



Annual Report
Centre for Child Development & Disabilities

Malleswaram & New Bel road for the year 2023-24

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Statistics

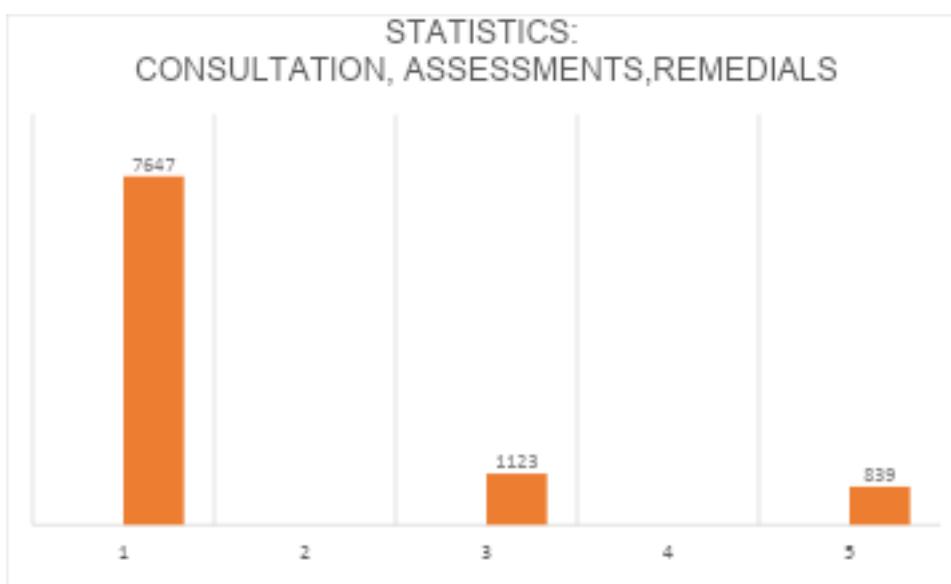
Consultation, Assessment, Remedial

Total number of therapy sessions conducted – 7647

Total number of consultation – 1123

Total number of assessments – 839

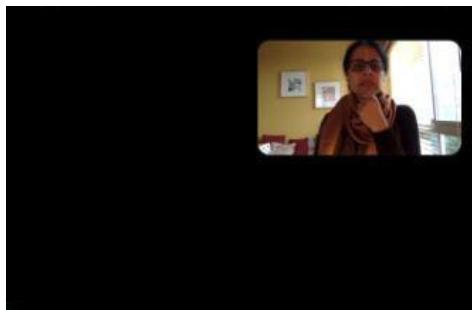
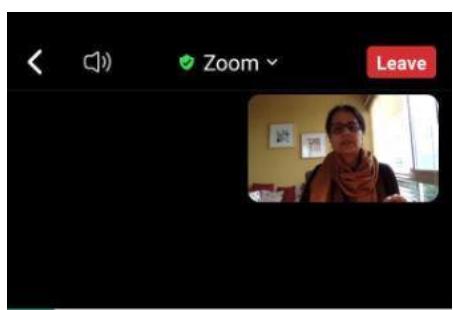
| | |
|------------------|------|
| Therapy sessions | 7647 |
| Consultation | 1123 |
| Assessments | 839 |



The children attending therapy sessions are diagnosed with various developmental disorders like Autism Spectrum Disorder, Attention Deficit, Learning Disability, Global Development Delay, Motor delay, Speech Delay, Behaviour etc.....

Training Programs

- Mrs.Kavita Kamat conducted online training on Behavioural Management & Offline training on Tripple P at Sangamitra



If Problem Behaviour is....

| EFFICIENT | EFFECTIVE | RELEVANT |
|------------------|--------------|---------------------------|
| Works in no time | Always works | Gives them what they want |

It becomes a good communication tool for the child/adult who may be struggling with communication

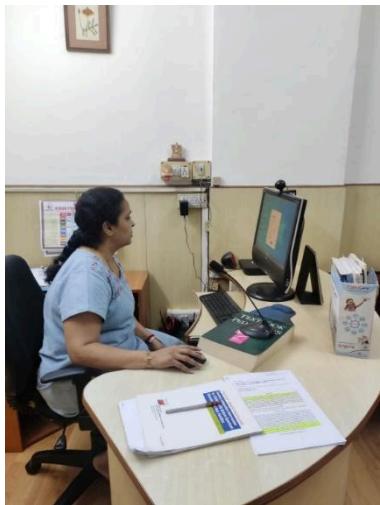
Example

Suman flops to the ground when her teacher says its time to go back to the class. Each time she does this the teacher sits down with her and explains "It is not good to throw a tantrum. See other children are looking at you. Be a good girl and let's walk together to the class". Suman gets up and the teacher smiles. Now Suman flops more than she did before, during transitions.

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graph LR; A[Unknown] --> B[Time to go to the class room]; B --> C[Flops to the ground]; C --> D[Teacher explains "It is not good..."]; D --> E[Unknown]; E --> F[Be a good girl and let's walk together to the class]; F --> G[Walks to the class]; G --> H[Teacher smiles]
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- Difficult case presentation by Savitha BS at ICAN group on Behavioural Management



- Dr. Kirthika Rajaraman, underwent the Advanced Part-time Virtual Fellowship in Developmental Psychiatry for Indian Medical Specialists 2022-2023. As a part of the fellowship, she visited Toronto and stayed there for 3 weeks (April 7th, 2023 to April 30th, 2023) & learned under the mentorship of Dr Vikram Dua.



- Happy to share Dr Kirthika got certified for 400 hours of training in Developmental Psychiatry from Canada considering these training clinics were at night, shows her dedication to stay up almost every night to finish these clinics and classes. CCDD is honoured to have her as first fellow in Developmental Psychiatry



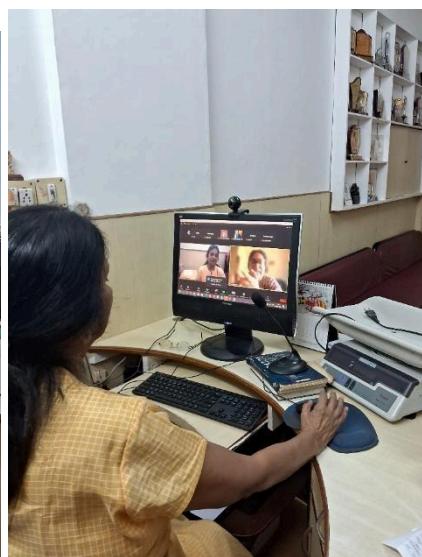
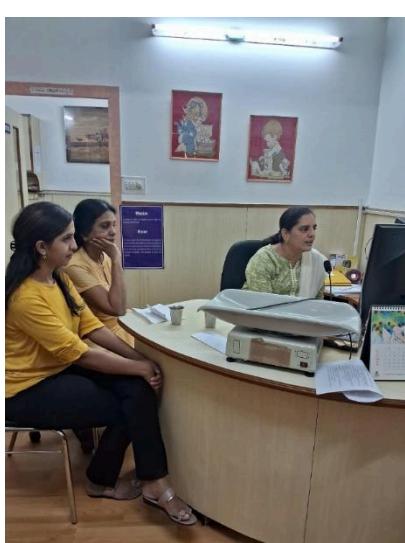
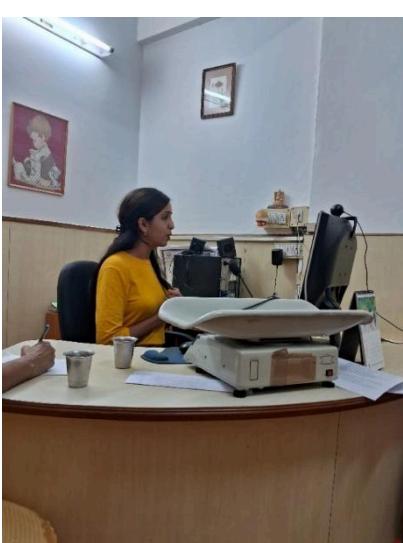
- Webinar Topic : “Discussion on the short and long-term effects of childhood sexual abuse, and the importance of a paediatrician’s initial response and legal reporting on 5th August 2023”

Our CCDD fellows were the key speakers

Dr.Neha Kukreja, DNB, Fellow Developmental & Behavioural Paediatrics

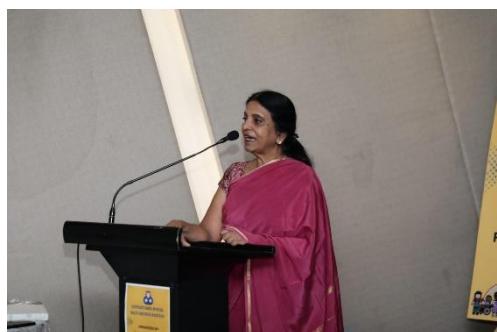
Dr.Swathi Nara, MD, Fellow Developmental & Behavioural Paediatrics

Mrs.Swagatha Raha Director, Research and Co-Director, Restorative Practices at Enfold India - Creating Safe Spaces (Legal expert)



Education

- Dr.Nandini Mundkur as a chief guest, organized by Indian Society of Pedodontics & preventive Dentistry





- Dr. Kirtika Rajaraman delivered a talk in 10th Pedicon Neuro Developmental workshop held at Aster CMI hospital on Social Cognition and Functional life skills
 1. Role of parents in building relationships
 2. Importance of thinking and life skills



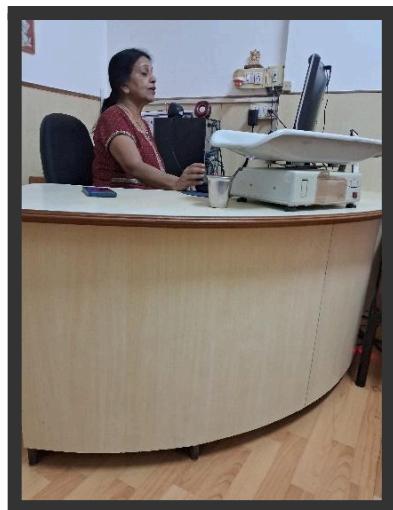
- Dr. Prabhavathi: Chairperson in 10th Bangalore Pedicon conference 2023.

Topic: “Epilepsy and genetics, curable cancers in children and picking them up early, my child doesn’t study well – scholastic backwardness”.

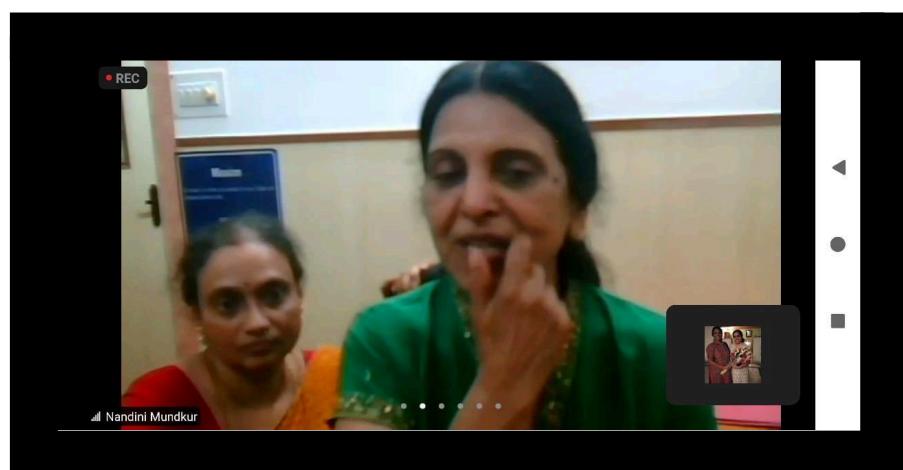


- **Dr.Nandini's corporate talk for JPMC (JP Morgan) parents**

Care Giving – Special Ability Children & Challenges in Care Giving
Children with Autism
Rebuild self-worth & confidence in children



- Dr.Nandini's series of corporate talk for JPMC (JP Morgan) parents

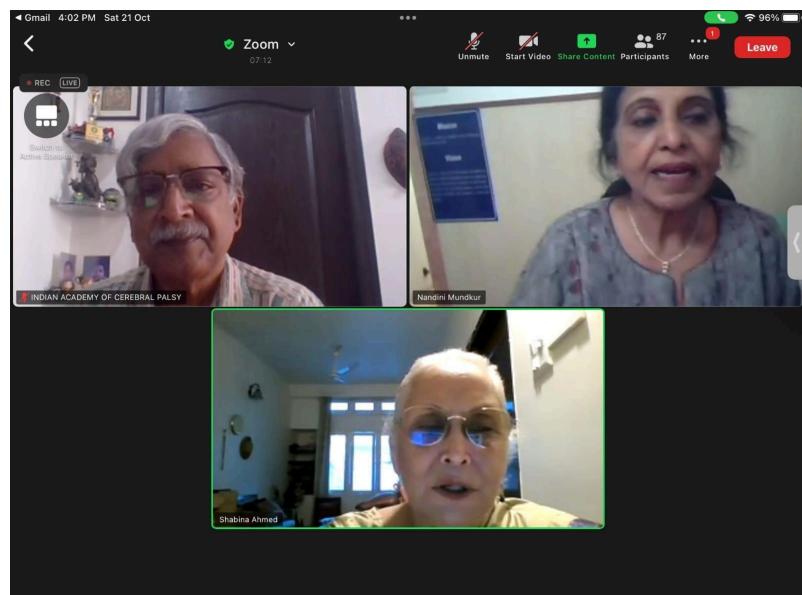


- Dr.Nandini Mundkur- as a faculty for “National Neurodevelopmental Pediatrics Update for Pediatricians, Post-graduate students and therapists” organized by NIMS Spectrum CDRC and GRDDC as a part of “ Pearls of Wisdom” Series, Trivandrum



- Dr.Nandini Mundkur - key speaker at Indian Academy of Cerebral Palsy (IACP)

Webinar - Autism - Early Diagnosis and Intervention Strategies.



- Dr.Nandni Mundkur delivered a talk in Ovum workshop



Accolades

- Dr. Nandini Mundkur, was honoured by Indian Academy of Paediatrics Bangalore for her contribution to IAP Bangalore



- Aster CMI Hospital honoured Dr. Nandini Mundkur in 10th PEDICON Neuro Developmental workshop

The Master Speaks: “My 3-decades journey in Developmental Paediatrics”



- Dr Nandini Mundkur, honoured with **Life Time Achievement Award** by IAP Neuro Development chapter at Annual conference at Guwahati.



Publication/Media

Publication from CCDD research cell

Cognitive Restructuring Through Art: "Fractured Mind and Fragmented Self"

BACKGROUND

Depression holds a prominent position among global disabilities, impacting approximately 4.4% of the global population. Furthermore, research indicates that a substantial proportion of adolescents aged 10–19 years face a heightened risk of developing clinical depression. Art-based therapies have emerged as complementary and alternative forms of management in the field of mental health, offering a unique avenue for therapeutic exploration and expression.^[1] Art is used as a communication tool in the field of Child and Adolescent Mental Health Services ever since the times of Donald Winnicott who used the "Squiggle Game" in his practice to narrate a story.^[2] Adolescents especially are attracted to using art as a medium of expression that can aid in the therapeutic process.^[3]

"Cognitive Restructuring Through Art" is an attempt to incorporate art into traditional cognitive behavioral therapy (CBT) for adolescents with depression. "Fractured Mind and Fragmented Self" [Figure 1], the first of the series portrays the state of mind characterized by a lack of clarity, impaired focus and concentration, poor problem-solving, impaired decision-making, and a poor sense of self in the initial stages of clinical depression.



Figure 1: Fractured mind and fragmented self

FRACTURED MIND AND FRAGMENTED SELF

"Fractured Mind and Fragmented Self" is a powerful artwork designed to facilitate cognitive restructuring in therapy, specifically CBT, aiding healing, and self-discovery. It visually represents cognitive distortions and maladaptive thought patterns with bold lines, sharp angles, and interwoven patterns, symbolizing the disarray, and internal conflict individuals often experience. Dark tones convey distress, while vibrant hues signify growth through cognitive restructuring. Opposing silhouettes reflect distorted self-perception, urging viewers to challenge their beliefs for personal growth. Thus, the artwork brings an individual's internal struggles to the fore, providing them with an opportunity to observe them from an external perspective, engage in self-reflection, and gain insight into their thought processes. It serves as a reference during therapy sessions, encouraging discussions, reinforcing the therapeutic alliance, and exploring alternative perspectives.

In conclusion, "Cognitive Restructuring through Art" exemplifies the potential of art as a therapeutic tool within the realm of cognitive restructuring. This artwork holds immense value as a visual aid in therapeutic settings, by facilitating an introspective and transformative journey toward a more integrated and resilient sense of self.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

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REFERENCES

1. Fancourt D, Finn S. What is the Evidence on the Role of the Arts in Improving Health and Well-Being? A Scoping Review, (Health Evidence Network Synthesis Report, No. 67). Copenhagen: WHO Regional Office for Europe; 2019. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK553773/>. [Last accessed on 2023 Jun 24].

- "In doubt checkout with Dr. Nandini Mundkur, Podcast series on Autism management & Sleep hygiene

<https://youtu.be/OcpTKU46oqk?si=wZfhrcPBBByBBTm69>

<https://youtube.com/watch?v=VFLmUANIFrE&si=NPSwglu7NVMs5v7n>

https://youtube.com/watch?v=3A_wtwt7LXo&si=5GiKgNXPjuZRsQsG

<https://youtube.com/watch?v=UhBuAQjMNAI&si=8AR5UPGQS9anzID0>

https://youtube.com/watch?v=y_cCuqHyOX8&si=sdoEGXjvPmpbE6ga

Celebrations

Autism Awareness Day



- Autism awareness day celebrated with Sangamitra, parent based early intervention center & Carpet Kingdom Bangalore



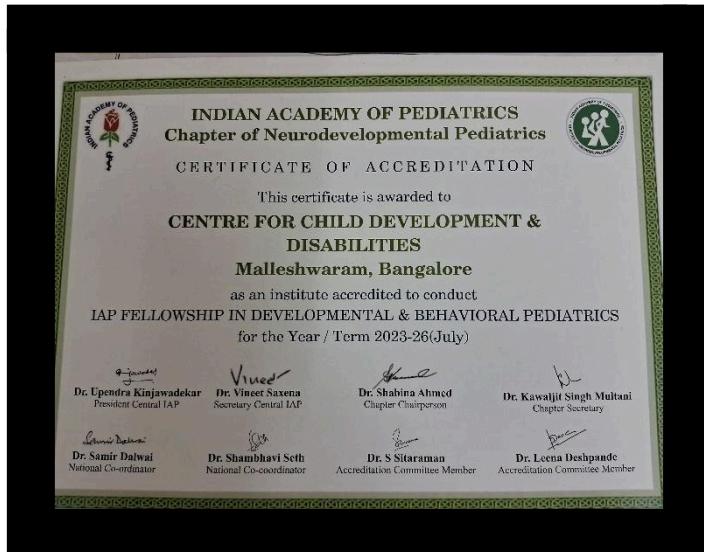
**Fellowship
Program:**

Inspection

- IAP fellowship accreditation renewal inspection:



- Received fellowship accreditation renewal certificate For the year 2023-26



Examination

- Neurodevelopment Fellowship Exam Conducted.

Invited as an external examiners

- Dr.Chitra Sankar , Developmental Paediatrician
- Dr. Maria Lewin, Associate Professor, Clinical Coordinator, Unit of Hope Centre for Children with Special Needs.
 - o St John's Medical College Hospital, Bangalore.



Exam Crew



Examination Results

- Dr.Prabhavathi- IAP fellow secured 3rd rank
- CCDD Institutional fellows Dr.Swathi Nara & Dr.Neha Kukreja passed the exam

Google reviews

• We started our early intervention program for our son. We are very happy with the improvement our son has shown since we started his therapy. SCOPE program is well structured and gave me good direction to work along with special educator and behavioural therapist, Savitha mam. Thank you CCDD.

- "The management of Behavioural Issues in Children with Disabilities Training Program" was insightful and helpful in dealing behavioral challenges smoothly. Concepts and application was very well explained in the session. Reference material was also provided, so that we can any time go back and refer. Many examples and cases were quoted for the better understanding of the concepts. Thank you!
- I would like to thank the creators and managers of the program. It was a great and informative training program. Got to learn a lot which can be helpful in daily lives, and handling tough situations with children and come out with the most appropriate ways to deal with behavioural challenges our children suffer on day to day basis.
- Very useful module on the comprehensive and practical approach to understanding and assessing challenging and problem behaviors in children with developmental disorders. Having experienced faculty brought more to the sessions. Many learning points too from case discussions by fellow participants. Thank you! Sincere gratitude to Dr Nandini Mundkur and CCDD team for the opportunity to learn more through the program.

Testimonial

I would like to thank Dr Nandini, Sangamitra and carpet Kingdom for creating a wonderful opportunity for children and young adults with special needs to express their art from Heart. As a mom I would like to thank from the bottom of my heart for creating appropriate accommodation for everyone to express - My daughter can express herself through Graphic arts -Ms Paint and not through pencil/ paint.