



B M INSTITUTE OF  
MENTAL HEALTH

# NEWSLETTER

## B M INSTITUTE

Overview:

April – September 2020

For our latest updates visit

[www.bminstituteofmentalhealth.com](http://www.bminstituteofmentalhealth.com)

### Message from Trustee

When I walk into the BM Institute campus I feel a surge of pride. It feels tranquil and yet you have the sense of a working institution, vibrant in its activities. It reminds me of the times past. Now, thanks to the commitment of all the staff and clients under the stewardship of Dr. Madhu Singh and Shri PK Laheri, it has regained its energy.

I have had a long connection with this campus and the institutions that occupy it: The BM Institute of Mental Health and Balghar. My parents, Kamalini and Gautam Sarabhai, were passionately committed to the understanding and support of the mental health of the individual in society. At the time of its conception there were few, if any, such institutions in India. It was ground breaking in its methodology and approach to mental health. Kamalini's interest in education and child development grew out of her desire to support her children. Soon after I was born she started her training in child psychology, development and education, and went on to become a member of the British Psychoanalytical Society.

With these skills and with the support of some prominent colleagues, she and Gautam started the BM Institute of Mental Health, adjusting their approach to the Indian context and needs. Gautam, meanwhile, with his insight in creating environments and spaces that were sensitive to users and their workplace, designed and built the campus for this work.

With his support, and her enthusiasm, sensitivity, and hard work, the Institute flourished.

Now, years later, we have a beautifully revived environment and an Institute whose program is flourishing. The Trustees, guided by the chairmanship of Shri Pravinbhai Laheri, are sincere and supportive of the Director, Dr. Madhu Singh. Most importantly, under her leadership, dedication and direction and with her excellent staff, Dr. Singh has re-established a secure base and continued to build on it. She is ambitious for the Institute and its work and explores avenues to further their programs as well as creating links with open minded Governmental and private organisations. Through various initiatives of community awareness and outreach, conferences and workshops, BMI has made strides to engage a wider audience and address some of the stigmas commonly attached to emotional and mental health.

I am happy to say that the campus is now looking wonderful too. The revival of the environment has taken five years of hard effort. The buildings were designed and constructed with mostly unconventional methods, innovative for today let alone in the 1960's. It has been a challenging but important task to restore, renovate and repair them, with modifications that provide all users with safety and comfort. Our thanks go to the team of architects at HCP under Bobby Desai, and Bimal Patel for agreeing to take on this complicated project, and the construction company PSP led by Laljibhai with the unquestioning support of PS Patel. Our aim has always been to renovate the buildings in a way that is sensitive to the original design and this would not have been possible without everyone's tolerance, curiosity and support. The care taken throughout shows, and I feel contributes to, the energy that radiates from those who work there and use them.

In the last few months, thanks to Covid, the World has dramatically changed. With this pandemic in flow and all the complications of distancing and cleanliness this demands, I am pleased to see that BMI has risen to the challenge finding ways of continuing its work constructively and responsibly. With the stresses this puts on the individual and society as a whole, the need for the support that BMI can provide could not be more pressing, or its role in this context greater.

- **MANA SARABHAI**

Trustee

### Result of Higher Education Students in Professional courses recognized by Rehabilitation Council of India (RCI), New Delhi and Gujarat University

Post Graduate Diploma in Rehabilitation Psychology (PGDRP)- 100% Result Distinction-58%, First Class-42%

Professional Diploma in Clinical Psychology (PDCP)- 100% Result  
Distinction-67%, First Class-33%

#### Research work completed by Teaching Faculty

##### Jankee Vaishnav, Faculty

Qualitative study on childless men and women

##### Prachi Sharma, Faculty

Effect of mental health awareness on nursing students

A study on psychosocial effect on adults during the covid-19 lockdown period.

#### Paper published by Teaching Faculty

##### Dr. Rajul Mallik, Faculty

Study on Occupational Stress, published in Indian Journal of Applied Research, Volume -10 | Issue - 5 | May - 2020 | PRINT ISSN No. 2249 - 555X | DOI : 10.36106/ijar.

#### Approvals/Acknowledgements

- RCI granted approval for PGDRP Course for 5 years
- Jankeedevi Vaishnav registered to volunteer as clinical psychologist for RCI Helpline during covid 19.
- Aku Rajput pledged to adopt best practices on prevention of coronavirus disease as specified by WHO organised by International Forensic Sciences, Pune. Her article on Autism Awareness was also published in a news daily of Ahmedabad on 2<sup>nd</sup> April, 2020

E-content developed by BMIMH staff for training to parents of Special Needs Children during lock down due to Covid-19 for the youtube channel of Samagra Siksha, A body of State Project Office, Govt. of Gujarat in April-May, 2020

Employee	Topic
Dr. Mrutyunjay Mukund (Occup.Thpt.)	Occupational Therapy for CP
Jasmin Patel (Spl. Teacher)	Language Development
Arti Thakkar (Spl. Teacher)	Activity of Daily Living
Nirupkamal Rajput (Spl. Teacher)	Motor Development
Priti Purohit (Spl. Teacher)	Pre- vocational Skill
Aku Rajput (Spl. Teacher)	Reading Skill
Manisha Gandhi (Spl. Teacher)	Pre-writing Skill
Parul Sonara (Spl. Teacher)	Paper bag Making
Ketna Kiratsata (Spl. Teacher)	Life Skill Training to ID Adults





## PROJECT

The institute successfully completed 5 week long online training program of 2115 Special Teachers under the approved project by State Project Office, Gujarat Council of School Education, Samagra Siksha, Gandhinagar. Every teacher got 16 hours of online professional training.



## ONLINE TRAINING

WEEK 2 - BATCH 2

DATE Aug.31 - Sep. 3, 2020

TIME 10:45AM - 04:00PM



**Building the Capacity of IE-CwsN Field Staff on "Empowering CwsN during COVID-19 crisis"**

### SPEAKER - TOPIC

- 1) Jankee Vaishnav - Online teaching for special need children: Issues and its management
- 2) Mritunjay Mukund - Self-Care and Hygiene for special need children and adolescent
- 3) Prachi Sharma - Home Management of Problem Behaviour
- 4) Rajul Mallik - Pre-vocational Training for Special Ability Children



## WEBINAR ORGANIZED

BMIMH aligned its activities by adopting technology in light of the challenges due to pandemic and continued to organise virtual programs for knowledge sharing.

**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	SPEAKER	SPEAKER
Dr. Madhu Singh (Coordinator)	Dr. Chaitanya (Teacher)	Dr. Anil (Teacher)
Dr. Manisha Chhetri (Nursing Expert)	Dr. Arpita (Teacher)	Dr. Arpita (Teacher)

**WEBINAR INFORMATION**  
Login: <https://www.zoom.us/j/929897984>  
Meeting Number: 929 897 984, Password: 123456  
Login from any browser or Download Zoom Windows app  
Host: Google Play Store, iOS App Store & Microsoft Store

**25/9/2020 on**  
**Nutrition, Mental Health and Disability**

**Dr. Babasaheb Ambedkar Open University**  
(Established by Government of Gujarat)  
Abul Special Language Support Center  
The B M Institute of Mental Health

**Suicide Prevention : Unlocking Truth**

10th Sep 2020  
3:30 PM onwards

**KNOWLEDGE SHARING, CAPACITY BUILDING & ONLINE TRAINING OF STAFF**

**10/9/2020 on**  
**Suicide Prevention**

### Dr. Madhu Singh

➤ **3/7/2020:** Participated as Guest Speaker in the Webinar Love and Logic organised by Indian Institute of Public Health, Gandhinagar

➤ **12/7/2020:** Participated as Guest Speaker in the Webinar Mann ni medicine organised by DD Girnar journalist on Facebook live

## **Dr. Rajul Mallik**

### ➤ **14/4/2020**

Webinar on Bharat Ratna Dr. Babasaheb Ambedkar's Life Thoughts and Social Harmony organised by BAOU, Gujarat

### ➤ **5/5/2020**

Online workshop on Research Methodology organized by PDPU, Gujarat

### ➤ **3/6/20 – 9/6/2020**

FDP on Advance Statistical Analysis for Management and Social Sciences by Amity University, UP

### ➤ **9/6/2020**

Role of Rehabilitation Professional In Mental Wellbeing of Divyanjan during Covid 19 scenario by Dept. of Empowerment of PwD, GOI

### ➤ **26/7/2020**

Webinar on forensic Neurocriminology on Reasoning and Rehabilitation by Rakshashakti University, Gujarat

## **Dr. Mritunjay Mukand**

### ➤ **22/07/2020**

Online training in handling self help and safety skill for children with special need during covid 19 by AIOTA

### ➤ **08/05/2020**

Webinar on splinting techniques by K M Patel institute of PT in association with AOT

## **Prachi Sharma**

### ➤ **20/08/20 – 21/08/2020**

Two days national webinar on “Understanding of specific learning disability” organised by center of disability studies and educational research(CDSER), school of education, Netaji Sibhash, Open University, Kolkata

### ➤ **27/05/2020**

UN75 The multilateralism we want: Psychological contributions to building bridges among and within nations by Cynthia Gyuric

### ➤ **03/06/2020**

Participated in webinar, International Society for Autism Research (INSAR)

## **Aku Rajput**

### ➤ **09/06/2020**

Participated in National Webinar on Vocational Training and Skill Development Training for Person with ID, by NIEPID, Secunderabad

### ➤ **17/06/2020**

Participated in National Webinar on E-learning in Disability Rehabilitation- A Global perspective by CRC, Kozhikode

### ➤ **19/08/2020**

Participated in National Webinar on National Education Policy by Children's University, Gandhinagar

### ➤ **29/06/2020**

Participated in special quiz, for special persons, organised by SWMR, Ahmedabad

### ➤ **01/06/2020**

Participated in Online quiz for special teachers organised by Gujarat Spastic Society

### ➤ **07/06/2020.**

Participated in Mental Health Awareness quiz organised by Manas charitable trust, Ahmedabad

### ➤ **31/05/2020**

Participated in E-Quiz, by cluster Resource Centre Samarpada

### ➤ **April-May, 2020**

Over 20 clinical/rehabilitation personnel and teaching faculty of BMIMH completed online training course of WHO on COVID-19 recommended by Rehabilitation Council of India, New Delhi.

## Mental Healthcare Services

The BMIMH continued its tele-consultation and online counseling, intervention and therapy services during the lockdown period due to pandemic. It started attending new cases and old beneficiaries in face to face mode for services from 1<sup>st</sup> September, 2020. The institute take all precaution as per the guideline of government to prevent the infection.

22 New cases registered

1842 Multidisciplinary Therapy sessions conducted



## Rehabilitation Services

Online teaching and training activities of beneficiaries of Day Care Unit/Multi Category Workshop/Day Care Centre/Sharda School for intellectually Challenged are continuing from April till date. Special Teachers and Therapists are conducting periodical online classes clubbed with assignments. Parents and family members are trained by the institute to follow the home based education and training of their ward.



## Eminent Visitor

Shri Ghanshyam Sonkali, Assistant General Manager - SBI, Laghu udhyog sakha, Ahmedabad visited B M Institute of Mental Health to facilitate all 35 teachers/clinicians of the institute on the occasion of Teachers Day.

## Community Activities

**21/6/2020** Yoga Day program for parents of Children with Special Needs in online mode

**05/09/20** Teachers Day program for Special Teachers.



## Gratitude

The institute is grateful to everyone for their kind support, generous contribution and appreciation to the institute.

