

Institute of Child Development & Adolescent Health (ICDAH)

Moolchand Medcity, Lajpat Nagar – III (Ring Road), New Delhi - 110024

ICDAH is a one-stop multidisciplinary clinic for children, adolescents and their families, providing assessment, diagnosis & remedial intervention to children with special needs like learning disabilities, ADHD, Autism, cognitive impairment, developmental delays etc.

Common Emotional and Behavioral Problems

In Children

- ❖ **Attention Deficit Hyperactivity Disorder ADHD / Attention Deficit Disorder ADD**
- ❖ **Learning Disorders: Specific problems in reading, writing, spelling or arithmetic**
- ❖ **Autism Spectrum Disorders**
- ❖ **Disruptive and Conduct Disorders**
- ❖ **Cerebral Palsy**
- ❖ **Emotional Disorders in Children: Anxiety, Phobias, Temper Tantrums, Separation Anxiety, etc.**
- ❖ **Habit disorders: Bedwetting, Nail biting, Thumb Sucking**
- ❖ **Childhood Trauma and Abuse**
- ❖ **Children in special circumstances, viz., Foster, Adoptive, Custodial care.**



Bringing up ChildrenStop Race....Enjoy the Journey ...

Interventions for Adolescence

- ❖ **Mood disorders: Depression, Anxiety, Aggression, etc.**
- ❖ **Substance Abuse and Dependence.**
- ❖ **Somatoform Disorders, Hysteria.**
- ❖ **Eating Disorders: Anorexia Nervosa and Bulimia.**
- ❖ **Sexual Development, identity and adjustment.**
- ❖ **Family Communication and Relationships.**
- ❖ **Peer pressures, Academic and Career choice issues.**

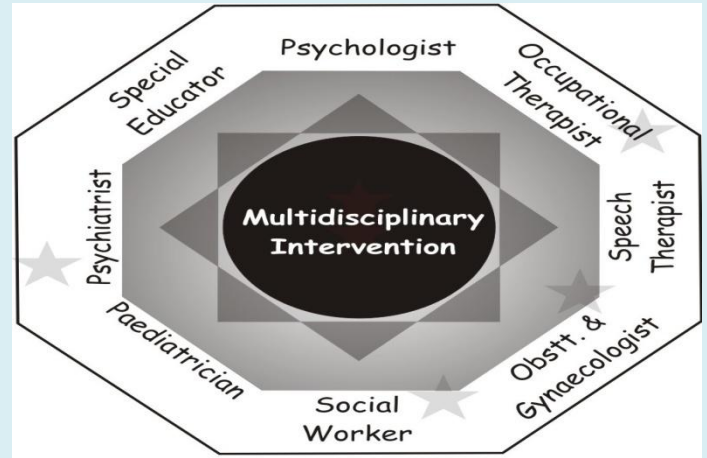


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Multidisciplinary Assessment and Intervention

- ❖ The centre is functioning as a comprehensive referral unit for observation, identification, diagnosis and management of child development and adolescent health problems. Record keeping and reporting with software assistance has been mobilized.
- ❖ Educational toys, updated development and learning assessment scales, equipment for enhancing occupational and physical therapies in children, software based programs and audio – visual aids have been incorporated.
- ❖ **Individualized home-plans for behavioral modification, occupational therapy and sensory integration, speech therapy and remedial education.**
- ❖ The multidisciplinary team works collaboratively towards the management of varied concerns in children. Liaison with schools wherever required is done and gives the intervention a holistic approach
- ❖ Formalized preplanned periodic support group meetings are organized for parents of children with special needs.



The Development Wing, "Expressions India" has the following Objectives

- ❖ Sensitization of Schools for Holistic Development
- ❖ Promotion of Life Skills & Values as Abilities for Adaptive and Positive Behaviours
- ❖ To Initiate and Maintain a Dialogue between Students, Teachers, Parents and Other Stakeholders
- ❖ Strengthen Capacity of Implementing Agencies for Project Management
- ❖ Facilitate Environment Building and Advocacy with Key Stakeholders and Principals
- ❖ Facilitate Training of Teachers and Peer Educators

The Multidisciplinary Professional Team

NAME & DESIGNATION	CONTACT	NAME & DESIGNATION	CONTACT
Ms. Mudita Yadav Consultant Special Educator	8800271414	Ms. Tanuja Bhardwaj Consultant Psychologist	9643989480
Ms. Divita Yadav Consultant Special Educator	9599455153	Ms. Ankita Sharma Counseling Psychologist & Life Skills Coach	9711826267
Ms. Aparna Singh Consultant Psychologist	9810163000	Ms. Aprajita Dixit Asst. Psychologist & Life Skills Coach	9999660117
Dr. Runjhun Joshi Occupational Therapist	9873432711	Ms. Tenzin Namdol Child & Adol. Psychologist	7892854494
Mr. Devraj Speech Therapist	9818799555	Ms. Sheema Hafeez Child and Adolescent Psychologist	9818018316
Ms. Dilpreet Kaur Junior Psychologist	9811559558	Ms. Astha Sharma Clinical Psychologist	9971203773

Dr. Jitendra Nagpal

Head & Sr. Consultant Psychiatrist
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Ms. Manju Madan

Incharge-Administration
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Ms. Priya Sharma

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