



### **B M Institute of Mental Health**

Near Nehru Bridge, Ashram Road, Ahmedabad,  
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Monday to Saturday - 10:00am to 5:00 pm

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The Institute is registered under Bombay Public Trust  
Act, Persons with Disability (PWD) Act, Rehabilitation  
Council of India and National Trust and is recognized by  
the Government of Gujarat.



**B. M. INSTITUTE  
OF  
MENTAL HEALTH**

Since 1951



## Vision

To bring sea change in the quality of 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 as an Institute of Importance for Mental Health Education and Services

# Chairman's Message

B.M.Institute of Mental Health was established by Mrs. Kamalini Sarabhai. It is one of the oldest institutions in the field in our country.

We feel very happy and proud to see its Campus is an iconic structure with an unique Dome and Bakubhai-ni Pol.

There is a huge gap between the need to develop the personality of mentally challenged children and persons. Our aim is to fully rehabilitate this category of 'Divyangs' and give them self-respect, self-reliance and capabilities to make their lives happy.

P K Laheri  
Chairman



# Director's Desk

The tremendously fulfilling journey undertaken in last six decades by the B M Institute of Mental Health (BMIMH) has allowed it to establish as a unique place of repute. Started in 1951 with the aim to provide research based services in the area of child development and mental health, the institute has evolved as a pioneering institute in mental health education and services. Multi disciplinary approach for diagnosis, therapy and rehabilitation constructs the core of our work. Here, we not only train competent and socially committed professionals to work in the field of rehabilitation and education but are also providing need based services to more than 300 people every day.

BMIMH has always believed in adhering to a human rights perspective in rehabilitation services and promote psychological well-being. We adopt an interdisciplinary approach to research and education and a multidisciplinary approach to rehabilitation services. We believe in fostering a culture of excellence and an aspiration to be the best.

After going through its share of ups and downs, the future holds tremendous promise for the Institute. We are refining, re-engineering and expanding our mental health care work to meet the challenges of today and tomorrow. Our team effort and hand holding by society is helping us to emerge as an institution of importance in the field of mental health and disability rehabilitation.

On behalf of team BMIMH, I am grateful to everybody who walks in through our doors, everyone who has trust in our services and the professional education we offer.

Dr. Madhu Singh  
Director

# Looking back with pride

Smt. Kamalini Sarabhai was the key person to develop the pillars of B M Institute (BMI) and transformed it into one of the pioneering institutions of Asia. She received psychoanalytic training at the British Psycho-Analytical Society (BPAS) and the Tavistock Clinic, London. She was also a member of the BPAS with a special interest in child development. As Director of the Institute, Kamalini Sarabhai worked closely with the Tavistock Clinic, London. Dr. J. D. Sutherland, Director, Tavistock Clinic was consulted for developing clinical research and training at the Institute. Based on the model of the Tavistock School of Family Psychiatry and Community Mental Health, specialized services at BMI developed. In 1951, Dr. Lois B. Murphy, Psychologist, Menninger Foundation, Topeka, Kansas was requested to visit the institutions engaged in research in education and psychology in India and to make recommendations for developing research institute. The recommendations made by Dr. Murphy were in general accepted by BMI

The early activities of the Institute include research, service and training in preventive social medicine which were based upon the kinds of services members of our society need. Besides its regular clinical services for children and adults, the Institute offered its consultation services to the Mental Hospital, Remand Home, Juvenile Court, Calico Mills, Arvind Mills and Shreyas School. BMI offered training to students of Gujarat University for personality interview of Union Public Service Commission (UPSC) from 1955 to 1957.

# Looking back with pride

BMI made a humble beginning with the establishment of Balghar in 1950.  
This was followed by :

- Nirmala Diagnostic Clinic for Emotional Disorders in 1950s
- Child Guidance Clinic in 1955
- Counselling services for University students in 1960, first started at L. D. Arts College, Ahmedabad.
- Child Psychiatry Unit in 1962
- Godavari centre for Family Relations in 1964
- Sharda School for Mentally Challenged in 1965
- Speech and Audiology Clinic in 1966
- Occupational Therapy and Rehabilitation Unit in 1969
- Psychotherapy and Psychoanalysis Clinic in 1970s
- Learning Difficulty Clinic in 1970s
- Sarvangi Shishu Vikas Clinic in 1970s
- Day care Unit for Mentally Ill in 1970s
- Multicategory Workshop in 1974
- Chetan centre for Deeply Disturbed Children in 1976
- Sarla Centre for Professional Education in 1972 (Diploma in Psychotherapy, Diploma in Psychiatric Social work, Diploma In Psychiatric Occupational Therapy, Diploma In Special Education of non-normal children)

# We are

# Working for

B M Institute of Mental Health is a multi disciplinary Institute for clinical diagnosis, training, care and therapeutic pursuit in the frontier area of Mental Health and Disability Rehabilitation. It was established in 1951.

Recognized by Government of Gujarat, Gujarat University and Rehabilitation Council of India as an institution for providing Higher Education for preparing quality human resource to work in the field of mental health and disability rehabilitation.

B M Institute of Mental Health is registered under Bombay Public Trust Act and Persons with Disability (PWD) Act.

Infants, Children, Adolescents and Adults with Mental Health related conditions and Disability



# Our Approach

- A multi-disciplinary team approach for diagnosis, therapy and intervention
- Following evidence based best practices
- Working with family of the client
- Counselling and parental guidance
- Medication is used for symptomatic relief and in times of crisis only

# Specialized Clinical Work For

Intellectual Disability, Psychiatric Problems, Cognitive Challenges, Motor Problems, Speech and Language Problems, Educational and Learning Problems, Emotional Disturbances, Personality Disorders, Behaviour Problems, Stress and Anxiety, Academic under-achievement, Attention Deficit Disorder with or without Hyperactivity, Cerebral Palsy, Neuro-developmental Problems, Adjustment Problems, Occupational Stress related Problems and other child development related issues.



Out Patients Department

Therapeutic Department

## Healthcare Services

## Education and Training

Vocational Training to Special Need Adults

Professional Courses for Higher Education

Special Education for Special Need Children

### Out Patient Department (Diagnostic ASSESSMENT & Testing)

- Psychiatrist
- Psychologist
- Occupational Therapist
- Speech Therapist
- Special Educator
- Genetic Counsellor
- Psychiatric Social Worker
- Dietician
- Psychiatric Nurse

### Intervention & Therapy Services

- Psychiatry Unit (Guidance and Medication)
- Psychology Unit (Counselling, Cognitive Training and Psychotherapy)
- Occupational Therapy
- Speech Therapy
- Special/Remedial Education
- Genetic Counselling
- Diet Therapy
- Dance Movement Therapy (DMT)
- Art Based Therapy (ABT)

# Education and Training

**B M Institute of Mental Health plays an active role in research, education and training.**

## Professional courses

- Post Graduate Diploma in Rehabilitation Psychology
- Diploma in Special Education (MR)
- B.Ed. Special Education (MR)

## Specialized education, training & rehabilitation programs for specially abled people

- Day Care Unit
- Chetan Center
- Multi category Workshop
- Prayas Group
- Sharda School

# Professional courses

## Post Graduate Diploma in Rehabilitation Psychology

- RCI approved one year full time professional course affiliated with Gujarat University
- Eligibility criteria: Graduation and Post-Graduation in Psychology
- Approved seat by RCI: 25

## Diploma in Special Education – Mental Retardation

- RCI approved two years full time professional course affiliated with NIEPMD
- Eligibility criteria: 10+2
- Approved seat by RCI: 20

## B.Ed. Special Education (MR)

- RCI approved two years professional course in distance mode affiliated with Dr. B.R.Ambedkar University
- Eligibility criteria: Graduation in any discipline

# Day Care Unit (DCU)

DCU is a rehabilitation center exclusively for emotionally disturbed people with psychiatric conditions having psychotic and neurotic problems. It works on a model of Treatment, Training and Rehabilitation. Cases are registered for day care services only.

- **Team:**

Psychiatrist, Rehabilitation Psychologist, Social Worker and Psychiatric Nurse

- **Services:**

Psychiatric Treatment, Individual, Group And Family Counselling, Structured Program for Rehabilitation, Life Skill Training, Computer Skill Training, Vocational Skill Training



# Multi category workshop

(MCW) is a vocational set up where people having limitations in functional abilities, intellectual impairment or psychiatric problem are provided vocational training in various skills and trades. The training provided to beneficiaries help in vocational rehabilitation and their main streaming in society.

- **Team:**

Special Educator, Rehabilitation Psychologist, Occupational Instructor and Occupational Therapist



# Mentally challenged children

## Sharda School for Mentally challenged children

It is a special school registered under Social Defence Department, Gandhinagar and offers special education and training in activities of daily living to children with Intellectual Impairment.

- **Team:**

Special Educator, Art Teacher, Occupational Therapist and Speech Therapist



# Children with autism

## Chetan Group for children with autism

It is center offering specially designed educational programme, therapies and intervention services to children diagnosed with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

- **Team:**

Psychologist, Speech Therapist, Occupational Therapist, Special Educator and Dietician

It is a training group for children between 2 to 6 years of age. General Stimulation for developing pre-educational skills, socio-communication skills, behaviour and cognitive skills are given to childrens who are at risk of delayed development.

- **Team:**

Psychologist, Speech Therapist, Occupational Therapist, Special Educator and Social Worker



## Pehchaan

Pehchaan is an initiative by B M Institute for vocational rehabilitation of persons with special abilities. Vocationally trained person are involved in designing and production of eco friendly items. Designs for each product are created keeping in mind the cognitive and physical development of each individual. The process aims at making each individual involved in the work self reliant and sustainable. Creating by freedom of choice and spontaneity leads to unique and innovative set of product ideas

## Prayatna

Prayatna is a social initiative to reach out those students in regular schools who are struggling in their academics or are not functioning at par with their peer group. These students have been reported to indulge in undesirable classroom behavior. The simple reason for such behaviour may be so that the classroom instruction does not match with their ability and their learning style. It may be either frustrating (in case of Gifted students) or difficult to process for few students.

# Art Based Therapy (ABT)

ABT is a creative process to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It helps people to resolve conflicts, develop interpersonal skills, manage behaviour, reduce stress, increase self-esteem and self-awareness. Art therapy integrates the fields of human development, visual art forms and the creative process with models of counselling and psychotherapy.

# Dance Movement Therapy (DMT)

DMT is based upon interaction of body-mind-spirit. It helps to channelize conscious and subconscious movements of a person. Therapeutic use of movement assists in development and functioning of cognitive, emotional, physical and social skills of a person. It is helpful in developing and functioning of Memory, Reasoning, Perception, Imagination and Decision Making



# Architecture

B.M. Institute of Mental Health is situated on the banks of the river Sabarmati, sprawling on both sides of the Ashram Road with a unique architectural ambience attached to them giving the place an earthy feel. This leaves a calming effect on the minds of the visitors. By looking at the structure it can be sensed that a lot of thought has been put in to address its functional aims and challenges. The spacious design of the campus accommodates green space with natural light with cooling effects. A good deal of wood has been included in the architecture. The building is well-structured in terms of the placing of classrooms and office rooms. The ease of movement that the structure offers makes it really easy for the staff to work and co-ordinate within the Institute. The brick structure of the corridors and the wooden ceiling reduces the anxiety which is usually felt by children and adults in new environments.

Gautam Sarabhai, a well-known name in the field has designed the beautiful architecture of B.M. Institute of Mental Health.



# Campus and infrastructure



- Two campuses equipped with user friendly amenities spread on 4 acers of land
- Well equipped Psychological Testing Laboratory
- Sound proof Speech and Audiometry Room
- Fully functional Occupational Therapy Unit
- Sensory Integration Therapy Room
- Sensory Park
- Psychotherapy, Individual and Group Counselling Room
- Cognitive Behaviour Training Room
- Remedial Teaching Room
- Consultation Rooms
- Waiting Hall
- Conference Room, Seminar Hall and Training Rooms
- Large playground
- Multipurpose hall for recreational activities
- Large dinning area
- Specially designed vocational training set up

# Board of Trustees

- Shri P.K.Laheri , IAS (Retd ) Former Chief Secretary, Govt. of Gujarat – Chairman, Board of Trustee
- Smt. Kalpanaben Setlwad
- Shri Vinay Kumar Shah
- Mrs. Meher Medora
- Dr. Rajesh Maniyar
- Smt. Nayanaben Patel
- The Secretary, Department of Health and Family Welfare
- The Commissioner, Department of Higher Education
- The Secretary, Department of Social Justice an Empowerment of Govt. of Gujarat
- Shri D.T. Dave is the Secretary of B.M.Institute of Mental Health