

# Department of Psychiatry

**Overview:** The Department of Psychiatry at AIIMS, Raipur is committed to providing comprehensive mental health services, conducting innovative research, and offering high-quality education and training programs. Our team of experienced psychiatrists, psychologists, social workers, and other mental health professionals work collaboratively to address a wide range of mental health concerns.

**Mission:** Our mission is to enhance the mental health and well-being of individuals through excellence in patient care, innovative research, and education. We strive to create an inclusive and supportive environment that values collaboration, diversity, and continuous learning.

**Facilities:** We take pride in our state-of-the-art facilities designed to create an environment that fosters healing, learning, and research. Some of the key facilities and services include:

1. **Outpatient Clinics:** Our outpatient clinics are equipped to provide personalized and evidence-based care to individuals dealing with various mental health conditions. Our team of skilled clinicians is dedicated to offering comprehensive assessments, diagnosis, and treatment plans tailored to each patient's unique needs. The trained psychologist in the department also provide the psychotherapy services to our patients.
2. **Inpatient Units:** Our inpatient units are designed to provide a safe and supportive environment for individuals experiencing acute psychiatric crises. With a multidisciplinary approach, our team collaborates to ensure the highest level of care during these critical periods. As an initiative towards rehabilitation and skills training, patients are being involved in making paper bags. The ward has a dedicated space for such activities. A yoga therapist visits the department daily and conducts an-hour long yoga session for the patients. Patients are involved in the yoga session based on the status of their symptoms and ability to cooperate for the same.



3. **Advanced treatment modalities:** These advanced treatment modalities complement our comprehensive range of services, allowing us to address a spectrum of mental health conditions with precision and efficacy. We prioritize the well-being of our patients, and our team is committed to staying abreast of the latest advancements in psychiatric care.

**Electroconvulsive Therapy (ECT):** Our department is equipped with state-of-the-art facilities for ultra-brief pulse Electroconvulsive Therapy (ECT). ECT is a highly effective treatment option for severe psychiatric disorders, especially when other interventions may not yield desired results. Our experienced team of psychiatrists and anesthesiologists ensures that ECT is administered safely and tailored to individual patient needs.



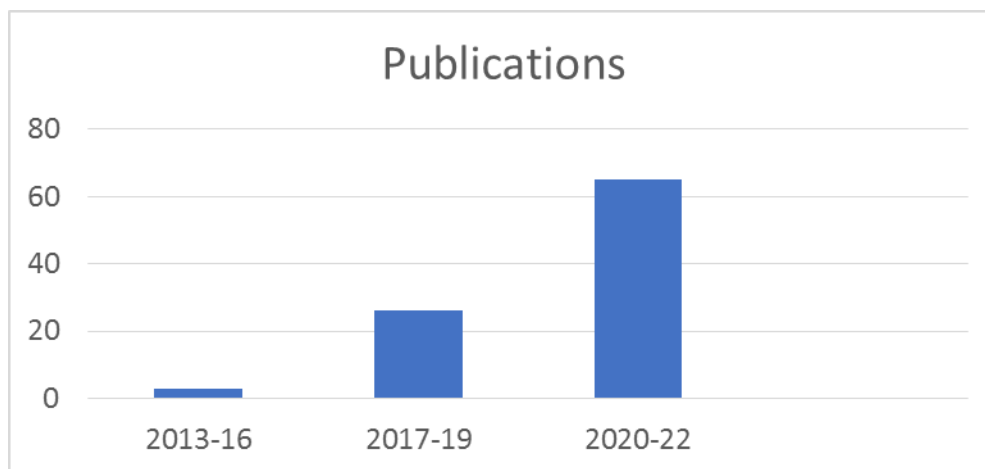
**Transcranial Direct Current Stimulation (tDCS):** In our ongoing pursuit of innovative therapies, we are proud to offer high definition Transcranial Direct Current Stimulation (tDCS). This non-invasive procedure involves the application of a low electrical current to specific areas of the brain, with promising results in various mental health conditions. Our tDCS facilities are staffed by skilled professionals dedicated to delivering personalized and evidence-based care.



**Repetitive Transcranial Magnetic Stimulation (rTMS):** Another cutting-edge treatment modality available at our department is Repetitive Transcranial Magnetic Stimulation (rTMS). This non-invasive procedure uses magnetic fields to stimulate specific regions of the brain, offering a targeted approach for conditions such as depression and other neuropsychiatric disorders. Our rTMS program is led by experienced clinicians who are at the forefront of applying this technology to improve mental health outcomes.



4. **Research Work:** The department is actively engaged in groundbreaking research aimed at advancing our understanding of mental health disorders and developing innovative treatments. We participated in National Mental Health Survey (NMHS) during year 2015-2016 and conducted survey in state of Chhattisgarh. The department is conducting funded and non-funded, intra/extra-mural research projects and the results of the same have been presented in medical conferences and published in journals of national and international repute. The number of publications from the department is growing at a good pace.



5. **Training and Education:** We are committed to training the next generation of mental health professionals. The department started its own postgraduate course, i.e., MD in the subject of Psychiatry in the year 2018. The department/Institute has been the first one in Chhattisgarh state to start MD-Psychiatry course. Our education programs include PG residency training, internships, and undergraduate psychiatry training to students of MBBS and BSc (Nursing) students of the institute following a comprehensive and rigorous curriculum.
6. **Special Clinic:** The department runs special clinic for opioid dependence on every Monday and Thursday from 1:30 pm to 4:30 pm.
7. **Teleconsultation services:** Common queries of the patients are handled and guidance regarding appointment is provided over the phone. The registered patients of the department also get the online consultation and prescription for their medication as per the guideline and norms.
8. **Community Outreach Programs:** In addition to clinical and research activities, our department is actively involved in community outreach programs. We believe in promoting mental health awareness and reducing stigma through educational initiatives and community partnerships.

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