

MENTAL HEALTH
SCREENING CAMP

REHABILITATION CENTER
STARTED FOR INTELLECTUALLY
CHALLENGED

ARTS BASED THERAPY
SERVICE ADDED IN
THERAPY SERVICES

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B M INSTITUTE OF
MENTAL HEALTH

NEWSLETTER

B M INSTITUTE

Overview:
January – October, 2019

HIGHLIGHTS

INCREASED
RESEARCH WORK
AND
COLLABORATION

EXTENSIVE
COMMUNITY
PROGRAMS

OUTSTANDING
ACADEMIC
PERFORMANCE IN
UNIVERSITY COURSES

EXCLUSIVE ITI
PROGRAM STARTED
FOR INTELLECTUALLY
IMPAIRED

Chairman's Message



It is my pleasure to be a member of the Trust which runs B. M. Institute of Mental Health. Shri Gautam Sarabhai & Smt. Kamaliniben Sarabhai had a rare vision to foresee the issues of the mental health almost 65 years back. They established this institute to care for the children as well as adults who faced challenges caused by mental sickness/disorder. The institute gained national & global recognition. Ahmedabad city & Gujarat State rightly feel proud of such pioneering institutions; B.M.Institute being one of them.

Our Society is going through a major transition phase. It is under great stress. We find that all including children, youth & senior citizen are prone to mental sickness. The number of patient is rising rapidly but our ability to attend to them is limited. Our state needs to formulate a comprehensive policy on Mental Health. We, at the B.M. Institute of Mental Health reiterate our commitment to attend to the issues of the mental health in the best possible manner.

We are grateful to our donors, the state government & our team to support our activities. Let everyone in society be free from stress and enjoy the life with good physical & Mental Health.

11th November, 2019

Pravin K. Laheri
(Chairman, Trustee Board & Former Chief Secretary, Gujarat)

Community Programs

- For Early Identification and Management of Autism Spectrum Disorder, BMIMH organised Community Awareness Program at V.S.Hospital, Ahmedabad on 2nd April, 2019
- BMIMH joined hands with Sadvichar Parivaar for Youth Development Program from 10th April to 12th April, 2019
- An awareness exhibition was organised at BMIMH for community to understand Schizophrenia on 24th May, 2019
- For Preventive Mental Health, BMIMH organized Community Sensitization Program at GCS College of Nursing on 22nd June, 2019
- For bringing awareness among young adults about Suicide Prevention, BMIMH organized a Community awareness program at Ahmedabad One Mall and Institute of Law, NIRMA University, Ahmedabad on 10th September, 2019
- For promoting mental well-being among students of educational institution, BMIMH organised Community Awareness Program at IIT, Gandhinagar on 12th September, 2019
- On 10th October, 2019, BMIMH organized Community Awareness Exhibition at its campus on Mental Health and Suicide Prevention
- Community Awareness Exhibition for understanding the role of Occupational Therapy was organized on 19th October, 2019 at BMIMH



Health Screening Camps

- BMIMH organised General Health Screening and Vaccination Camp for Children with Intellectual Disability on 19th February, 2019 where a team of doctors from Rashtriya Bal Swasthya Karyakram led by Dr. Shivangi Thakkar who assessed the general well being on every beneficiary coming to BMI for education and training and provided need based guidance ad referral. Vaccine for Rubella and MMR was also given to children who were under 18 years of age.
- On 10th October, 2019, BMIMH organized free Mental Health Screening Camp at its campus where over 240 individuals got assessed who were between the age of 18 years to 35 years. Need based Guidance and free consultation was also provided to all registered individuals.





Research Collaboration

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

Ph.D. students of Electrical Engineering branch from IIT GN are conducting study under the guidance of Dr. Uttama Lahiri, Faculty at IIT, GN on Children with Autism and are coming to BMI for study related work.

M.Des. students of Toy and Game Design from NID, GN conducted their study under guidance from Dr. Shekhar Bhattacharjee, Faculty at NID, GN at BMI for developing inclusive playground for children with intellectual impermanent. The research work successfully got over and the inclusive playground is likely to be ready for use by beneficiaries at BMI campus soon.

Ph.D. students of Institute of Science, NIRMA University are studying the genetic factors of children with intellectual impairment under guidance of Dr. Sonal Bakshi, Faculty at NIRMA University and are visiting BMI for their study related work.

Research and Education

BMI is recognized by Dept. of Higher Education, Govt. of Gujarat, Rehabilitation Council of India, Gujarat University and Dr. Babasaheb Ambedkar Open University to offer Higher Education Professional Courses in the field of Mental Health and Disability Rehabilitation. During 2019-20, following educational programs are being offered at the institute:

PGDRP- Full Time course

- Post-Graduation Diploma In Rehabilitation Psychology (2019-20) batch started in June 2019.

Male:(12%)

Female:(88%)

- Post-Graduation Diploma In Rehabilitation Psychology (2018-19) result- 30% distinction and 70% 1st class

Male:(43%)

Female:(57%)

PDCCP- Full Time course

- Professional Diploma In Clinical Psychology (2019-20) batch started in June 2019.

Male:(50%)

Female:(50%)

- Professional Diploma In Clinical Psychology (2018-19) result: 50% distinction and 50% 1st class

Male:(33%)

Female:(67%)

B.Ed. Special Education (Intellectual Disability)- Distance Mode course

- B.Ed. Special Education (Intellectual Disability)- (2019-20)

Male: (19%)

Female: (81%)



Mobilizing Community Support

B M Institute of Mental Health reach out to community seeking support for providing better service and facilities to beneficiaries of the institute. Vice District Governor of Lions Club of Ahmedabad Aarohan visited BMIMH with his team members and donated a water cooler on 2nd January, 2019.

- On 24th May, 2019, employees of Milacron India Pvt. Ltd. visited BMIMH services and committed their support to the institute.
- On 5th June, 2019, Shri Yatindra Sharma, MD of KHS Machinery visited the services of BMIMH and pledged his possible support to the institute.
- On 12th September, 2019, Vice President of ONGC Mahila Samiti, Ahmedabad visited the institute along with other members of the samiti and pledged their support for vocational rehabilitation of adults with intellectual impairment.



Internship offered to students from other education institution at BMIMH

BMIMH firmly believe in knowledge generation through knowledge sharing and allow students from other educational institutions to understand the process of mental health promotion and disability rehabilitation who express interest in learning from the institute work setting.

- Priya Singh-IIT, Bombay
- Priyal Shah- Sophia College, Mumbai
- Swati Satish Joshi- IIT, Gandhinagar
- PayalMulani- Manipal University, Jaipur
- Bhavika J. Thumar- Gujarat University
- Zeel More, S.P.University, Anand
- Dhruti Panchal, S.P.University, Anand
- Hemali Patel, S.P.University, Anand
- Sajjan Parmar, S.P.University, Anand
- Kajal Shah, S.P.University, Anand

Workshop, Seminar and Training Programs

- Seminar on Captaining a team, captaining ourselves by Michael Brearley on 31st January, 2019 at BMIMH
- State Level CRE Workshop on Managing Behavior at Classroom and Home from 11th February, 2019 to 15th February, 2019 at BMIMH
- Seminar on Autism Awareness on 2nd April, 2019 at BMIMH
- Seminar on Schizophrenia: Acceptance and Support on 24th May, 2019 at BMIMH
- State Level CRE Workshop on Rights of Persons with Disabilities and its implications from 30th July, 2019 to 1st August, 2019 at BMIMH
- Seminar on Auditory Verbal Therapy on 4th September, 2019 at BMIMH

Green Initiative

The staff and students of the institute are equally sincere towards minimizing their carbon foot print. On 5th September, 2019, tree plantation drive was undertaken in association with Union Bank of India, Ahmedabad. Shri L.A.Khan, DGM of the bank visited the institute with his team of employees and planted tree saplings. At the institute, arrangements are being made to segregate biodegradable and non biodegradable waste and keep its users aware about minimizing the use of plastic. Only energy saving electrical fittings are installed at the institute premises.

Fire Safety

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



Educational Visit from other educational institution

BMIMH has been working as a community partner for other educational institute and encourage students from various discipline to visit the institute to understand specialized services and educational programs in the area of disability rehabilitation offered at the institute. Structured educational visits are conducted at the institute based on prior approval of the request made by the educational institution. Students from the educational background have viz. Nursing, Occupational Therapy, Humanities, Social Work, Technical, Law, Architecture, Science, Management etc. got benefitted by the visit till date.

- Pandit Deendayal Petroleum University, Gandhinagar
- Ahmedabad University, Ahmedabad
- Hemchandracharya North Guj. Uni, Patan
- Parul University, Vadodara
- Central University of Kerala, Kerala
- Sharda College of Nursing, Gandhinagar
- Hospital for Mental Health, Ahmedabad
- AMC MET Nursing College & Nursing School, Ahmedabad
- General Nursing School, Nadiad
- College of Nursing, Civil Hospital Campus, Ahmedabad
- **Khyati College & School of Nursing, Ahmedabad**
- JG College/ School of Nursing, Ahmedabad
- Smt. A.S. Chaudhari Mahila Arts & Home Sci. College, Mahesana
- INDUS University, Ahmedabad
- Chaudhari School of Nursing, Gandhinagar
- Ahmedabad Institute of Nursing Science, Ahmedabad
- GCS School/College of Nursing, Naroda, Ahmedabad
- Ankur, MR Child School, Bhavnagar
- Victoria Jubilee Hospital Trust School of Nursing, Ahmedabad
- Composite Regional Centre for Skill Devt., Rehabilitation & Empowerment of PWDs (Divyangjan), Ahmedabad
- Bhartiya Vidya Bhavan's Sheth R.A. College of Arts & Commerce, Ahmedabad
- GKT, Mirzapur, Ahmedabad
- Riverside School, Ahmedabad

Parent Training Programs



- On 26th June, 2019 Training program for parents of intellectually challenged children was organized at the institute for bringing awareness about benefits of yoga. Dr. Arti Thakkar, Visiting Faculty at Yoga University, Ahmedabad was the resource person.
- On 21ST September, 2019, Parent training program was organized on activity of daily living skills for adults with severe intellectual disability at the institute. Ms. Charu Dholakia, Special Educator was the resource person.
- On 19th October, 2019, hands on training were given to parents of children having cognitive and motor difficulty. Basic occupational therapy techniques were taught to parents under supervision of Dr. Mritunjay Mukund, Faculty of Occupational Therapy at the BMIMH.

Research and Publication by Teaching Faculty of BMIMH

Dr. Rajul Mallik, Faculty of Rehabilitation Psychology at BMIMH conducted the study on Parenting in digital society: Challenges and opportunity and presented the paper during International Conference of Indian Academy of Health Psychology, Varanasi during 20th to 22nd October, 2019

Ms. Prachi Sharma, Faculty of Rehabilitation Psychology at BMIMH conducted the study on Low self esteem and psychopathology in children with subnormal Intelligence and presented it during the National Conference on Psychological Testing, Counseling and Mental Health organized by Gestalt Psychology Welfare Association on 21st and 22nd September, 2019 at Dakor, Gujarat



Professional Participation by Teaching Faculty/ Capacity Building

BMIMH encourage its employees for continuous training for knowledge building and sharing. For the purpose of promoting collective wisdom for knowledge creation and development, following employees participated on different platforms for teaching learning:

Dr. Madhu Singh, Director

- National Conference on Mental Health on 11th October, 2019 as a Guest Speaker at Indian Institute of Public Health, Gandhinagar
- CRE Workshop on Professional Ethics in Rehabilitation Work setting n 15th June, 2019 as Guest Speaker at GKT, Ahmedabad
- Consortium of Inclusive Education on 31st August, 2019 as Invited speaker at Riverside School, Ahmedabad

Dr. Rajul Mallik, Faculty

- International Conference of Indian Academy of Health Psychology, Varanasi during 20th to 22nd October, 2019
- Capacity Building workshop on Harmful effects of Drug Abuse jointly organized by Dept. of Forensic Science, Dept. of Police Administration and Raksha Shakti University, National Institute of Social Defence and MSJE during 11th and 12th March, 2019 as a resource person
- CRE Workshop on Parents as Equal Partner in the intervention process as an expert lecture during 7th to 9th March, 2019 at GKT, Ahmedabad
- DD Girnar: Participated as expert in the live talk show Hello Jindagi on Mental and Intellectual Disability Rehabilitation on 29th September, 2019

Ms. Prachi Sharma, Faculty

- National Symposium on Psychotherapy at Gujarat Institute of Mental Health on 4th August, 2019 organized by Indian Psychiatric Society
- National Conference on Psychological Testing, Counseling and Mental Health organized by Gestalt Psychology Welfare Association on 21st and 22nd September, 2019 at Dakor, Gujarat

Ms. Jankee Vaishnav, Faculty

- National Symposium on Psychotherapy at Gujarat Institute of Mental Health on 4th August, 2019 organized by Indian Psychiatric Society
- National Level CRE Workshop on Exner's Comprehensive System: A hands on experience of recent advancement in coding, scoring and interpretation of Rorschach Inkblot method at GFSU, Gandhinagar on 6th and 7th September, 2019
- Participated as expert in the live talk show Hello Jindagi, on DD Girnar on Bipolar Disorder on 10th August, 2019.

Ms. Charu Dholakia, Faculty

- Consortium of Inclusive Education at Riverside School on 31/8/19
- CRE Workshop on Parents as Equal Partner in the intervention process as an expert lecture during 7th to 9th March, 2019 at GKT, Ahmedabad

Dr. Mritunjay Mukund, Faculty

- National Conference on Interdisciplinary approach towards comprehensive healthcare on 8th to 10th February, 2019 organized by AIOTA at PGIMER, Chandigarh

Arti Thakkar, Special Teacher: Arts Based Therapy Course, 2019-20

Sumita Kusari, Psychologist: CRE, July, 2019

Jasmin Patel, Special Teacher: CRE, July, 2019

Nirupkamal Ninama, Special Teacher: CRE, July, 2019

Recognition and Achievements of students

Rumani Trivedi, Student of **PGDRP** attended a National workshop on "Mindfulness Skills and Its Applications at the Department of Psychology, at Gujarat University on 19-20 July 2019.

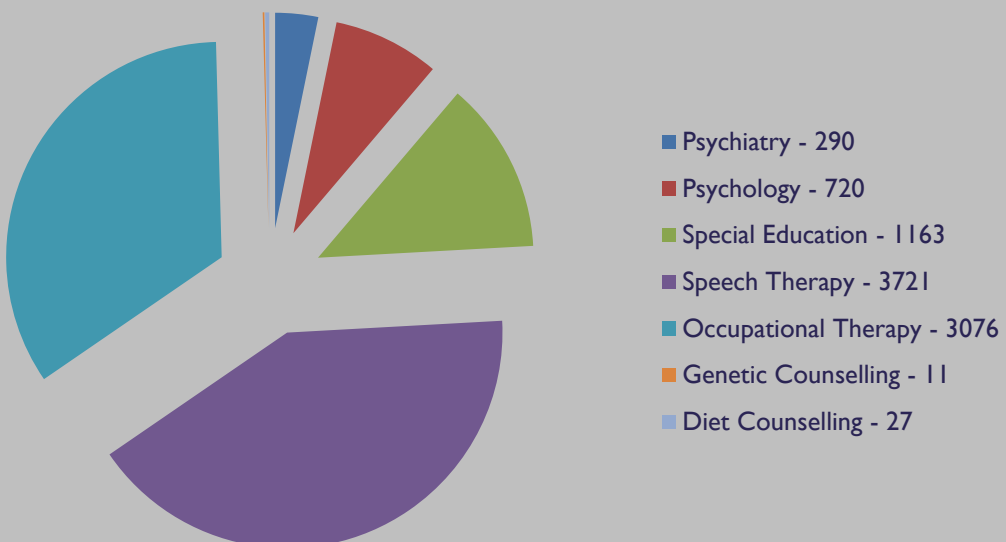
Nareen Mansuri, **PDCP** student presented a paper on "Effects of uses of Internet on Social Competence among adolescence" at international Mental Health Conference at Gujarat University (10-11 October 2019) and won the award of Best Paper in Scientific Session during the conference.

Vaibhav Bhandari, Student of **PDCP** wrote awareness article on Preventive Mental Health which was published in the leading news daily Rajasthan Patrika on 11th October, 2019.



OPD at a glance:

Multidisciplinary Therapy sessions conducted: 6008
New cases registered for consultation and assessment: 271



Initiative for empowerment of persons with disability

ITI Courses Started

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

DCC Started

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

Arts Based Therapy Service

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

Dance Movement Therapy for mentally ill cases

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

Media Coverage



BOOK POST