

## A VISIT TO THE BM INSTITUTE OF MENTAL HEALTH

Rapporteur: Raenhha Dhama (SLS15)



**30 Jan. 2019:** On the 30<sup>th</sup> of January, 2019, Department of Psychology from Pandit Deendayal Petroleum University organized an educational as well as an informational visit to the BM Institute of Mental Health, Ahmedabad.

The visit started with an orientation speech by a member of the institute on the various parameters of mental health that they engage in on a daily basis. He also addressed the crowd with regards to the diverse therapies, which are employed by their experts as per the appropriate case.

Further, the students were also acknowledged and answered with their queries concerning the fees and monetary proceedings of patients from the Below Poverty Line (BPL) and lower socio economic background. Allegedly the institute provides a 50% rebate, or more, to those they deem and discern to be from the aforementioned sections of society.

This was followed by an institutional visit wherein the students of PDPU (undergraduate and postgraduate) were acquainted with the sundry labs, therapy centers and psychometric tests utilized for intervention and assessment respectively.

One such lab included an Occupational Therapy Lab wherein children with Attention Deficit Hyperactivity Disorder (ADHD) and Down Syndrome were brought in and helped to recuperate through activities. These activities are designed according to the necessity of the condition which involved physical items and physical tasks.

These instruments and activities were aimed at reducing hyperactivity, increasing attention and/or honing the motor skills of the respective child. One such intriguing kit that was displayed was the multi-sensory kit, which had an array of items to give impetus to the motor skills of the children and heighten their senses. It consisted of objects such as a sponge ball to squeeze and exercise the hand motions; clips for the same purpose; a comb and slime and the likes.

They also had intervention departments, which were aimed at supplying the individuals (of severe disorders) with functional jobs that would help sustain their livelihood. These jobs ranged from 'handloom', 'art and decor creations' and similar other crafts. The brand under which these items are sold is called *Pahchaan*.

They also help the patients with mild to moderate mental illness to get a better understanding of the society with the help of therapy followed by training and subsequent placement. During the end of the day, the students got an opportunity to interact with the children with mental illness, who have come for a therapeutic session at the institution.

