

# ANNUAL REPORT 2022-23









# **BMI at a Glance**





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# B M Institute of Mental Health



# **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 recognised by the Government of Gujarat and Gujarat University.



# **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.



# **Mission**

To help special need children get integrated services. To participate in the broad field of mental health and behavioural research. To develop an institute of importance for mental health education service.



# **Culture**

A Multidisciplinary 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





RESEARCH AND EDUCATION

- Research and Study
- Professional Education and Training



MENTAL HEALTH
CARE SERVICES

- OPD
- Therapy Services



REHABILITATION SERVICES

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



COMMUNITY WORK

- Awareness Programs
- Mental Health Camps
- Community Engagement
- Prayatna Initiative

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# **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 Pcychiatrist

### Smt. Mana Sarabhai

Social Worker

### Smt. Meeta Jhaveri

Social Worker

# MESSAGE FROM THE CHAIRMAN



It is said that time & tide waits for none. Another year 2022-23 has rolled over. We at B. M. Institute of Mental Health can look back on this year with a high degree of satisfaction. Post corona there is spurt in the number of cases seeking counseling and psycho therapy. Being a pioneer in the field of mental health in the country, B. M. Institute of Mental Health has risen to the occasion it mobilized all the resources & attended to each & every case.

Many complex & critical cases have with resolved. The trend of suicide, family disputes have been rising. It is a challenging situation and, we all have to plan a project to attend to all the people in need of mental health care. I am confident that our institute will meet the challenge and be of use to society which it is sewing.

I take this opportunity to convey our sincere thanks to all the Government officials of Education. Social Defence and Health department for their continuous support. I also thank our Director Dr. Madhu Singh whose singular contribution to the revival of B. M. Institute of Mental Health is now recognized everywhere. We have made special arrangement for Sharda School under its trust. Our trustee Dr. Rajesh Maniar has agreed to serve as chairman of the Sharda School trust. Our senior most teacher Aarti Thakkar is entrusted the responsibility of the Principal of Sharda School.

Our gratitude to Manaben Sarabhai, all the donors including various companies giving us money under CSR Project.

We also acknowledge the positive role of parents & children of our institute. Let us all resolve to work with dedication sincerity and efficiency to achieve the goals of the trust and make the dreams of its founders a reality.

Pravin K. Laheri (IAS, Retd.) Chairman

# MESSAGE FROM JOINT COMMISSIONER, COMMISSIONER OF HIGHER EDUCATION, GOVT. OF GUJARAT



The B M Institute of mental health is one of the pioneer institutes in the field of mental health services, education and rehabilitation services. The institute has aimed to help Special-Need Children, their social integration and rehabilitation services. The institute is also focused on mental health care, Behavioral Research and Special education.

The institute has conducted a research project on learning disability on a sample size of over 3000 and the subsequent publication of the outcome revealing the risk of learning disability among children in English medium schools of Ahmedabad. The ongoing research grant from Gujarat State Seed Corporation to study the psychological wellness, suicide tendency, and work towards rehabilitation training of Higher Education students of Gujarat is equally impressive.

The faculty members of institute have contributed to over six research publications in international and national journals shows commitment of institute to quality research work. Research collaboration of institute with IIT Gandhinagar, NID, Nirma University on Mental Health and Rehabilitation, Mental Health Awareness Programs at IIMA, IITG, MICA, FICCI FLO, PDEU, and the community conversation to develop an inclusive workplace is indeed remarkable.

The Climate-conscious action inside the campus, including the compost pit, rainwater recharge system, recycling of paper waste, and garbage disposal system is noteworthy. Multidisciplinary approach to providing over 10,000 therapy sessions and providing internship to over 10 PhD and Masters Students from various educational institutions of repute from disciplines like engineering, design, law, management, education, psychology, etc. is appreciable.

The institute has conducted faculty development program for professors of government and GIA colleges on 'Mental Health in Higher Education' in collaboration with KCG. The institute has also conducted suicide prevention awareness events in educational institutions and the projects for developing rehabilitation services for a girls' hostel funded by SDO Ahmedabad.

I wish all the best and commend the institute for significant contributions to the field of higher education and mental health.

I am confident that the institute will continue to achieve great success in its endeavours, and its contributions will have a lasting impact on the field of mental health.

Shri Narayan Madhu Joint Commissioner, Commissioner of Higher Education, Govt. Of Gujarat

# **DIRECTOR'S DESK**



The United Nations Convention on Rights of Persons with Disabilities (UNCRPD) has been a historic event in the history of human rights treaty and international cooperation on humanity. India, being one of the first 20 signatories of UNCRPD, has aligned itself with the guiding principles of the convention by revising its existing Persons with Disability Act, 1995 with Rights of Persons with Disability Act, 2016 and Mental Health Act. 1987 with Mental Healthcare Act. 2017.

Being a Research Institute, the B M Institute of Mental Health has also redefined its trajectory with the changing law and policy of India. The institute has been actively engaging in quality research work on its own as well as in collaboration with other premier educational institution. The institute's contribution in the publication of research work on Children with Autism in the International Journal IEEE TNSRE is noteworthy. We also completed a study on over 3000 school students between 8 and 11 years to screen the risk of learning disability; and discover that 18% of students are at risk of the same. Our 30 hour Faculty Development Program (FDP) on Mental Health and Higher Education has been an eye opener for professionals in Higher Education. Our FDP focused on developing understanding and possible solution on rising issues of mental health problems and suicide among students of higher education was one of them. We also trained over 500 RCI recognized professionals through National and State Level CREs. Through our 2 International Webinars, we could engage with diverse audience from different parts of the world, initiating serious conversation on Suicide Prevention and Leadership related issues.

As the pandemic started to ebb in 2022, we restructured and upscaled our multidisciplinary assessment and intervention services for all age group individuals. Over 11,000 intervention sessions for multiple issues related to psychomotor, emotional, social, educational and communication were conducted in 2022-23.

We always believe and act on the fact that community awareness and multi- sectoral involvement is crucial to fulfill the third SDG of United Nations that aims to reduce mortality from non communicable disease and promote mental health. In line with the same, a series on Community Conversation for developing inclusive workspaces was organized by the institute where experts from different field shared their best practices with the participating audience.

I am grateful to office of Commissioner of Higher Education, Government of Gujarat, for the continued support to B M Institute of Mental Health. It would have been difficult to walk the path after Covid-19 without the hand holding by many individuals as well as organization, who have extended their full support to the institute in all its endeavors in its difficult times. I extend my gratitude to Hon'ble Chairman and Trustees of B M Institute for their valuable guidance. Last but not least, this institute is incomplete without its wonderful beneficiaries and outstanding personnel who are committed to the cause of humanity. I feel happy to reassure all that we shall continue to work towards delivering services that aims for building equitable society where mental health is valued, promoted and protected.

**Dr. Madhu Singh**Director

# **Highlights**

- 2 International Webinars
- $\left(\mathbf{3}\right)$  National/State Level CRE Training
- **30+** RCI/AIOTA Registered Rehabilitation Personnel
- $oxed{5}$  Projects with CSR Support Completed
- 1250 Speech Therapy Sessions for children with special needs
- 26 Educational Institution students visited BMIMH
- 5000+) Number of lives touched through community activities
- 399 New cases registered at OPD
- 1133 Special/Remedial Educational Sessions took place
- 7 Genetic Counselling Sessions were organised
- 11837 Multidisciplinary Therapy Sessions



Founded in 1951, the BM Institute of Mental Health is a research driven institute that offers mental health services, educational opportunities, and rehabilitation for people with disabilities. The organisation is dedicated to enhancing the lives of those who are impacted by mental health problems, learning difficulties, and developmental disabilities. It offers professional education courses in Higher Education under affiliation with Gujarat University and Dr. Babasaheb Ambedkar Open University. Through its research and education initiatives, the BM Institute is committed to advancing knowledge and understanding in the fields of mental health and the rehabilitation of people with disabilities, with a focus on enhancing the lives of those who are affected by these conditions as well as their families.





# RESEARCH PAPERS PRESENTED

Using social media to ensure political inclusion of elderly & people with physical disability: A core study of gujarat assembly election

A Research Paper by **Dr. Rajul Mallik** was presented in February, 2023, organised at BRICS Research Conference by Kota, Rajasthan.

### The dilemma of infertile couples & their mental health

A Research Paper by Ms. Jankee Vaishnav & Ms. Trina Majumdar was presented in October 2022, organised at National Conference on Mental Well-Being for all-A Global Priority by NFSU, Gandhinagar.

Student's perception of inclusivity in education and nep-2020 provisions

A Research Paper by **Dr. Rajul Mallik** was presented in August 2022 which received First Rank in Scientific Session in the International Conference organized at Gujarat University, CRC, Ahmedabad and others

Cognitive behaviour therapy for depression in an adult: A clinical case study

A Research Paper by **Mr. Narsinh Chaudhary** was presented in August 2022 which received First Rank in Scientific Session in the International Conference organized at Gujarat University, CRC, Ahmedabad and others.

# RESEARCH PUBLICATIONS

Virtual Reality Based Gaze-Sensitive Aiming Task Platform: Role of Attention Allocation in Task Performance for Individuals with Autism and Typically Developing Individuals, published in international journal IEEE TNSRE; February, 2023, Print ISSN: 1534-4320 Online ISSN:1558-0210

-Dr. Madhu Singh & Dr. Prachi Sharma jointly with faculty and Ph. D Scholar of IIT, Gandhinagar

A Research Paper on **Psychological Problem of People suffering from cancer,** published in international journal IJCRT in December, 2022, E-ISSN:2320-2882

-Ms. Jankee Vaishnav

Quantifying Depression in High School Children during Covid Lockdown and Online Schooling, published in international journal IJCRT in October 2022, ISSN: 2320-2882

-Mr. Narsinh Chaudhary

Parenting in Digital Society: Challenges & Opportunities. A Chapter in the Edited Book "Media & Digital Technology", published book edited by Prof. Upendra Padhi, ISBN:9789355669384

-Dr. Rajul Mallik

The Dilemma of infertile couples & their mental health; October 2022; published in international journal IJRAR, E-ISSN:2348-1269

-Ms. Jankee Vaishnav

# Onternational Oldebinars



# International Webinar on Suicide Prevention

Speakers- Dr. Shripati Upadhyaya, Senior Clinical Psychologist, United Kingdom

10 September, 2022

# Leadership talk by Michael Brearley

He is one of the well-respected players to grace the England Cricket Team as Captain and renowned Psychoanalyst from British Psychoanalytical Society, United Kingdom

21<sup>st</sup> January, 2023



# PROFESSIONAL DEVELOPMENT & CONTRIBUTION

The professionals at BM Institute participated in various workshops for their own skill development as well as for adding value to others endeavour as professionals.

- A talk on **"The Rights of Persons with Disabilities (RPWD) Act, 2016"**, organised by FICCI FLO Ahmedabad was delivered by Dr. Madhu Singh, Director, BMIMH.
- Workshop on Artificial Intelligence based approaches in addressing issues related to Cognitive Health, organised by IIT Gandhinagar, a session was conducted by Dr. Madhu Singh, Director, BMIMH.
- Workshop on Diagnostic Tests for Specific Learning Disabilities, organised by Cognizance Educational Research and Training Foundation was attended by: Aarti Thakkar, Special Teacher; Jankee Vaishnav, Clinical Psychologist; Ketan Kairatsata, Special Teacher; Meghana Vyas, Special Teacher.
- National Level Workshop cum Training Program on Anti plagiarism
  Policy at UGC and Tools, organised by Gujarat University, was attended by Narsinh Chaudhary, Assistant Professor.
- Workshop on Functional Assessment Checklist for Programming, organised by Cognizance Educational Research and Training Foundation was attended by: Aarti Thakkar, Special Teacher; Aku Rajput, Special Teacher.
- **Workshop on Rorschach Ink Blot Test**, organised by Psychology Department, Gujarat University, Jaywant Makwana, Assistant Professor worked as a facilitator.
- Guiding Post Graduate Diploma in Counselling Psychology Students of Gujarat University, Narsinh Chaudhary, Assistant Professor.



# **WORKSHOPS & SEMINARS AT A GLANCE**









# **WORKSHOPS & SEMINARS**

4th March, 2023

The BM Institute of Mental Health organised various workshops, seminars and Continuing Rehabilitation Education (CRE) programs at National, State and Local level in 2022-23



# **RECOGNITIONS AT BMIMH**

**Dr. Rajul Mallik**, Teaching Faculty won the Best Paper Award for "Student's Perception of Inclusivity in Education and NEP-2020 Provisions" at International Conference organized by Gujarat University, CRC, Ahmedabad and others on 14th August, 2022

**Mr. Narsinh Chaudhary**, Teaching Faculty won the Best Paper Award for "Cognitive behaviour therapy for depression in an adult a clinical case study" at International Conference organized by Gujarat University, CRC, Ahmedabad and others on 14th August, 2022

**Dr. Rajendra Pandya** received certificate of Appreciation for outstanding and exemplary efforts towards the upliftment of special needs sector by Vishalwin Foundation on 18th March, 2023

**Ms. Avni Sonara** and **Ms. Anas Mansuri** students of Post Graduate Diploma in Rehabilitation Psychology grabbed Best Performance Award for their professional contribution from Dewdrops Development Healthcare Pvt. Ltd. Ahmedabad 21st October, 2022

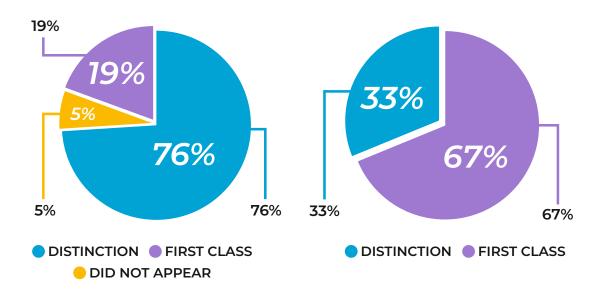






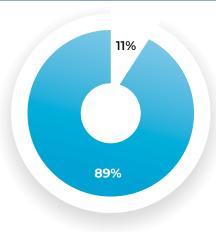
# **ACADEMIC PERFORMANCE REPORT**

Batch of 2021-22 of PDCP & PGDRP cleared their exams with flying colors in June-July 2022. **100% results** of students who appeared in the said examination.



Through Rehabilitation Council of India, New Delhi approved educational training programs, the institute is adding qualified human resources to the workforce of India in Mental Health Care and Disability Rehabilitation area.

# **Gender Ratio in Higher Education**



**PDCP:** MALE- (11%), FEMALE- (89%)



**PGDRP:** MALE- (10%), FEMALE- (90%)

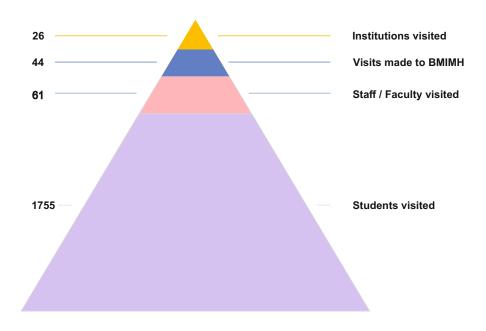
# **EMINENT VISITORS**

# Dignified personalities from diversified fields visited the institute in 2022-23.

Mr. Deepesh Kedia	IAS and Assistant Collector & SDM, Viramgam
Mr. Yashwant Patel	Deputy Director, Commissioner of Higher Education, Gandhinagar
Mr. B. B. Rathod	Deputy Secretary, Health Department, Govt. of Gujarat
Mr. Bill Shukla	Managing Director, Milacron India Pvt. Ltd., Ahmedabad
Mr. Pathik Patwari	President, Gujarat Chamber of Commerce and Industries, Ahmedabad
Ms. Shradhha Soparkar	President, Rotary Club North, Ahmedabad
Dr. Darshna Naik	Neurologist, Ahmedabad
Ms. Shivani Joshi	AVP, Zebar School for Children, Ahmedabad
Mr. Vinod Kuberkar	IIM Ahmedabad Alumni
Ms. Vidhi Bose	AVP, Udgam School for Children, Ahmedabad
Shri J. M. Trivedi	Principal, ITI, Dehgam
Ms. Jagruti Upadhyay	Principal, S. H. Kharawala School, Ahmedabad
Dr. Nitin S. Shah	Chairman & MD of Heart Foundation

# **EDUCATIONAL VISIT TO BMIMH**

BM Institute of Mental Health encourage students and teachers from multiple disciplines from higher secondary to higher education for developing understanding about various disabling conditions by visiting the services and facilities of the institute. The institute orient visitors from educational institutions for protecting and promoting mental health for all.





Following is the list of esteemed institutions who visited BMI throughout the year.

AMC MAT Nursing College, Ahmedabad Anant National University, Ahmedabad B. Jamnadas Patel College of Nursing Blind People's Association, Ahmedabad Chaturbhai Revabhai Patel College of Nursing, Ahmedabad Civil Hospital, Ahmedabad C.M. Patel College of Nursing JG School of Nursing, Ahmedabad JMD Inst. of Nursing, Raisan, Gandhinagar L. J. School of Architecture, Ahmedabad M.A Parikh Fine Arts College, Palanpur M. S. University, Baroda Narnarayan Shastri Inst. of Nursing, Ahmedabad NID, Gandhinagar Parul University, Vadodara P. P. Savani University, Surat Sahaj Anand College of Nursing, Ahmedabad Sarda Institute of Nursing, Gandhinagar Seth R.A.College of Arts & Commerce, Ahmedabad Sharda Inst. of Nursing, Ahmedabad Shray Inst. of Nursing and Allied Sciences, Ahmedabad **Shrey Nursing College, Ahmedabad** Shree Umiya K.V.C. Nursing College, Ahmedabad Skum College of Physiotherapy, Ahmedabad SLU Art College, Ahmedabad Soham Nursing College, Ahmedabad Subham Inst. of Nursing Science & Research Centre, Asarwa, Ahmedabad **Subham Nursing School, Ahmedabad** St. Xavier's College, Ahmedabad Vidya Mandir Architecture College, Surat

V. S Hosp. Nursing School, Ahmedabad

# **INTERNSHIPS & VOLUNTEERSHIP**

At BMI, we believe that hands-on experience is essential for future mental health professionals. Our internship programmes offer a challenging and gratifying experience for students interested in mental health research and practise. Interns work alongside our experienced staff, participating in a variety of tasks, including client care, research, and administrative duties.

# Ms. Kanan Trivedi

of University of Essex, United Kingdom

# Ms. Dhruvi Mehta

of Pandit Deendayal Energy University, Gandhinagar

# Ms. Janhvi Shah

of Christ University, Bangalore

### Ms. Natasha Kureekat

of St. Xavier's College, Navrangpura, Ahmedabad

# Ms. Daniella Thakore

of St. Xavier's College, Ahmedabad





# MENTAL HEALTH CARE SERVICES

At BMIMH, we recognise the significance of mental health and its bearing on general wellbeing. We provide multidisciplinary mental health care services to assist people on their path to improved mental well-being. Our offerings include counselling and therapy sessions with qualified specialists that provide a secure and accepting setting for people to share their ideas and sentiments. For individuals who need it, we also offer medication management and psychological examination. Our experienced and qualified multidisciplinary team is committed to providing personalized care and support to each individual, respecting their unique needs and circumstances. We advocate to make this a reality in our community because we firmly believe that everyone should have access to high-quality mental health care and treatment.

B M Institute of Mental Health



# MULTIDISCIPLINARY ASSESSMENT & THERAPY

At BMI, we believe that a thorough and multidisciplinary evaluation of a person's referral condition requirements forms the basis of effective intervention for cure, management and treatment. The specific circumstances of each reported beneficiary are assessed by our team of mental health specialists using strategies and tools based on the evidence based available research, taking into account the client's medical background, cultural background, and treatment objectives. Using the results of the assessment, we create a personalised intervention plan that may involve a number of different types of therapies. Our therapists collaborate with beneficiaries to help them comprehend their thoughts, feelings, and actions and build coping mechanisms for life's obstacles. Our objective is to provide our enrolled clientele with the knowledge, skills, and resources they need to successfully manage their given condition, mental health and enhance their general well-being.



# MENTAL HEALTHCARE SERVICES AT A GLANCE





# MENTAL HEALTHCARE SERVICES AT A GLANCE



Special Education



Speech Therapy

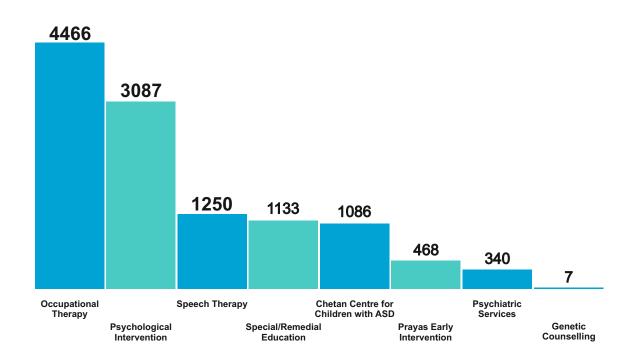




Behaviour Modification **\$**2

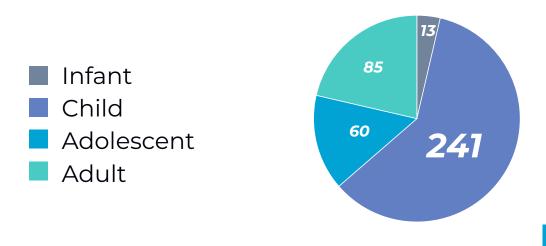
# ASSESSMENT & THERAPY

# 11837 multidisciplinary therapy sessions were conducted



# **New cases of OPD Age-Wise**

# 399 new cases registered at OPD





# REHABILITATION SERVICES

We at BMIMH are aware that achieving abilities and maintaining mental health is a process and that rehabilitation is attainable. Our rehabilitation programmes are intended to help persons with disabling conditions develop their optimum potential and move from being dependent on parents and family towards leading a life best to their abilities which ultimately help them to immerse back into their community as person not known only due to his/her limitations but for their strengths.

Each beneficiary's individualised rehabilitation plan is created in collaboration with our team of specialists according to their particular requirements and objectives. Our rehabilitation services encompass a variety of therapeutic methods, including individual and group therapy, and skill development. We also provide enrolled beneficiaries with vocational rehabilitation training, which gives them the knowledge and self-assurance they need to go back to work or school. Our client-centred and encouraging approach to rehabilitation enable beneficiaries to reconstruct their lives and reach their full potential.

B M Institute of Mental Health



PRAYAS GROUP This group provides early intervention and general stimulation to children below 6 years having delayed development.

CHETAN GROUP This group works exclusively for individuals with autism spectrum disorder between 3-40 years.

SHARDA SCHOOL This special school works exclusively for children having intellectual disability between 6-18 years of age.

MULTI CATEGORY WORKSHOP

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

CLINICAL GROUP

This rehabilitation training service admits adult with severe intellectual disability having problem behaviour for training in behaviour modification and vocational skills who are above 18 years of age.

DAY CARE CENTRE

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

DAY CARE UNIT

This rehabilitation unit works exclusively with individuals having psychiatric conditions under supervision of Psychiatrist, Clinical Psychologist, Occupational Therapist, Psychiatric Social Worker, Vocational Instructor and Psychiatric Nurse.



# COMMUNITY WORK

The objective of BMIMH is to enhance mental health and disability rehabilitation services is made possible in large part by its community outreach programme. The institute has been able to organise support for the rehabilitation of those with mental illnesses and disabilities via its interaction with the community, building a varied network of collaboration and encouraging community involvement. The initiative has made a significant contribution to the development of an inclusive society that allows people with disabilities and mental health issues to live honourably. BMIMH has encouraged people to seek assistance and treatment by raising awareness and educating the public. This has helped to lessen the stigma associated with impairments and mental health disorders. Several people's lives and the lives of their families have been positively impacted by the institute's work and it continues to be a leader in advocating for mental health and disability rights.

B M Institute of Mental Health



The institution organised multi-faceted training, awareness programs, health check-up camps for a wide section of society.

DATE	EVENT
2 April	Awareness Program for Caregivers of Person with
2022	ASD and ID- Home Based Management.
27 April 2022	Skill Promotion by Exhibition at PDEU Annual Haat 4.0
26 May 2022	Awareness Talk on Unpacking RPWD Act, 2016
25-30 July 2022	Exhibition Cum Sale of Rakhi made by Specially abled
23-24 August 2022	Disability Awareness Program for University Students of Gujarat
25 August 2022	Dental Screening Camp for Differently Abled
9 September 2022	Awareness Program for School Students on Suicide Prevention Day
21 September 2022	Parents Awareness Cum Training Program on Nutrition Awareness for Children with Disabilities
10 October	Poster Exhibition on Mental Health and Parents
2022	Awareness Cum Training Program
3 December 2022	Eye Screening Camp for PwDs on International Day of Persons with Disability

# **COMMUNITY CONVERSATION**

The institute organised a series of community conversation programs that focused on developing inclusive workplace for persons with disabilities. The objective was to sensitize community, to provide equal opportunities to people with special needs.



27 April 2022: Community Conversation on Developing Inclusive Workplace - Creating Job Opportunities for Person with Disabilities / Moving towards Inclusive Work Spaces

**17 June 2022:** Community Conversation on Developing Inclusive Workplace – My experience while training PwD and their special employability





**16 September 2022:** Community Conversation on Developing Inclusive Workplace - My experience for employment of Specially Abled.

The Eminent speakers from different places graced the events which took place in the gracious presence of the Director of BMIMH.

Aradhana Lal Mala Arora Ketan Kiratsata Virakti Shah Surendar Singh (Senior Vice President of Lemon Tree Hotels Ltd.)
(Consultant: Inclusion) (Special needs and Disabilities)
(M. Ed., RCI Registered Special Teacher)
(MA, PGDRP RCI Registered Rehabilitation Psychologist)
(Manager, Muskan, Parents Association for Empowerment of Persons with Intellectual Disability)

# **COMMUNITY WORK AT A GLANCE**









## HAND HOLDING BY WELL-WISHERS

We wholeheartedly thank everyone for their valuable support to B.M. Institute of Mental Health.

## **LIST OF DONORS FOR THE YEAR 2022-2023**

**ADITI GOHEL** ANITA MUKESH SHAH BHUPENDRA N MAKWANA DAKSHA NIRANJAN SHAH DILIPBHAI RATILAL VORA DIVYESH DIRAJLAL GAJJAR DR. PRADEEP MALLIK **GUJARAT STATES SEEDS NIGAM LTD** INDRAVADAN B. LEKHADIA KALPANABEN SETALVAD KALPESH J PATEL KHS MACHINERY PVT LTD KHUSHBU GORAKH LATABEN PARIKH MANHARLAL NATHULAL PATEL MEETABEN JHAVERI MILACRON INDIA PVT. LTD. MULTISPAN CONTROL INSTRUMENT PVT LTD NEEPAM BHARAT MEHTA **NILABEN C. THAKAR** PARTH SHASTRI SAROJBEN PARIKH SIDDHARTH R SHAH SUBODH PANCHAL SUNITA ISAAC TEKRIWALA

All contributions to B.M. Institute of Mental Health are covered under 80G of Income Tax Act and FCRA.

# **COMMUNITY SUPPORTED PROJECTS**

### KHS MACHINERY PVT. LTD

KHS Machinery Pvt. Ltd has been supporting BM Institute of Mental Health. Valuable contribution from KHS Machinery Pvt. Ltd aided the institute in its service delivery to children with special needs. The company supported a project named "Sunhera Bachpan". The objective is to provide equal opportunity of learning and development to children with special needs.



### MILACRON INDIA PVT. LTD.

Milacron India Pvt. Ltd. has provided immense support with their generous contribution to BM Institute of Mental Health to upgrade its training services for adults with disabilities. The Project 'Sanman' was inaugurated by Shri Bill Shukla, Managing Director of Milacron India Pvt. Ltd. The main objective of the project is to vocationally empower adults with mental and intellectual disabilities by providing advance facility for focused skill training.



### KLOECKNER DESMA PVT. LTD.

Kloeckner Desma Pvt. Ltd. is one of the companies that have extended its support to the BMI Institute for a Research Project. The business house has given the institute financial support to start Project "Sanshodhan." This project's goal is to identify youngsters who are at risk of developing specific learning disability in Ahmedabad city's english-medium schools.



### **ASTRAL FOUNDATION**

The B M Institute of Mental Health, Ahmedabad is working on a project of Astral Foundation for women with intellectual disability as consultant. This project's goal is to improve the training and rehabilitation services of the Home for Adult Women with Intellectual Disability in Naroda, Ahmedabad. This work is being carried out under the close guidance of subject specialists and advice from BMIMH.



### **HEART FOUNDATION AND RESEARCH INSTITUTE**

Heart Foundation and Research Institute has made a significant contribution to the growth and development of BMI by giving the organisation financial support. In the presence of distinguished guests like Dr. Nitin Sumant Shah, Chairman and Managing Director of Heart Foundation and Research Institute, Dr. Daksha Shah, Trustee of Heart Foundation, and Shri P.K. Laheri, IAS and Chairman of BMIMH, the Pehchaan Exhibition Centre cum Learning Lab was successfully launched. Their donations to BMI have been extremely helpful, and their commitment to helping people in need is admirable.



#### **DEVI PRASAD RAI POTTERY STUDIO**

To the development of creative abilities of special needs beneficiaries of the BM Institute of Mental Health, Devi Prasad Rai Pottery Studio has made a significant contribution. This studio was created in cherished memory of Shri Devi Prasad Rai, a valued beneficiary of BMIMH in the 1970s. Financial support provided in fond memories of Devi Prasad Rai by his three siblings enables individuals with special needs to develop their skills via the medium of pottery and clay work. With a platform to display their talents, the studio's goal is to provide vocational skills and encourage creative development.



## **SPORTS ACHIEVEMENT**

Beneficiaries of BMI participated in State and District Level sports competitions throughout the year and won awards in Table Tennis, Basket Ball, Foot Ball, Short put, Soft Ball, Hand Ball, Bosi, 25 &100 Metre Run.

Divya Parghi won gold medal in Table Tennis Championship. This was organised by Centre for Empowerment of Differently Abled, GujaratTotal 143 Differently Abled Individuals from B M Institute of Mental Health participated in Special Khel Mahakumbh, 2022 and won 46 awards.



### (Gold 20, Silver13, Bronze 13)



Brahmaniya Harshil Kishorbhai



Bhil Mansi Manojbhai



Bhanat Preyas Augustine



Bhavsar Vidhi Satyendrabhai



Bhatt Gaurav Jitendrabhai



Bhavsar Manan Rajeshbhai



Chauhan Yash Sureshbhai



Gurjar Bhargav Jitendrakumar



Gohil Jaipalsih Dharmendrasih



Malu Rajesh Lekhraj



Makwana Prakash Jagdishbhai



Mansuri Sujan Yunusbhai



Mansuri Uruj Ilyas



Modi Kajol Rajeshbhai



Memon Fakiha Noor Mohammad



Prajapati Rishabh Mukeshbhai



Parghi Divya Pareshbhai



Parmar Hinsi Jagdishbhai



Pathan Mo.Kaif Mo.Abrar



Bhatt Gaurav Jitendrabhai



Solanki Fenil Jetendrabhai



Shrimali Bhumi Jitubhai



Solanki Darshan Ashok Kumar



Saiyad Naqib Sarfumia



Savani Jayesh Rameshbhai



Sheikh Sadafnaz Ghulam Mayuddin



Sheikh Talha Shoyeb



Shah Ilesh Dilipbhai



Shaikh Mo.Faisal Munavar Husen



Thakor Krisha Babuji



Thakkar Manthan Chandravadan



Thakkar Dhwani Vijaybhai



Vaghela Jaymeen Bharatbhai



Rathod Het Nikhilbhai

The special need beneficiaries of BMIMH were a part of Guinness Book of World Record made for standing marathon by special need on 7 April, 2022.

# **INFRASTRUCTURE & FACILITIES AT BMI**

Climate conscious state of the art infrastructure and facilities at the BMIMH has been designed and developed keeping in mind the objective of Mental Wellness for all.























# **PEHCHAAN - ENABLING ABILITIES**

Pehchaan is an initiative of B M Institute of Mental Health to provide sheltered employment opportunities to artisans with special abilities. The objective of Pehchaan is to promote economic empowerment of adults with mental and intellectual disabilities. The institute has started an Exhibition Center and Learning Lab of Pehchaan in October 2022.













# **CELEBRATING ABILITIES**

BMIMH value humanity and festivals of all faith are jointly celebrated by staff, parents, students and beneficiaries of the institute.













## **MEDIA COVERAGE**

Expertise of BMIMH was widely covered in print, electronic and social media.





## MEDIA COVERAGE

## જીવનમાં ખુશી-આનંદના મહત્વનો અહેસાસ કરીએઃ ખુશ રહીએ, સૌને સુખી કરીએ સારું આરોગ્ય હોવું જરૂરી છે, પણ જીવનમાં ખુશી ન હોય તો તબિયત સારી થઇ શક્તી નથી



मनार्धेंड नेशन्य द्वारा "luter Day of Happiness" o'll Mile કરવામાં અડ્યો છે. ભૂતાનએ વિવાનો વયમ દેશ છે કે જે, સન 1970થી "સોસ ખુલાગા શાસ્ત્રો (170m કારકામ કરવાની પૂર નથી પૂરી અને આરોખ અથવ હકુ પરિસામ નથી અને બારડો યુનગીમમોરેસવિકતાપર અહવાનું છે કરશે કે લાકો દુવાચારાયા સંપેપે હુલ સાનિક કેનાતના ઉડલળ લીડી એડમીસ હાથે હેવામોલા છે. હોલ્ડ કું ખાનેસનિકિસેક સુપની ભાગા હતું કે કારણ કે દુધા મારો સાહિક સામ્યે અનિકિસ કેને કરા કરા માટે તું કું તું તું તે તું માં લોકિક પાતા પર તે કરી છે કે કે ' મુર્ગી ભાગા સુરસાસ કરાવામાં સ્થેત સ્મારા કરવા મુખ્ય

રાષ્ટ્રીય મુશી જીવનની યુવવતાના અવા પાટ યુવવ યુવવ પ્ પરિવર્શના વિકસતા મિશ્રભને યાનમાં કદાર્શનતા, હતારા, મિતા અને તાલ લેવામાં આવે છે. 1729 માં લખાયેલ અરોપમના નવળા પરિણામાં સાથે ભાગનના પ્રથમ કાર્યકારીય એંગ્રેનાના વડાએ જણાવ્યું હતું કે "જો સરક્રર તેના લોકો માટે ખુશીઓનું નિર્મણ કરી શકતી નથી, તો સરકારના હોવાનો કોઈ

5). રાજુલ મહિલ્ક માનસિક સ્વરાચના સંદમ્ભા વધા 20 વર્ષના દિવસને 201થ એ સ્વરાખનામ પણ એ વાત સર્જિત સાવનો કરી શકે છે, સરા ચારનપન ભવેલી છે કે ત્રેપીનીલ એ સ્વરાહિક સંચાવનાન વધુ વધા છે છે. પ્રત્યા હાર પ્રત્યાન સર્જિક સંચાવનાન વધુ વધા છે છે. પ્રત્યાન હાર પ્રત્યાન સર્જિક થયેલી છે કે હેપીનેક આ વાનક સાસ્ત્રમને હાવતમાં કીતે અન્ય કરે છે. ાવળમાં, વોક્ટર એ પ્યાપ્ટ હેમ્પીનેલ સંશોધક રોબર્ટ હોક્ટને હાથ લાવકોલાંગ લેખ કેપીનેલાં વર્ષો એપીનેલ સંશોધક શ્રેલવા થયું હતું. અને આ પુસ્તકમાં, તેમલે અના પ્રમા



રોગો અને નક્ષરાત્મક સરિસિતિઓ તરક છે. મનાવિશાન અનુસાર, સુખ એ માત્ર હોરી જાય છે. સકાયલ્યક મનોવિશાનવા સિદ્ધાંનો આ નકારાત્મા સ્થિતિઓનો હકારામક મૂડના અનુભવ કરતાં વધુ છે. સખનું વર્શન કરવા માટે, મનોવેજાનિકો

વિશ્વમાં, ગ્રુખને અર્થપૂર્ણ જવન જવવા વધુ મહત્વવૃદ્ધ હરીકે દેટ કરવામાં આવ્યું છે. ઈન્ટરનેશનલ કે ઓફ હેપીનેસનો ઉદ્દેશ્ય વિજામરના લોકોને તેમના જીવનમાં ખુશીના મહત્વનો અહેલાલ કરાવવાનો છે. વ્યક્તિગત તેપીનેસ વધારવા માટે મિત્રો અને પરિવાર સાથે ખુશીઓ શેર કર્યો, નાની નાની બાબતો વેદાના હેપોવેસ" ૧૩મા ૧૨૭, હોસ: કે 100 મોથી કરલોડો સાર સ્વાસ્થ કરતા. અનેક હોતા સંમીત લાગકીઓ વચ્ચે. અને મુક અને લાગલીઓનું અસરકારક. બનાવો. ઉપયંક્તી સાથે સમય રિવાવો. વેકાના હેપોરિસ (1981)એ માર્થિક ખુતીલ્યુ લોક કરે છે, પરંતુ કે વેને ખુત, નહરવા લખ્યાએ, તેમણે હલીલ કરી. યુલોડન ખેતનો લખેશો. થયાં છે" અને કોઇએ સંપર્ધન કોઇ માર્ચ અને મોદ કાર્યક્રિય કે આપદા છે જે મુશ્કે હોવાથી લાગ લાગ કરતાં કોઇ કર્યું કરતાં તેમણે કોઇ કે માર્ચ કરે મુશ્કે કર્યા લાગ લાગ કરતાં કોઇ કર્યું કરતાં કરતાં કરતાં કરતાં કરતાં લાગ કરતાં કરતાં તેમણે કરતાં ક

તે લોકો માટે પ્રાથમિકતા પણ છે - સમગ્ર - રોજિંદ પોરણે સમાન વિચારપારા પરાવતા સહિત અન્ય ઇઝ્ક્રમીય પરિભામાં કરતાં દાન સાધી શકો છે. સહવા તેની સાથે લગ अल्लाही के से अधिक के के अधिक क નેટવર્ડિંગ એ અન્ય લોકો સાથે જોડાવાની भीक तीत के अधितशाबी अध्यन के शस्त्र हे ते आपणी प्रवृत्तिओंने तरत श

શેરકરવામાં અને ફેટલવવામાં માદકરેછે. બુલીએ સંતોષ અનુભવવા શહે છે અને તમાર્ચ લાગલીઓને બનાવટી લ-ાવવાની જરૂર નથી, અંતરિક રીતે પુશ રહેવું એ તમારી આસપાસના વાતાવરણથી સંતુષ્ટ રહેવાની ચાવી છે. તેથી તમારી જાતને પડકાર આપો અને નવા લોકો અને અનુભવો માટે ખુલ્લા રહો, નાની વસુઓની કદર કરી અને તે

કણમાં દરેક વસ્તુ માટે આમારી બનો. (લેપિકા બી.એમ. ઇન્સ્ટીટવુટ ઓફ

# દિવ્યાંગતાને અભિશાપ ન ગણો: દિવ્યાંગોનાં જીવન કઇ રીતે વધુ સુખાકારી બનાવી શકાય?



આંતરરાષ્ટ્રીય

દિવ્યાંગતા

સાંભળવા.

જુદી જુદી

भणे छे

૨૧ પ્રકારની દિવ્યાંગતા જોવા

જોવા.

सप्तार्वः બોલવા, ચાલવા. કરવાના વ્યાગભાજીને (કવાના છો. મેંગાઇક કરવાથી થઈ. દિલ્લો ગતા પ્રસાવતા છો. તેને માટે અવ્ય લોકો કઈ રીતે સારી, સુગયતાંભરી ત્રિયતિ સાર્ક રાકે તે સેતુથી તા. 3થી ૧૦ સ્ત્રિયલર સુધી આ સપ્યાન

વિશ્વમાં અનેક પ્રકારની દિવ્યાંગતા જેવા મળ B. MRCH 2016 HI Revised Persons With Disability ACT (RPWD ACT 2016) List 27 uses-1 Emission currently and B.

િ સ્વાર (૧૯૦૦ના દરમાં વાંચ પ્રાપ્ત દે એપન (સિંહા)દરાત્રો એપનાં દરિકીન હોવાની સિંહે તરીકે વાંચ્યાપિત કરવામાં આવે છે. એપન સબ્દનો અર્ધ વ્યક્તિની દરિની સંપૂર્ણ અસમાંથાની સિંહે સુચ્ચે છે જેમાં વ્યક્તિની સંપૂર્ણ અસમાંથાની સિંહે સુચ્ચે છે જેમાં વ્યક્તિની સંપૂર્ણ

अक्रवेता विविध क्या के एंचा वर्तन्त के विविध क्या के प्रश्न विविध क्या के प्रश्न के विविध क्या के व्यव के विविध क्या के व्यव के विविध के विविध के विविध क्या के व्यव के व्यव के विविध क्या के व्यव के व्यव

કોલ 0) તમીરે પણ કોલખવામાં આવે છે. તે કોદ 

સાંગ્રિક લાગાવના લોકોનું પૂર વ્યવસાય ફોલી છાવના તો લાગાન ગાં કેપ્લાસને પહોંચી વાંચાનો સમાન લાગા કે લાગા છે. કો છે.
) ટ્રોસમાં વાંચાનો થી Harring Inquir ... લી મોડીમાં રેકેટ્સ પિકારિક દેવારા કે મોડીમાં રેકેટ્સ પાતાના કે મોડીમાં રેકેટ્સ પાતાના કે મોડીમાં પહેલા કે મોડીમાં પહેલા કે મોડીમાં રેકેટસ પાતાના કે મોડીમાં રેકેટસ પાતાના કે મોડીમાં પહેલા કે મોડીમાં પ્રતાન કે મોડીમાં પ્રતાન કે મારા કે મોડીમાં પાતાના કે મોડીમાં પ્રતાન કે મોડીમાં પાતાના કે મોડીમાં માતાના કે મોડીમાં પાતાના કે મોડીમાં પાતાના કે મોડીમાં માતાના કે મોડીમાં પાતાના કે મોડીમાં માતાના કે માતાના કે માતાના કે મોડીમાં માતાના કે મા

u) લોકોમોટર ડિકેબિરિકી ( Loconous Disphility) : લોકોમોટર ડિકેબિરિકી બેટલે એક Disability : લોકોમાટર બ્રિકેશિયરિટી એટલે એક ૧૦૦ ) મગજનો લાવો (Cortical Palsy) : જગામેથી લીજી જગામને વાર્યાની સમસ્યા એક્સે સેઠેલમ પાળી (CP) એક સ્થામ રાસીરિક સ્થિતિ કે પંચાન દિલ્લોગ્સા, પહેલું, સામાન્ય પીતે, તેને - છે જેમાં મગજના નુક્શાનને કરણે આપું સંકદન ત્યાર્ત અને સંધા સાથે સંબંધિત દિલ્લોગતા તરીકે. લોતારાત થાય છે, તે બાળકના જન્મ સમયે અથવા

આણ હાં પ જ કરા માના પ્રાથમિક માત્ર માત્ર કર્યું છે. પ્રિકાર ક્રિયા માત્ર કર્યું કર્યુ

5.) વેતાના યુ રેલ 6.) વેતાના યુ રેલ 7. )મહીપલ અલેવેલિક ૧. )એપીદેવાં

વર્ગિવિધિય શીખવાની અભ્યતા (Spa ic Learning Dischillates! : એલિકિક લોનેમ Bલેબિલિટીસ એ વિચારોની, એલવાની, લખવાની, જોલીની અથવા ચાલિકિક ચલતરી કરવાની અથમદાની પરિસ્થિતિઓનું એક જૂલ છે જે વ્યક્તિની યામતાને અવરીને છે.

રહેકાં - પાક મેં હાલવાલા કામ મેં, લાવળ કરેલાનીલાક શક્તિ સંસ્થુલ વર્ષન વિસ્ત્રમ પર ફુપ્યાની કરે છે,લેવાં પાત્રજ અને કરોડરબજૂનો સમાવેશ થય છે. સમય જતાં, MS ચેતાને કાયમી નુકસાન તરફ ડોરી શકે છે.

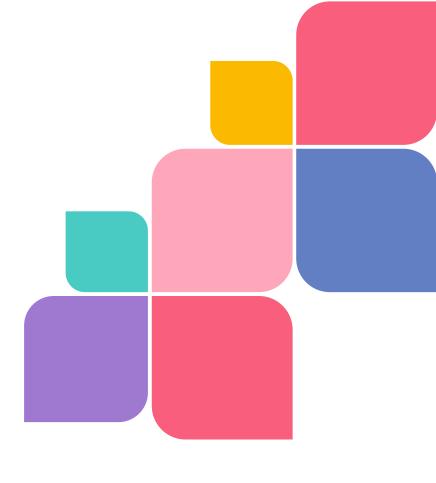
૧૫)વર્શ અને વ્યાપની સમયતા (Second ાતી Lagrage (Sechlip) : વાલ્યા (Sechlip) ત્રાતી Lagrage (Sechlip) : વાલી અને ભાવની અથવતા એ ભોટલ અને દેખાવવાની અથવતા લાવે સંભીત છે. ૧૯) દેશોસીનેવા (Thilasenia) જેકોસીનેવા

એ આનવેલિક રીતે વારસાગત રકત વિકૃતિ છે યાત્રના બંગામાં વારા આફ્રમાં લાક પત્રના શાસભાના સંખ્યા નાર પાયે છે, જે એનિયિયા તરફ દોરી જાય છે. એનિયિયાના પરિસામ, લેકેસેમિયાથી પીપિત વ્યક્તિની ત્યા નિસ્તેજ, યાદ અને પેશાબનો ટેંગ

हानुर्धाः विद्या वे प्रशासन्त विद्या है। प्रशासन के त्रिम्मणी के प्रशासन कर है। पत्री जीन नुर्देविका पाने (Chee Recompagnication) जीन नुर्देविका पाने (Chee Recompagnication) जीन नुर्देविका पाने (Chee रिक्टाक्रमणी कर के स्थासन कर है। प्रशासन कर के प्रशासन कर है। प्रशासन कर है।

લેવોજન લેઈ કે છે છે. ૨૦) અહિંત એટેક પીડિતાં (પડાત Amoi Vizina) એલેક એટેક પીડિતાનો અર્ધ એ છે કે એટિક અપલ એસે કોઈ અપન પડાલે ફેલીને હિંસ્સ હુમલાને કાર્યો ઉદ્ધા પરેલ, ૨૧) પુષારીની બી.મારી (Post mon's dis-

আৰু । খানিকা ইণ (PD) એ ইবুল নৰ্থা জিলা (সঞ্জাই ও প এন কলেন কাৰ ই উংয়ালিকা ইংমা সুস্কৰী কন লোকত কথ কই ৪ ন উত্তয়সামধান ইণ ৪ নিটা ঘৰ্ষ ক ৪ ે તે સમય સાથે વધે છે. હાલમાં લેઈ ઉદાજ દિવાનન નથી, (લેવિકા અમદાબાદની બી.એમ,ઇન્કટીટલ્ટ ૧૪) મહિલાક અનેવેસિક (લાલાના કરામ એક મેન્ટલ હેલાનાં કેક્ક્ટી અને એરે)મિક હેડ છે.



# B M Institute of Mental Health



Near Nehru Bridge, Ashram Road, Ahmedabad, Gujarat-380009.

