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Moolchand Medcity celebrated World Mental Health Day-2008

Moolchand Medcity organized an interactive panel discussion with the focal theme "Meeting the challenges of Mental Health Promotion-Role of Primary Care Physicians", in association with IMA-South Delhi Branch at Moolchand Auditorium.

NEW DELHI, INDIA, October 16, 2008 **/24-7PressRelease/** -- Moolchand Medcity organized an interactive panel discussion with the focal theme "Meeting the challenges of Mental Health Promotion-Role of Primary Care Physicians", in association with IMA-South Delhi Branch at Moolchand Auditorium. IMA South Delhi Branch has been organizing orientation courses in mental health for the past few years. A large number of physicians have benefited in terms of knowledge, skills and attitude towards betterment of mental health. The main purpose of this crusade is to promote general awareness and responsibility regarding mental health issues in primary care and have consensus building for future ideas and action. More than 120 doctors from all over India attended the event and highlighted the issues of mental health in primary care and need of child health education, especially in India. The session was widely attended by physicians, psychiatrists, psychologists, nursing students and a few school children with a holistic approach for interface between psychiatry and primary care at school level. The initial estimates suggest that about 500 million people in the world alive today suffer from mental or neurological disorders or from psychological problems such as those related to alcohol and drug abuse. Many of them suffer silently. Many of them suffer alone. Beyond this suffering and absence of care lie the frontiers of stigma, shame, exclusion and more often than we care to know, death. The Mental health care facility at Moolchand has made a landmark movement with comprehensive psychiatry and psychology services.

Dr. Jitendra Nagpal, Senior Consultant, Psychiatry and Child Health Psychology, Moolchand Medcity said that mental illness is not a personal failure. It doesn't happen only to other people. He said that there should be no discrimination on the grounds of mental illness and as far as possible every patient shall have the right to be treated and cared for in his or her own community in the least restrictive environment and with the least intrusive treatment. Dr. Jitendra Nagpal said, "Mental, neurological and behavioral disorders are common to all countries and cause immense suffering. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality. These disorders are the cause of staggering economic and social costs." Dr. Nagpal said, "Mental illnesses affect and are affected by chronic conditions such as cancer, heart and cardiovascular diseases, diabetes and HIV/AIDS. Untreated, they bring about unhealthy behaviour, non-compliance with prescribed medical regimens, diminished immune functioning, and poor prognosis." He also stressed on a few of the barriers to effective treatment of mental illness which includes lack of recognition of the seriousness of mental illness and lack of understanding about the benefits of services. Policy makers, insurance companies, health and labour policies, and the public at large-all discriminate between physical and mental problems.

The other psychiatrists and psychologists who attended the session were Dr. Samir Parikh, Dr. Sandeep Vohra, Dr. Aruna Broota, Dr. A K Israni, Dr. Neena Vohra, Dr. Avdesh Sharma, Dr. S C Malik and Dr. Anita Mahajan.

About Moolchand

As one of India's foremost names in healthcare, Moolchand has been setting standards for the past half century. Located in the heart of the capital, the plans are to develop Moolchand Medcity as Asia's largest single site multi specialty hospital complex (6 specialties, 1000+ beds). We aspire to be your lifelong healthcare partner by delivering your healthcare wishlist: superb physicians, cutting-edge technology, compassionate care, integrity and affordable excellence.

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