

National Seminar

on

“Mental Health” and Social Inclusion for Persons with Intellectual and Developmental Disabilities

29 to 30 November 2019

Venue: IHBAS, Dilshad Garden, Delhi -110095

Name of the Institute Conducting the Conference: Manovikas Charitable Society

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REPORT

Day 1

Technical Session I

Inauguration and Keynote Speech



The session was started with lighting of lamp by Chief Guest **Ms. Shakuntala D. Gamlin**, Guest of Honor **Ms. Stuti Kacker**, Dr. Nimesh G Desai, Mr. Alok Kumar Bhuwan and Mr. Anand Maheshwari.



Mr. Anand Maheshwari: Governing Board Member
Manovikas

He initiates the idea of Conference and start with praise of IHBAS environment. He also introduces everyone present on desk.



Mr. Nimesh Desai: Director, IHBAS

Dr. Desai welcomed everyone. He introduces IHBAS staff. He mentioned that every year Manovikas did seminar on mental health related issues. He informed that last year seminar was held on psychosocial disability.



Ms. Neelu Vyas:

She sharing the experience related to media and 2 year old girl rape case. She said that every channel should dedicate some time for men tally ill patient to empower people.



Ms. Shakuntala D. Gamlin, IAS, Secretary, Department of Empowerment for the Person with Disabilities, Ministry of Social Justice and Empowerment. She told about RPWD Act implementation and said that everyone work towards the implementation of Act.

NIMHANS- We are looking Act. Not only therapy but on attritional and psychological part. We didn't do diploma but must do intensive research. Also discussed about Tobacco control programme. She told that the solution lies on sensitizing people. Today we have court judgement,

Asha and Aganwadis Solution lies in Administration, policy makers and stake holders.

She informed that in western countries who are mentally ill, alcoholic or drug addict, families are not involved, and treatment are way too much technical. If we identify on infant stage so that we can resolve issues easily. She also mentioned that acceptance towards mentally ill people – she said that it could be one of the solution. She also mentioned that a lot of people switch for suicide, some of them are doing copycat suicide. Media should present the real picture when they show these stories.

Emotional Intelligence, Research and protocol must carry on. Institutional building must, Community Sensitization, Capacity building, She said that we need to sensitize ourselves and then others.

Session 2 – Technical session II: *Interface with existing laws & PIDD*



Ms Stuti Narain kacker,
Chancellor, Subharti University

She said that she is waiting for time for this topic and this seminar on Mental Health Issue. She stated that persons with mental health issue is most marginalized. Shutting eyes is not a solution.



M M Vidyarthi

Former Deputy Commissioner, Disability

He said that when we see Juvenile Justice Board, the condition of the children is not good.

Dr Nimesh Desai also said that 146 laws required to change . He also told about the active and passive violence towards disability. UNCRPD – harmonization of things Chennai Organisation: The

Baryan group supported living.



Dr. Dipti Yadav

Paper Presenter

During her presentation she focused on

Mild and Moderate ID students attending mainstream school.

As CBSE mandate one special educator and one councillor

Skill development Model

School should offer atleast 2 vocational Courses.

Mr. Amit

Special Guest

He focused on health Equity and Social Justice

Behavior Change: Changing of environment as well.

Dr. Nimesh Desai commented that - Doctors are not who can bring social change

Poster Viewing Session



Dr. Jasleen Kaur Bhalla and Dr. Rama Nashad were presented Poster on “Non Epileptic Seizures in Patient with Intellectual Disability and Epilepsy: A CASE REPORT and Comparative Analysis Of the Intensity of Anger Experienced by Physical Disabled and Normal Teenager in Allahabad respectively.

Dr. Bhalla discussed about her case of Mr G, 31 year male,

educated upto middle school, unmarried, living with widowed father, a known case of epilepsy (on anti-epileptic drugs (AEDs) since 16 years), presented to emergency in a state of abnormal body movements and inappropriate laughter followed by unresponsiveness for 30 minutes. It was not associated with uprolling of eyeballs, tongue bite, and bladder/bowel incontinence.

- There was no history of recent change in anti-epileptic drug dosage or missed doses.
- There was no history of substance abuse/ head injury/ fever.
- Vitals were stable. On examination in the emergency, corneal reflex was present and bilateral plantar flexor response seen.
- Patient was given intravenous Lorazepam 2 mg in the ER. In about 15-20 minutes, he returned to his normal self, was completely conscious and oriented.
- Possibility of NES was kept and patient was admitted in psychiatry ward.



Dr. Rama discussed her poster as - Adolescence has been described as the transition period. Anger typically associated with hostile thoughts, physiological arousal and maladaptive behaviors inspires powerful often aggressive feelings and behaviors that affects all aspects of life. Physical disability refers to a broad range of disabilities which include orthopedic, neuromuscular, cardiovascular and pulmonary disorders. Disabled

women, much more than their able-bodied sisters, have been subjected to deliberate neglect, verbal abuse, physical assaults and sexual harassment. An exploratory research design was adopted for the study and Allahabad (Prayagraj) has been selected purposively for research. The survey method was selected by using purposive sampling for the collection of data. The total sample size was 80 adolescent girls (13 to 19 years). The sample consisted of two types of samples. One is from normal population and other from physical disabled population. To collect the data from disabled population, the lists and name and contact details of disabled population was obtained from District Social Welfare Board and data was collected according. The data was collected by using purposive sampling method. An Adolescent Anger Intensity checklists developed by Leutenberg and Liptak was administered. Data was analyzed by frequencies/ percentages and t- test. It is concluded that, maximum numbers of respondents were under moderate intensity of anger in normal population whereas maximum numbers of respondents were facing high intensity of anger in disabled population. The results further reveal significant difference in the intensity of anger among adolescents belonging to normal and disabled population in the study area.

Many candidates and distinguish guest visited poster. Poster were evaluate by team of expert Dr. Jahanara, Mrs Nirmal Chabra and Mrs. Sangeeta



Mr. Nikunja Kishore Sundaray, IAS
JS & CEO, National Trust

During his session he said that mental health is subject and an issue in itself. He discussed about Social Inclusion and Aristotle –man is a social animal. He said that newborn are helpless.

Components: - The concept is multidisciplinary and support entire system. He also mentioned about National Education Policy: took feedback of 600 schools.

He suggested that diversity and Disability also included in NCERT books

He suggested to count 21 disabilities during 2021 census and put an option that disabled persons are certified or

not.

Technical Session III

Panel Discussion – concept & its implications



Dr. Sonia Parikh
Psychiatrist, Los Altos, California

Shares her view on video presentation.

Technical Session IV

Needs of Mental Health for PIDD and their Care Takers



Dr. Roma Kumar
Sr. Clinical Psychologist, Sir Ganga Ram Hospital

She was sharing of personal experience. She was sharing stress a family go through. She suggested that we need to see the holistic as they don't have so many friends. She said that Mental ill people also want to follow fashion even some of them want to become a fashion artist. She also talked about their wedding issue and suggested that they must have sexuality education and society accept their live in relationship.



Dr. Saswati Chakraborti

Department of Psychiatric Social Work, IHBAS

She told about the importance of mental health for care taker of PIDD and share some of the experiences she saw during her professional carrier. she also talks about the society and social barrier parent could face with theses child.

She also informed that the parent feels ashamed to take out of these children.



Dr. Jitendra Nagpal

Senior Consultant –Mental Health Moolchnad Hospital

He said that new policy of education coming up in which psychiatry and mental health also included. he suggested Dy mystifying of mind and decentralized of services through partnership in non-sector partner. We cannot stop stigma only working in clinic. we must have counselling center in college/Universities. The need of child development is more important rather than child education.



Dr. Shefali Gulati

Chief, Child Neurology Division, AIIMS Delhi

Suggested this is life span problem. she informed that her organisation done many workshops to understand parent about this problem. she said that parent and school absenteeism is a main problem. She shares her professional experience and research work with these children. she also said that parent and service provide must have faith in them every one of them have special skill quality. it is very important to make them empowered any many organisation already working on this as a counselor.

30 November 2019 (Day 2)

Technical Session V

Stigmatization and labelling of PIDD



Shri T D Dhariyal

Commissioner Disability, Govt. of NCT of Delhi

He said Ms. Mery Barua madam had already cover most of thing but as a commissioner of disability he can say that there is no complaint by authorit side of PIDD. he also talked about the stigmatisation . he said that stigmatisation is there and the only solution to deal with it is make presence of these people (PIDD) in the society as well as programme every where. he suggested to come out with these problems by conduct much this type of programmes to spread awareness.



Dr. Deepak Kumar

HOD, Department of Psychiatry, IHBAS

He said that labelling is useful as well as we have drawn begs of the labeling as well. with label individual get benefit of schemes which applicable to them only. but due to labeling they also suffer of leg pulling and teasing etc. he suggested that with reference to reference one should not address them as case or bed not etc. professional must address them by their name only. he told that all the professional like psychiatrics must work on the parameter of stigma allegation. Service providers must put their contribution to avoid stigma and misconception. and these types of seminars are helpful to do that.



Ms. Merry Barua

Director, Action for Autism

She had shared her experience she had been seen during professional life.

Case 1 – Ravi trying to play with other children

Aayan- 11 Years old admitted in small inclusive school.

Sonia – 17 Years old Sonia kept locked so that visitors cannot see her or meet her. With reference the above cases she said that we have undesirable stereotype's and there is so many stigma in the society. We are also incompetent Entire focus is shifted towards incompetence. Social avoidance Violence and abuse



Dr. Praveen B. Yanawar

Department of Psychiatric Social Work, IHBAS

He talked about stigmatization. he said stigma associated with PIDD always rejected. stigma is reflected through happiness of a person. He also told that people be afraid to approach and not open up to discuss their problem. he suggested that at different level through education, training and these types of seminar should be taken care off. He said that by Quality of life, proper medical treatment media awareness and media contribution in a proper way and awareness lectures we can reduce stigma from PIDD.

Paper Presenter



Ms. Aanchal Harjai

Clinical Psychologist Tortuno Saathi Pvt. Ltd.

She presented her case study “ Effects of Comprehensive Early Intervention and Diagnosis on reducing the stigma and Stereotype on Children with Autism “

The purpose of this paper is to contribute to the knowledge and implementation of best practices for children with autism.

The study identified current teaching and parenting practices which address the educational challenges and individualized needs of children with autism spectrum disorders in included settings. Researchers hope that the findings will directly influence services by reinforcing

current best practices, providing specific suggestions for home and school, and establishing directions for supporting students with ASD in the future. The research findings were analyzed and summarized into a report.



Ms. Tarubhi Aggarwal

Research Scholar Lady Irwin College

She present her paper on PRISMA guidelines. Topic of her presentation “General Education Teachers Attitude towards the Inclusion of Children with Autism in Mainstream Schools “ during her case study she mentioned her findings during research that General Education Teachers Attitude towards Inclusion of Children with Autism in the Mainstream Schools. Evidence revealed that general education teachers had mixed attitude (positive and negative) towards inclusion because of prominent peculiar behavior of children with Autism simultaneously it was reported that teachers had little knowledge

about the general characteristics of Autism Spectrum Disorder due to lack of in-service teachers training, workshops and seminars. There is transpiring agreement that teachers felt difficulty to manage the regular classes along with children with Autism due to lack of facilities required by the general education teachers. In this context, further research is needed to cherish/equip the teachers with the necessary proficient skills that are imperative for the fruitful execution of inclusive practices in the mainstream schools.



Ms. Supriya Yadav

Comparative analysis of the mental health of physically disabled and normal adolescents in Allahabad” in her presentation she mentioned her study. Study was of 80 adolescents comprised of 40 girls between the age group of 13 to 19 years. The data was collected by using purposive sampling method. A standardized mental health battery developed by Singh (2016) was administered. Data was analyzed by frequencies/ percentages and t test. It is concluded that, maximum numbers of respondents were under average mental health in normal population whereas maximum numbers of respondents were having poor mental health in disabled population. The results further reveal significant difference in the mental health among

adolescents belonging to normal and disabled population in the study area.



Ms. Anjali P J

Awareness and Challenges of Anganwadi Workers in Early Detection of Developmental Disorders among Children

This paper focuses on the awareness of Anganwadi workers about developmental disorders and the challenges faced by Anganwadi workers in the early detection of developmental disorders. By using of Quantitative method based on multistage sampling was used in this study. The tools used consist of three sets of self-prepared questionnaires, to collect the socio-demographic and professional profile, to assess awareness about early detection of

developmental disorders and challenges faced in early detection of developmental disorders. Conclusion of her study the was “Anganwadi Workers require more training to overcome the challenges of early identification of developmental disorders to sensitize about the developmental disorders and to guide families with such children to early intervention centers.



Ms. Naynee Singh

Research Scholar, Delhi School of Social Work, University of Delhi.

Present her paper on “**Sexuality and the Children living in Children Homes: Concerns & Challenges**” objective of the paper was

1. Understand Sexual Development as an important aspect of Child Development
 2. Factors affecting Sexuality among the children living in Child Care Institutions
 3. Challenges faced by the practitioners working with the Children living in Child Care
- The paper leads to discuss possible strategies for different stakeholders to ensure the best interest of the Children living in CCI's

Dr. Anjul Sharma

Sr. Lecturer DIET, Darya Ganj,

In her paper she mentioned the steps taken for Social wellbeing and good mental health of intellectual and developmental disability that were

1. Counselling of Parents
2. Counselling of persons with IDD by NGO's
3. Counselling services in Inclusive schools
4. Counselling services in Special Schools
5. Programmes by Govt. Agencies
6. Counselling in Hospitals.

Technical Session VI

Social Wellbeing



Dr. Sanjay Kant Prasad

Deputy Commissioner for PwDs

He said that this is right based issue still we are talking about social stigma. He also talked about

- **Emotional stability**
- Recognition
- Barrier free environment
- Inclusive society
- Mental health is teamwork based.



Dr. Hemant Singh Keshwal

Officer Incharge National Institute for the Empowerment of Intellectual Disabilities Regional Centre Kolkata

He talked about types of wellbeing like emotional, Physical, Social, Workplace and Societal wellbeing. He also talked about Generation of inclusive practice

First generation –

Second generation inclusive practice – Building of inclusive society

Third generation – Empowering of PWID working of choice making Quality of life.

Fourth generation – Inclusive Practice – By practicing all these new approaches. Provide PWID at that will they can be part of our society. Society should also understand.



Dr. Jhanara M. Gajendragad

HOD Department of Psychiatric Social Work, IHBAS

She talked about how they change ramp to make IHBAS accessible to PWD. She also talked about how Real life and life on social media is different. she suggested to write instruction in lift should be in braille language.



Dr. J.P. Singh

Former Member Secretary RCI

Stigmatization and labelling Mythological Facts Bible Awareness starts grassroots
Narayan Sewa Sansthan Kerala girls students to recognize the PWID Changing prospectus of religious Empower mother – empower at pre nantal and post nantal stage.

Prize Distribution

Dr. Alok Kumar Bhuvan informed that there is an appreciation award worth of Rs. 25000 for best three paper or poster Presenter s from Dr. A.T Thressia Kutt's . Dr. A. T. Thressia Kutty is a Veteran of Vocational Training and Employment for persons with IDD. Formally she was faculty at the National Institute for the Empowerment of Persons with Intellectual Disabilities and Ramakrishna Mission Vivekananda Educational and Research Institute. Manovikas Charitable Society has declared “Dr. A. T. Thressia Kutty’s Appreciation” shall be given to best three overall paper or poster Presenters in the State, National and International events. The recipient will have demonstrated outstanding achievement presenting scientific work with confidence, eloquence, and ownership.

Dr. Alok Kumar Bhuvan declared result and requested Mr. Dhariyal , Dr. Jahanara, Dr. J P Singh to present the award.



1st prize goes to Dr. Aanchal Harjai



2nd prize goes to Dr. Dipti Yadav

3rd prize goes to Dr. Naynee Singh

Valedictory Session



Mr. Kamal Kumar

Director, LBIHM and Vice President, Manovikas

He narrate a poem about divyang which state that “ Divyang are not less than anyone and we all are not very sound in regards to mental health.



J C Gupta

Senior Rehabilitation Expert

He addressed that everybody has mental illness in one or the other way. We don't have peace of mind. He also discussed about stigma and labeling. There should be orientation programme to avoid stigma and he also suggested that in the upcoming seminar children from Manovikas inclusive school also must invited so that people came to know their ability and progress. Stigma change through social inclusion and that comes place when parent with PID's took them along even in the public place without feel ashmed.



Mrs. Indira Alok

Principal, Manovikas School for Inclusion

Mrs. Indira pays thanks to Guest of Honour Gamlin madam, Chief Guest Mrs. Stuti kicker. other members present on the desk, Manovikas family for success of the seminar. She paid her special gratitude to Dr J C Gupta, Dr. J.P. Singh for their guidance and support. She also thanked to IHBAS team for support to organize the seminar.