

AIIMS Bibinagar launches Health and Happiness Clinic

Rajya Sabha member Dr. Banda Prakash appreciated AIIMS for setting up Health and Happiness Clinic, which would be more useful to the people to get relief from the anxiety created by the pandemic.

Department of Community Medicine and Family Medicine in All India Institute of Medical Sciences (AIIMS), Bibinagar on Saturday launched Health and Happiness Clinic on its premises to provide mental health care services to the people and promote health and well-being of the individual, family and community.

Inaugurating the Health and Happiness Clinic in Bibinagar AIIMS, Rajya Sabha member Dr. Banda Prakash said that anxiety and depression in the public have increased in the present scenario of COVID-19 pandemic. He appreciated AIIMS for setting up Health and Happiness Clinic, which would be more useful to the people to get relief from the anxiety created by the pandemic.

Executive Director of Bibinagar AIIMS Dr. Vikas Bhatia said that Health and Happiness Clinic would offer holistic services such as meditation, Yoga services, mindfulness, referrals, counselling and consulting to help to improve the mental and emotional health of the individual and family. The services provided at the center would be – Suicide prevention with 24-hour helpline, music therapy, facilitation of positive mental health and counselling for stress, anxiety, depression.

Other than this, there will be screening of non-communicable diseases and common nutritional disorders. This will help in giving quality time to patients who need us as well as help in proper coordination with the other departments, he added.

He said that people should not hesitate to take counseling or medicine, if they faced anxiety and depression. World Yoga Day celebrations would also be conducted on the campus of AIIMS on June 21. First Governing body meeting of Bibinagar AIIMS was also held in its premises on the day.





