55% of students enrolled in various courses passed the university exam with distinction and 45% of students cleared their exam in first class. Through Post Graduate Diploma in Rehabilitation Psychology (PGDRP) and Professional Diploma in Clinical Psychology (PDCP) courses, the institute is adding qualified human resources to the workforce of INDIA in Mental Health Care and Disability Rehabilitation area.

PGDRP Result : 2021-22 : 100%



PDCP Result : 2021-22 : 100%



Eminent Visitor



SHRI SANDIP SAGALE

IAS Collector, Ahmedabad



SHRI SHRISH DIVGI

Managing Director, Milacron India



DR. SAROJ ARYA

Former Head, Rehab. Psychology,
NIMH, Secunderabad



SHRI MICHAEL BREARLEY

Former Captain, England Cricket Team &
Psychoanalyst, London



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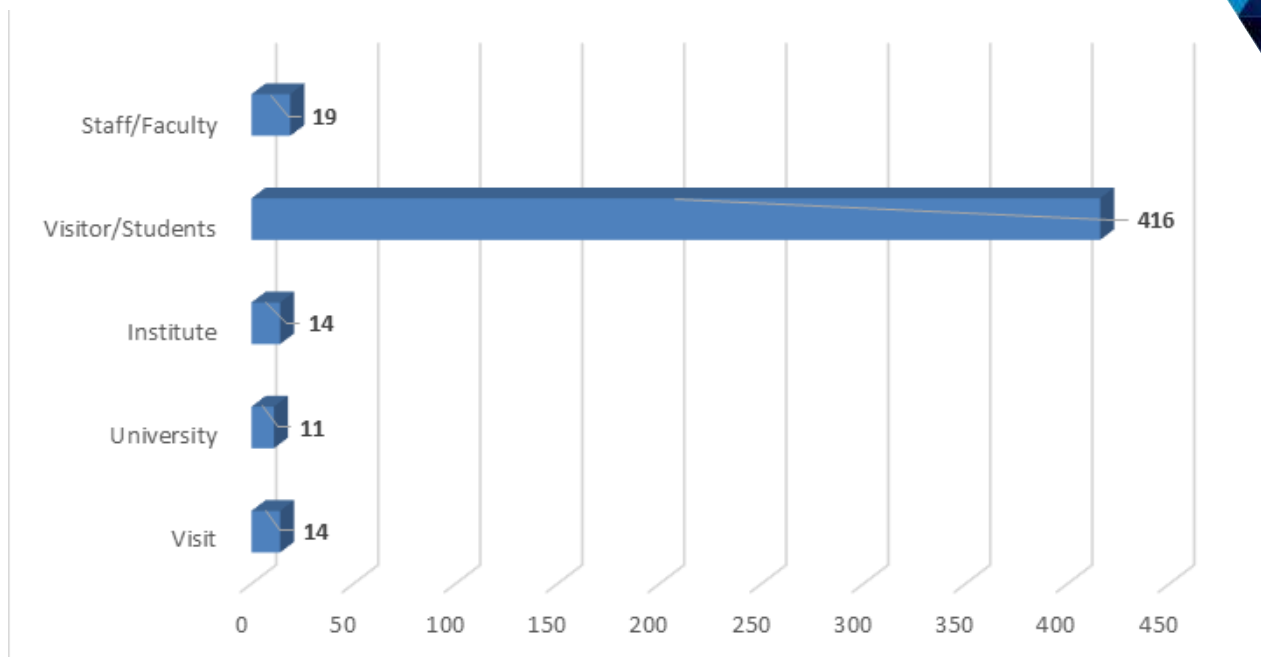
**Celebrating 70 Years
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MENTAL HEALTH CARE SERVICE

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

Educational Visit to BMIMH



Adani Inst. of Infrastructure Engineering, Ahmedabad

Ahmedabad Institute of Medical Science, Dept. of Physiotherapy, Ahmedabad

Ahmedabad Institute of Nursing Science, Lapkaman, Ahmedabad

Akar College of Physiotherapy, Ognai, Ahmedabad

Alpha Institute of Architecture Studies

Arush Physiotherapy College, Ahmedabad

Indus University, Ahmedabad

Govt. Nursing College, Patan

Khyati School of Nursing, Ahmedabad

M. B. Patel Rastrabhasha Arts & Commences College, Ahmedabad

Navkar Institute of Nursing, Odhav, Ahmedabad

P. R. Patil College of Architecture, Amravati, Maharashtra

Sankersinh Vaghela Bapu Inst. of Nursing, At: Vasan, Gandhinagar

**Unitedworld School of Liberal Arts & Mass Communication (USLM)
Karnavati University, Gandhinagar**

Multi Disciplinary Assessment and Therapy

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.

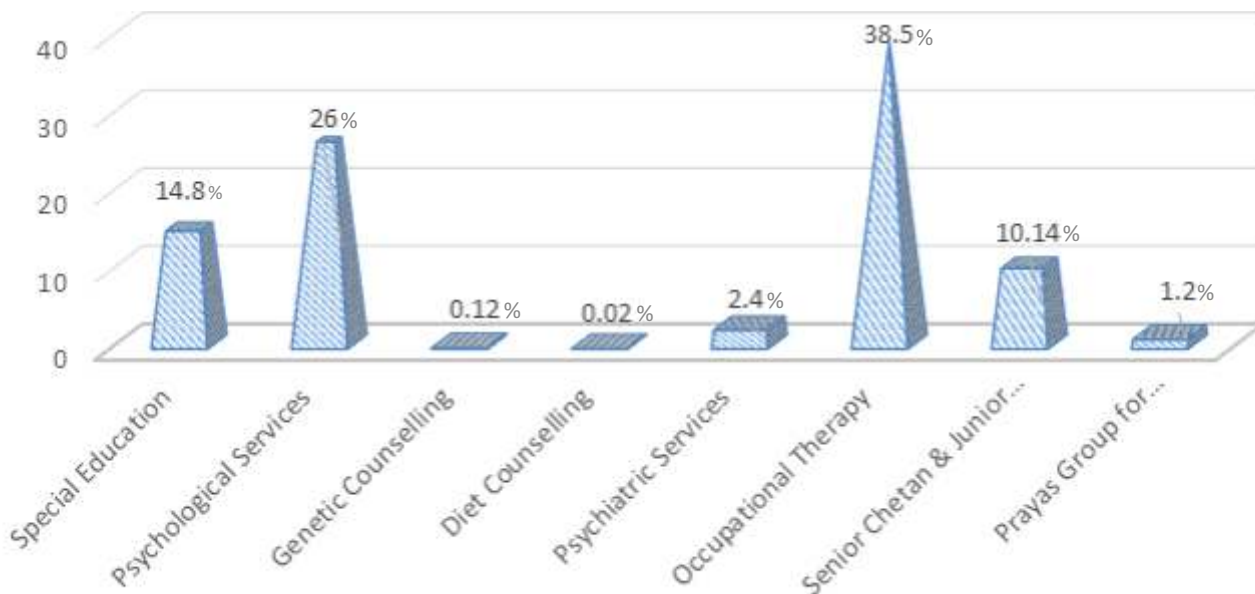
During Covid 19 pandemic, the Mental Healthcare Services of the institute has risen to time by adhering to periodically revised government guidelines as per the prevailing situation and ensured that all enrolled beneficiaries get uninterrupted and safe services of the institute either in online or offline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



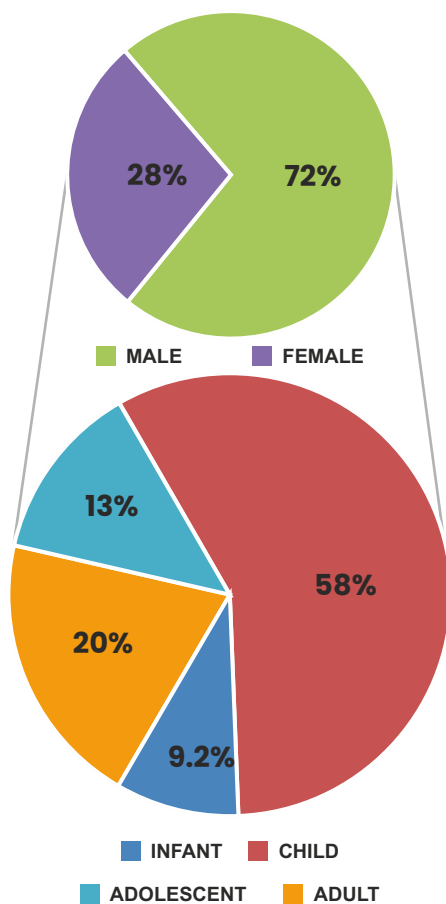
Multi Disciplinary Assessment and Therapy

New Registered Cases 281

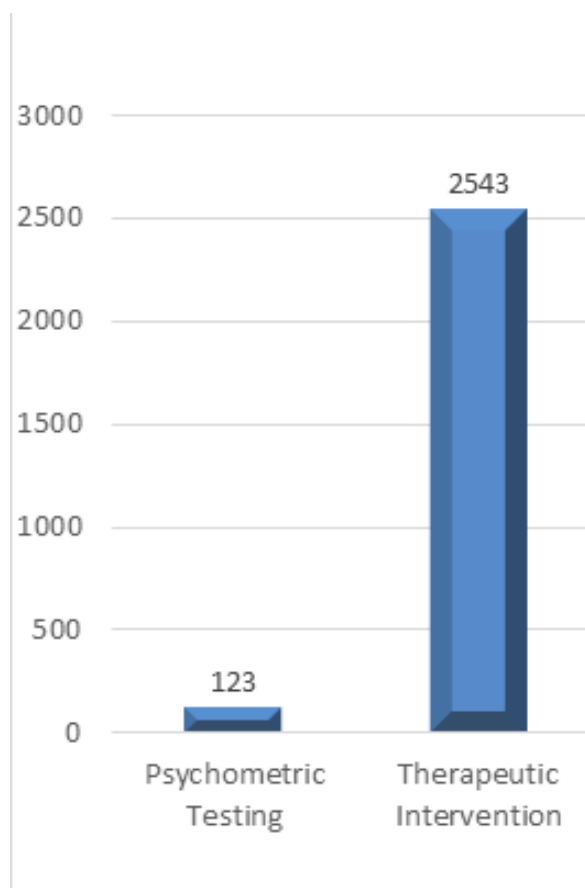
Multidisciplinary Therapy Sessions 9674



Category of client with number



Psychological Assessment and
Intervention Services





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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 multi disciplinary 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
- Counsellor
- Behaviour Therapist

PRAYAS GROUP

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

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

CHETAN GROUP

SHARDA SCHOOL

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

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

MULTI CATEGORY WORKSHOP

DAY CARE CENTER

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

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

DAY CARE UNIT



**B M INSTITUTE OF
MENTAL HEALTH**

**Celebrating 70 Years
(1951-2021)**



COMMUNITY WORK & OUTREACH

B M Institute of Mental Health engages with community to mobilise support for the field of mental health and disability rehabilitation. Diverse collaboration, network and community participation help in building Inclusive Society where persons with disabilities and mental health problems live with DIGNITY.

Community Work



Date

Event Name

21/06/2021

Online Awareness Program on "WORLD YOGA DAY"

25 & 26/06/2021

Participated in C.P and Autism Camp at PNR Society at Bhavnagar

17/08/2021

Grooming of Special Children to Enable Integration in to Mainstream

September, 2021

Posan Abhaiyan September, 2021

15/09/2021

Awareness Program on Suicide Prevention

11 - 13/10/2021

World Mental Health Awareness Day in collaboration with Ahmedabad Municipal Corporation by displaying awareness building e-content on Digital Display of AMC in A'bad City

11 to 14/10/2021

World Mental Health Awareness Program

14/10/2021

Mental Health Screening Camp

26/10/2021 to 03/11/2021

Community Awareness Event at Ahmedabad Collector office

27/10/2021

Sensitization Program on World Occupational Therapy Day

03/12/2021

Awareness Program on Health, Happiness and Safety on International Day for Persons with Disability

23/12/2021

I.Q Test for Army Asha School

28/01/2022

Awareness Program for Nursing College Students


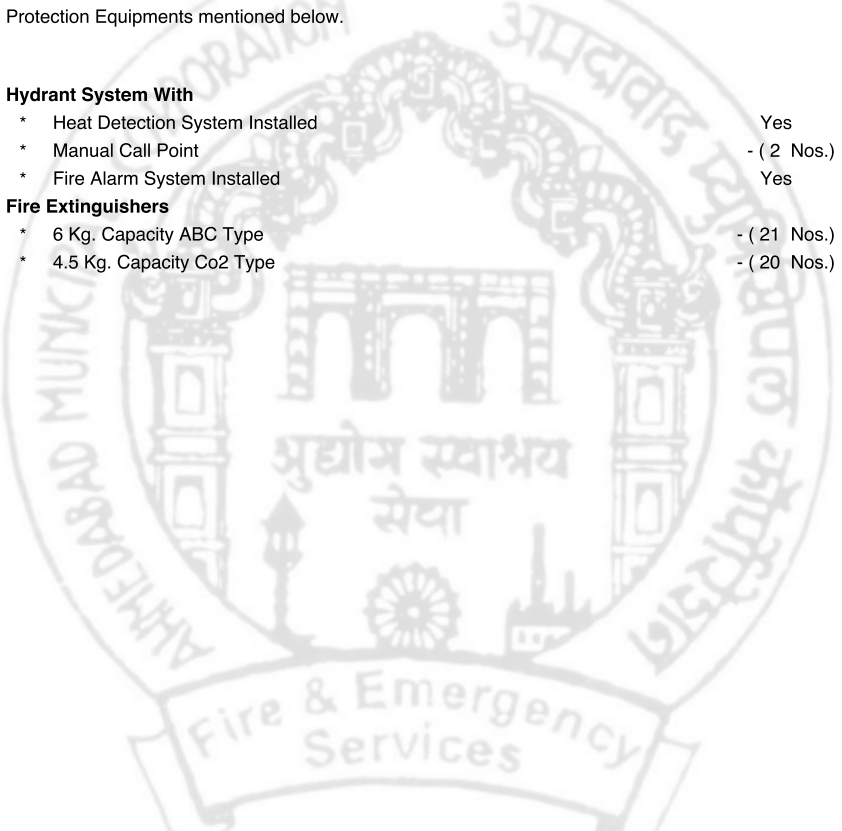


21/03/2022

Awareness Program on Down Syndrome for Physiotherapy Students

Community Work

Environment Safety and Sustainability Work

B M Institute of Mental Health is committed for ensuring safety of beneficiaries and employees coming to the institute. In compliance with State Government direction, the institute upgraded its Fire Safety Mechanism.

	AHMEDABAD MUNICIPAL CORPORATION FIRE AND EMERGENCY SERVICES DEPARTMENT DANAPITH FIRE STATION (HEADQUARTERS), NR.AMC OFFICE, DANAPITH, AHMEDABAD	
NOC Number: NOC493512102021	Category: School	NOC Issue Date: 21/12/2021
<u>NO OBJECTION CERTIFICATE</u>		
<p>This is to certify that management of M/s B M INSTITUTE OF MENTAL HELTH located at NEAR NEHRU BRIDGE CORNER, ASHRAM ROAD, AHMEDABAD has installed necessary Fire Protection Equipments mentioned below.</p>		
Hydrant System With		
* Heat Detection System Installed	Yes	
* Manual Call Point	- (2 Nos.)	
* Fire Alarm System Installed	Yes	
Fire Extinguishers		
* 6 Kg. Capacity ABC Type	- (21 Nos.)	
* 4.5 Kg. Capacity Co2 Type	- (20 Nos.)	
		
<p>All the Fire Protection Equipments installed shall be maintained in working order throughout the validity period of this certificate.</p>		
<p>This Certificate is valid for ONE YEAR from the date of issue.</p>		
		
 (Rajesh Bhatt) Chief Fire Officer (I/c) Ahmedabad Municipal Corporation		

Community Supported Projects

Kloeckner Desma Machinery Pvt. Ltd.

Kloeckner Desma Machinery Pvt. Ltd. supported B M Institute of Mental Health for the creation of a classroom for children with special needs. Due to cognitive impairment, children with intellectual disabilities take time to respond to the conventional method of teaching and learning. The generous support from Kloeckner Desma Machinery Pvt. Ltd. enabled the institute to build a facility of wifi-enabled interactive smart classrooms so that the development of special beneficiaries gets accelerated by the use of the audio-visual mode of teaching and learning.



KHS Machinery Pvt. Ltd

KHS Machinery Pvt. Ltd. has been supporting B M Institute of Mental Health. Kind contribution received from KHS Machinery helped the institute in its Community Awareness Initiative. Various community activities conducted by the institute include Mental Health Awareness Exhibition which was inaugurated by Shri Sandip Sagale, Hon'ble Collector of Ahmedabad. Poshan Abhiyan for nutrition assessment of children with intellectual disability, Mental Health Screening Camp, Awareness Program for Suicide Prevention is some of the notable community awareness programs organised with the contribution of KHS Machinery.



Milacron India Pvt. Ltd.

The continuous support received to B M Institute of Mental Health from Milacron India Pvt. Ltd. has enabled it to upgrade the Paediatric Occupational Therapy and Sensory Integration Therapy Facility of the institute. Children with developmental disability get benefitted by appropriate therapy for optimal



Community Supported Projects

development. Shri Sirish Divgi, Managing Director, Milacron India inaugurated the Occupational Therapy Services on 12th August, 2021. The institute could also digitize the existing library of the institute. In view of Covid 19 Pandemic, E-Books could be purchased for the students of Higher Education.

Collector Office, Ahmedabad

Collector Office, Ahmedabad supported the Project Pehchaan for Vocational Rehabilitation of Persons with Intellectual Disability. Shri Sandip Sagale, IAS and Collector, Ahmedabad and Shri P K Laheri, IAS and Former Chief Secretary, Gujarat jointly inaugurated the stall of Pehchaan at the office premises of Collector, Ahmedabad between 26th October to 3rd November, 2021. With the kind support, Specially abled eneficiaries and staff of B M Institute of Mental Health places Pehchaan stall at multiple locations on Government office premises for promotion and sale of products created by Specially Abled beneficiaries of B M Institute under Pehchaan Project.



Devi Prasad Rai Pottery Studio

The siblings of Shri Devi Prasad Rai is supporting B M Institute of Mental Health to start a Pottery Training Studio for Skill building and Rehabilitation of Persons with Disability in fond memory of their brother Devi Prasad Rai. He was a student of the institute during early 1970s.



- 3 STUDENTS WITH INTELLECTUAL DISABILITY QUALIFIED FOR NATIONAL TRAINING CAMP IN TABLE TENNIS AND BASKET BALL FOR WORLD SUMMER GAMES, 2024

03 Ahmedabad City
Sunday, 10 October, 2021

કોરોના અને લૉકડાઉનને કારણે માનસિક દિવ્યાંગ બાળકો પર માઠી અસરો જોવા મળી

WORLD MENTAL HEALTH DAY |

માનસિક દિવ્યાંગ બાળકોને શિક્ષણ, ટ્રેનિંગ અને થેરાપી આપતી સ્કૂલો છેલ્લાં દોઢ વર્ષથી બંધ સ્થિતિમાં છે ત્યારે આ બાળકોના માતા-પિતા અનેક મુશ્કેલીઓનો સામનો કરી રહ્યા છે.

કો રોનાનો સમય દરેક વ્યક્તિ માટે ખૂબ જ અઘરો હતો. લોકો શારીરિક તકલીફો સાથે માનસિક તાણનો પણ ભોગ બન્યા હતા. ઘણા લોકોના મગજમાં તો ડર, એકલતા, નજીકના વ્યક્તિઓને ગુમાવવાની ચિંતા અને આર્થિક મુશ્કેલીઓનો પણ સામનો કરવો પડ્યો હતો. હવે કેસ નહિવત થઈ ગયા લોકોનું જીવન પીરે પીરે રાખેલા મુજબ થઈ રહ્યું છે. આ સ્થિતિની સૌથી વધુ અસર બાળકો પર થઈ છે હજુ પણ બાળકોને ઓનલાઈનના માધ્યમથી જ શિક્ષણ આપવામાં આવે છે, જેમાં બાળકો લાંબા સમય સુધી ધ્યાન આપી શકતા નથી. કોરોનાની આવી જ માઠી અસરો માનસિક દિવ્યાંગ બાળકો પર પણ થઈ હતી જે હજુ પણ ચાલી રહી છે.

સામાન્ય બાળકોમાં સમજાએ તો માનસિક દિવ્યાંગતા એટલે કે શારીરિક વિકાસની સરખામણીમાં વ્યક્તિનો બૌદ્ધિક વિકાસ ઓછો હોય છે. માનસિક દિવ્યાંગતાને ઇન્ટેલેકચુઅલ ડિસેબિલિટી પણ કહેવામાં આવે છે, જેમાં ડાઉન સિન્ડ્રોમ, અટેન્શન ડેફિસિટ હાઇપર એક્ટિવિટી ડિસઓર્ડર, ઓટિઝમ અને લર્નિંગ ડિસેબિલિટી જેવી બીજા કેટલીક ડિસેબિલિટીનો સમાવેશ થાય છે. આવા બાળકોને

પોઝિટિવ અને નેગેટિવ પ્રકારના ફેરફારો જોવા મળ્યા



લૉકડાઉન દરમિયાન આખો દિવસ ઘરે રહેવાના કારણે મને મારા પુત્ર પર્ય સાથે રહેવાનો સમય મળ્યો અને તેને કેટલીક ક્રિએટિવ પ્રવૃત્તિઓ પણ કારવવા લાગી

જેથી તે વ્યસ્ત રહે અને સ્કૂલમાં શીખેલું ભૂલી ન જાય. આ સમય દરમિયાન તે થોડું વાંચતા પણ શીખ્યો જે પોઝિટિવ વાત છે પણ આ સમય દરમિયાન તે વધુ ટીવી અને મોબાઈલ વાપરવા લાગ્યો હતો. તે ખૂબ એકલો પડ્યો હતો તથા મિત્રોને ન મળવાના કારણે તેનું વર્તન થોડું ચીડિયાતું થઈ ગયું હતું. - **દર્શા ભટ્ટ, વાલી**

એકલતાના કારણે ઘણીવાર દુઃખી થઈ જતી



મારી દીકરીને ડાઉન સિન્ડ્રોમ છે જ્યારે તેણે કોરોના વિશે સાંભળ્યું ત્યારે તે ડરી ગઈ હતી. અમારા ઘરે જ્યારે પણ કોઈ આવે ત્યારે તે રૂમમાં જતી રહેતી અને દરવાજા અંદરથી બંધ કરી દેતી તેને રૂમની બહાર લાવવા માટે ઘણું સમજાવવું પડતું હતું. તે સ્કૂલની એક્ટિવિટીને યાદ કરતી હતી તેને ભારત ગ્રંથલેખ કરવાનો શોખ તે પણ બંધ થઈ ગયું હતું. આ ઉપરાંત એકલતાને કારણે ઘણીવાર દુઃખી થઈ જતી હતી. અમે તેને વ્યસ્ત રાખવા માટે ઘણાં પ્રયત્નો પણ કર્યા અને તેની ગમતી વસ્તુઓ ઘરે જ કરાવવાનું શરૂ કર્યું હતું. - **સુનિતા ટેકરિયાલા, વાલી**

થેરાપી યોગ્ય સમયે ન મળતા તેઓ ગુસ્સો થઈ જાય છે



કોરોનાને કારણે આ બાળકોને સૌથી વધુ તકલીફનો ભોગ બન્યા છે થેરાપી યોગ્ય સમયે ન મળતા તેમનામાં વધુ પડતો ગુસ્સો જોવા મળ્યો અને તેઓ ખૂબ જિદ્દી પણ થઈ ગયા હતાં. ઘણીવાર જિદ્દ ન પૂરી થતાં ઘરના સભ્યો અને કેટલીક વાર પોતાની જાતને હાનિ પહોંચાડતા હતાં જે ખૂબ દુઃખદ વાત હતી. આવી તકલીફોને કારણે બાળકના માતા પિતાના અંગત જીવનમાં ચિંતા, ડિપ્રેશન અને વૈવાહિક જીવનમાં પણ તકલીફો જોવા મળતી હતી.

- **નરસિંહ ચૌધરી, ક્લિનિકલ સાયકોલોજિસ્ટ**



માનસિક રીતે દિવ્યાંગ બાળકોને કોરોના મહામારી વચ્ચે સાચવવું ખૂબ અઘરું બની જાય છે જ્યારે પેનેમિકની શરૂઆત થઈ અચાનકથી બધું જ બંધ થઈ ગયું લોકો ઘરેથી બહાર ન હતા જઈ શકતા આ આખી પરિસ્થિતિ બાળકોને સમજાવવી અઘરી હતી. આમાંથી ઘણાં બાળકો બોલી નથી શકતા જેથી તે પોતાનો ગુસ્સો, તોડફોડ કરવું અને પોતાની જાતને નુકસાન પહોંચાડવા જેવી પ્રવૃત્તિઓ પણ કરે છે. જ્યારે તેઓ સ્કૂલમાં આવતા ત્યારે તેઓ મિત્રો સાથે રમી શકતા તેમની ટ્રીટમેન્ટ અને થેરાપી પણ ચાલતી હતી, જેથી તેઓ એક્ટિવ રહેતા. તેમની માતાઓને પણ પોતાના માટે સમય મળતો હતો. છેલ્લાં દોઢ વર્ષથી સ્કૂલ બંધ છે ઓનલાઈન માધ્યમથી શિક્ષણ આપવામાં આવે છે પરંતુ આ બાળકોને સમજાવવા માટે ફિઝિકલ પ્રેઝન્સ જરૂરી છે. **ડૉ. રાજુલ મલિક, ડી. એમ. ઇન્સ્ટિટ્યૂટ ઓફ મેન્ટલ હેલ્થના એકેડેમિક હેડ**

સામાન્ય વસ્તુઓ સમજવામાં ઘણો સમય લાગે છે અને તેમને વારંવાર એકની એક વાત સમજાવવી પડે છે. કોરોનાની પરિસ્થિતિમાં આવા બાળકોની તથા તેમના માતાપિતાની માનસિક સ્થિતિ ગંભીર હતી અચાનક આવી ગયેલી આ કોરોનાની મહામારીમાં પોતાના બાળકોની કેવી રીતે સંભાળ લેવી એ એક મોટો પ્રશ્ન હતો.

માનસિક-શારીરિક સ્વસ્થ રહીશું તો પડકારોનો સરળતાથી સામનો કરી શકીશું

વિશ્વમાનસિક આરોગ્ય દિવસ: કોરોનાની બીજી લહેરે બીજી અનેક સમસ્યાઓની સાથે ઉગ્ર માનસિક સ્વાસ્થ્યની સમસ્યાઓ પણ ઊભી કરી છે



દિવસ વિશેષ
-ડૉ. રાજુલ મલિક

COVID-19 એ એવી કટોકટી ઊભી કરી, જેને માટે વિશ્વ તૈયાર જ નહોતું. PANDEMIC એટલે ક્રેડિટ તૈયારી વગર સામાન્ય મણકે જોવી પડેલી અસામાન્ય પરિસ્થિતિ. આ પરિસ્થિતિને નિર્મળિત કરવા માટે બહુરચનાનો આભાર, લોકડાઉન, મેરેજનારી, હોસ્પિટલોમાં દર્દીઓનો અચાનક ઓવરલોડ વગેરે અનેક સમસ્યાઓને કારણે વિશ્વભરમાં માનવજીવનના દરેક પાસ પર ભારે અસર થઈ છે. બીજા અનેક સમસ્યાઓની સાથે સાથે COVID-19 ની બીજી લહેરે ખરેખર ઉગ્ર માનસિક સ્વાસ્થ્યની સમસ્યાઓ પણ ઊભી કરી છે.

આરોગ્ય અને પરિવાર કલ્યાણ મંત્રાલય, ભારત સરકારના ડેટા મુજબ ભારતમાં

COVID-19થી 3.37 લાખ લોકોના મૃત્યુ (28 મે, 2021 સુધી) થઈ ગયા છે. મોટી સંખ્યામાં અનર્થકિત જ્ઞાનઘર્મિને કારણે લોકોમાં ભય, ચિંતા, ડર, અને ગમરહ જેવી લાગણી ઊભી થઈ અને જેનાથી દરેક વયના સમૂહમાં માનસિક બીમારીનો વ્યાપ વધુ જોવા મળે છે. PANDEMIC દરમિયાન પરેશુ હિંસા સહિત માનસિક સ્વાસ્થ્યને લગતી અનેક સમસ્યાઓમાં પણ વૃદ્ધિ જોવા મળી છે. Indian Journal of Psychiatry પ્રમાણે ભારતમાં COVID-19 દરમિયાન થયેલા એક ઓનલાઈન સર્વે પ્રમાણે 40.5% સહભાગીઓ માં વિકૃત ચિંતા (anxiety) અને હતાશા (depression) નાં લક્ષણો જોવા મળ્યાં હતાં. લગભગ 74.1% સહભાગીઓમાં મધ્યમ સતરનો તણાવ (stress) જોવા મળ્યો અને 71.7% સહભાગીઓમાં નમણી સુખાકારી (well-being) જોવા મળી. આ સિવાય COVID-19 દરમિયાન માનસિક સ્વાસ્થ્યને લગતી બીજીપણ કેટલીક સમસ્યાઓ જોવા મળી ... ભાવનુકલ સમસ્યાઓ જેમકે, ડર, ગુસ્સો, નિરાશા, મુડ ફ્લિંગ, ટીક્ક અને ઘોષ, હતાશા, ભાવનાત્મક નિષ્ક્રિયાતા, શારીરિક સમસ્યાઓ જેમકે, ઊંઘ અને જાતીય સંબંધમાં અસમર્થતા, શારીરિક રીતે નમણી એકાગ્રતા, નમણી પાદરાહિત, નિર્ણયો લેવામાં અસમર્થતા, વધુ સતર્કતા,



સમજરાહિતમાં વિકૃતિ, આત્મસન્માન/આત્મવિશ્વાસમાં ઘટાડો, મનોવૈજ્ઞાનિક અને વ્યક્તિત્વની સમસ્યાઓમાં ગુસ્સો, ક્રાંતિ વગરની દલીલ, અસમર્થતા, ક્રોધનિકેશનમાં ફેરિ, ભૂખમાં ઘટાડો/વધારો વગેરે. બીજા કારણે COVID વિશે અવિરત પ્રસારણને કારણે પણ જે લોકોમાં તણાવવુકત પરિસ્થિતિનો સામનો કરવાની કમલ આંછી હતી, તેઓમાં વધુ પ્રમાણમાં anxiety અને stress જોવા મળ્યા. સમય-સમય પર દુનિયા પર આવી પડેલી અનેક કુદરતી આપનિઓ, પેરેડિક, એપિડેમિક, માનવસર્જિત સંઘર્ષ અને વર્ણવેલી સમસ્યાઓ અને આફતોનો સામનો કર્યા પછી પણ માનવજાતે પોતાનું અસ્તિત્વ ટકાવીને વિકાસ પણ કર્યો છે. યુરોપિયન તત્વજ્ઞની Soren Kierkegaard એ આપેલા અસ્તિત્વના સિધ્ધાંત પ્રમાણે, જો તમારે જીવનમાં કેટલુંક અર્થપૂર્ણ બનાવવું હોયતો, મનુષ્યનો વિચાર પણ જીવનને સંપૂર્ણ રીતે જીવવા માટે પ્રેરિત કરે છે અને તે તમને દરેક તકની લાખ લેવા માટે ઉત્સાહિત કરે છે. માનવ ઈતિહાસ આપણને સીધું જણાવે છે

કે પરિસ્થિતિ મને તે આવે પણ જો આપણે માનસિક અને શારીરિક બંને રીતે સ્વસ્થ રહીશું તો ભવિષ્યમાં આવનાર પડકારોનો સામનો પણ આપણે સરળતાથી કરી શકીશું. આપણા રોજિંદા જીવનમાં માનસિક રીતે સ્વસ્થ રહેવા માટે કોલમિયા યુનિવર્સિટીના, મનોચિકિત્સા વિભાગે આપેલા કેટલાક સૂચનો ખૂબ ઉપયોગી થઈ શકે છે. પોતાને સમજો : જ્યારે પણ આપણે નિરાશા હોઈએ છીએ ત્યારે આપણને આપણી જાત ઉપર જ ગુસ્સો આવે છે. પરંતુ નિરાશજનક પરિસ્થિતિમાં આપણે આપણી જાતને સમજવાની કોશિશ કરવી જોઈએ અને એ પરિસ્થિતિમાં આપણે બીજા સાથે સારું વર્તન કરીને અને બીજાને મદદરૂપ બનીને પોતાની નિરાશા દૂર કરી શકીએ. વ્યાખ્યા : યાકુબુ કે સીફી ઉત્તર-ચક્ર કરવાની સાધાન ક્ષતિઓથી પણ તણાવ થઈ શકે છે અને સતર્કતા વધી શકે છે. નિર્મળિત વ્યાખ્યા વ્યક્તિના મુડ અને એકાગ્રતામાં વધારો કરી શકે છે અને ચિંતા અને હતાશાના લક્ષણોને દૂર કરવામાં પણ મદદ કરી શકે છે. નિરોગી ભોજન કરવું : લીલાં શાકભાજી, ફળો અને પોષ્ટિક આહાર ખાવાની આદત રાખવી અને સાથે સાથે રોજનું આઠ થી દસ કલાક પાણી પીવું જોઈએ. સ્વસ્થ આહારનો અર્થ એ પણ છે કે ખોરાક પ્રત્યે તંદુરસ્ત વલણ રાખવું. નવા માથપદારથી અજાણવા, પરંતુ

ખોરાક પ્રત્યે યોગીઓ જેવું લક્ષણ રાખવું. જો તમને લાગતું હોય કે તમારી ખાણીપીણીની આદતોની નકલનામક અસર તમારા માનસિક-શારીરિક સ્વાસ્થ્ય ઉપર પડે છે, તો તેના માટે ઉપયોગી પગલાં લો અને જરૂર પડે નિષ્ણાતોની મદદ લો. પુરતી ઊંઘ લેવી : તરુણાવસ્થામાં આઠ થી નવ કલાક અને વૃદ્ધ વર્ષથી મોટી ઉંમરે સાત કલાકની ઊંઘ પુરતી છે. ઊંઘ સ્વાસ્થ્યના નિષ્ણાત Dr. Eleanor McGinckey જણાવે છે કે, રોજ નિશ્ચિત સમયે ઊંઘવા અને ઊંઘવાની (રજના દિવસોએ પણ) આદત કલ્પકતા વધારે છે અને ખૂબ સારી લાગણીનો અનુભવ થાય છે. ઊંઘવાના થોડા સમય પહેલાં બપો જ પ્રકાશની સ્ત્રીનથી પોતાની જાતને દૂર કરો : અખ્યાસો દર્શાવે છે કે, સ્પાઈસેનમાંથી નીકળતો વાદળી પ્રકાશ મેથાઈલિનના (હોર્મોન જે ઊંઘવા / ઊંઘવાના ચક્રને નિર્ચિત કરે છે.) ઉત્પાદનને અસર કરે છે. ઊંઘવાના તરત પહેલાં કરવામાં આવતા વેડિંગ, ડીડિંગ, રાઈડિંગ અને પોસ્ટિંગ મગજને કિચારીક બનાવે છે જેની અસર ઊંઘની ગુણવત્તા ઉપર પડે છે. ઊંઘ થાસ લેવા : સરસ ઊંઘો થાસ લો. તમારા પેટથી પ્રારંભ કરો : તમારી પાંચળી, છાતી અને કેશમાં દ્રાવ આગળ વધારો. ઊંઘે ઊંઘે

થાસ મહાર કહો. અન્ય લોકો સાથે જોડાઓ : મિત્રો, કુટુંબીજનો, પાલતુ પ્રાણીઓ ... અજાણ્યા વ્યક્તિને પણ મૈત્રીપૂર્ણ નમસ્કાર હકારાત્મક લાગણીઓને વેગ આપી શકે છે, હતાશા અને અસ્વસ્થતાને દૂર કરવામાં મદદ કરી શકે છે અને તમને લાગશે કે તમે અન્ય લોકો સાથે જોડાયેલા છો. જેમાં તમને હાથચાસ અનુભવાય તેવી પધ્ધતિઓનું સિદ્ધ બનાવો : જેનાથી તમે તણાવ દૂર કરી શકો તેવી હકારાત્મક પધ્ધતિઓની સુચી બનાવો અને તેને જરૂર હોય ત્યારે અજાણ્યો. પરંતુ નકલનામક પધ્ધતિઓ જેમકે, નારીશા અને ખૂબ સારી લાગણીનો અનુભવ થાય છે. મેળવો અને સહાયક બનો : તમને જ્યારે મદદની જરૂર હોય ત્યારે પરિવાર/મિત્રો કે નિષ્ણાતોની મદદ નિરાકોલ માંગો અને અને જ્યારે કોઈ વ્યક્તિ માનસિક અસ્વસ્થતાનો અનુભવ કરી રહ્યા હોય ત્યારે સામેથી તેની મદદ કરો. આયોજન સાથે આગળ વધો : જો તમે જીવનમાં થવું એક સાથે મેળવવા પ્રયત્ન કરશો તો તમારે કલાક નિરાશાનો સામનો કરવો પડશે માટે જીવનમાં પોતાના બેથો સુધી પહોંચવા આયોજન સાથે આગળ વધો. (લેમિકા બી.એમ.ઈન્સ્ટિટ્યુટ ઓફ મેન્ટલ હેલ્થ, અમદાવાદનાં એક્ઝેક્યુટિવ હેડ છે.)

વિવિધ રીતોમાં પ્રગટ થતા વિચારો લેખિકાના પોતાના છે. 'નવગુજરાત સમય' તેની સાથે સહમત હોય છે વજરૂં લખી.



વર્લ્ડ ડાઉન સિન્ડ્રોમ ડે (WDSD) દર વર્ષે ૨૧ માર્ચે મનાવવામાં આવે છે. તે વૈશ્વિક જાગૃતિ દિવસ છે જે ૨૦૧૨ થી સંયુક્ત રાષ્ટ્ર દ્વારા સત્તાવાર રીતે મનાવવામાં આવે છે. બી.એમ.ઈન્સ્ટિટ્યુટ ઓફ મેન્ટલ હેલ્થ સંસ્થામાં દર વર્ષની જેમ આ વર્ષે ૨૧ માર્ચના રોજ વિશ્વ ડાઉન સિન્ડ્રોમ દિવસની ઉજવણી કરવામાં આવેલ હતી. તેના ભાગરૂપે સંસ્થામાં અમદાવાદ ઈન્સ્ટિટ્યુટ મેડીકલ સાયન્સ કોલેજના માસ્ટર ઓફ ફિજિયોથેરાપી માં અભ્યાસ કરતા કુલ ૪૦ વિદ્યાર્થીઓ માટે ડાઉન સિન્ડ્રોમ વિશે જાગૃતતા કાર્યક્રમનું આયોજન કરવામાં આવેલ હતું. સંસ્થાના નિયામક ડૉ મધુ સિંઘ દ્વારા સંસ્થાની સેવાની માહિતી આપવામાં આવેલ હતી અને હિરેન દવે દ્વારા સંસ્થામાં ચાલતી ઓપીડી, રેહેબીલીટેશન સેવા અને કોપની વિસ્તૃત માહિતી આપવામાં આવેલ હતી. સંસ્થાના શારદા શાળાના સ્પે. શિક્ષક અકુબેન રાજપૂત દ્વારા ડાઉન સિન્ડ્રોમ વિષે નીચે મુજબની માહિતી વિસ્તૃતમાં પાવર પોઈન્ટ પ્રેઝન્ટેશન દ્વારા આપવામાં આવેલ હતી.

Innovation & Upgrade

Occupational Therapy Unit and Sensory Integration Therapy have been upgraded with the latest therapy equipment and tools which was inaugurated by Shri Sirish Divgi, Managing Director, Milacron India on 12/08/2021.

Home-Based Training cum production program has been started for promoting economic rehabilitation of differently-abled with the beneficiary/students of Multi-Category Workshop on 01/06/2021

New Course Approved – P.G. Diploma in School Counseling Course Affiliated by Children University, (1yr Diploma Course) 17/6/22





Hand Holding by Well-Wishers

Month of September, 2021

We are thankful to everyone for their continuous support to
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B M INSTITUTE OF
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MONDAY to SATURDAY
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