**Visits to various facilities during the 10th World Congress of Women’s Mental Health March 5th to 8th, 2025**

As part of the 10th World Congress of Women's Mental Health (IAWMH 2025), delegates will have the unique opportunity to explore various specialised facilities within NIMHANS, a renowned tertiary care centre for mental health and neurosciences. These visits, arranged on a first-come, first-served basis, aim to provide valuable insights into the services and programs offered at NIMHANS, Bengaluru.

1. **Mother and Baby Inpatient Psychiatry Unit**

Dates: 5th, 6th, 7th, and 8th March 2025

Timings: 10:00 AM – 11:00 AM and 3:00 PM – 4:00 PM

Capacity: 15 persons per visit

Overview: The Mother and Baby inpatient unit offers comprehensive multidisciplinary care for maternal mental health and infant well-being, including treatment of postpartum and pregnancy related issues requiring inpatient care, specific interventions for Mother-Infant Bonding Disorders, and support for spouses and family members. We invite you to explore our brand new MBU and listen to our journey.

**We have Multidisciplinary MBU ward rounds on Tuesdays.** We can accommodate up to 5 visitors for a ward round on the 4th March or 11 March 2025. If interested please write to [deans@nimhans.net](mailto:deans@nimhans.net) by 27th Feb with MBU in your subject line.

Location – Psychiatry Speciality Block,

First Floor

Near the State Bank of India Building on the NIMHANS Campus

**Walking time from Convention Centre-** 5 minutes

1. **Yoga Centre (NIMHANS Integrated Centre for Yoga (NICY))**

Dates: 6th, 7th, and 8th March 2025 – Special Yoga Sessions for IAWMH Congress participants

Timings: 8:00 AM – 9:00 AM and 4:00 PM – 5:00 PM

Capacity: 30 persons per batch

Dress Code: Participants are advised to wear comfortable, loose-fitting attire suitable for yoga practice.

Overview: The Yoga Centre integrates wellness practices with modern mental health care, offering yoga sessions designed to reduce stress, enhance mindfulness, and promote holistic well-being. The centre also offers specific modules for multiple psychiatric and neurological conditions. Those who want to participate in the yoga sessions may wear appropriate attire. If you only want to visit then sign up for a once a day visit.

**Walking time from Convention Centre**- 5 minutes

1. **NIMHANS Heritage Museum**

Dates: 5th, 6th, 7th March. The museum is closed on 8th March.

Timings: Open throughout the day- 9 am to 4.30 pm. It takes 30 -45 minutes for a tour

Guidance: Volunteers will be available to provide directions and assist visitors at the museum.

Overview: This museum showcases the rich history and evolution of mental health care, offering a unique glimpse into the cultural and scientific milestones of the field. It tells the story of the history and development of the institute from the time of the Lunatic Asylum in 1850 to NIMHANS through the medium of infographics, artefacts and narratives.

Location – Opposite the State Bank of India, on campus

Walking time from Convention Centre- 5 minutes

1. **The NIMHANS Brain Museum**

Dates: 6th and 7th March 2025

Timings: Can be visited between 2 pm and 4 pm.

Overview: The Brain Museum, one-its-kind in India, features a curated collection of brain specimens. Collected over the past 35 years, the museum exhibits brains affected by various head injuries, cerebrovascular diseases, brain infections, neurodegenerative disorders, brain tumours, and brains of a few species of animals as well.

Location: Ground floor, Neurobiology Centre (NBRC)

Walking Time from Convention Centre: 10 minutes

1. **Perinatal Psychiatric Clinic**

Date: **Only on Friday, 7th March 2025**

Timings: 10:00 AM – 11:00 AM and 11 am to 12 pm (Two Batches)

Capacity: 10 in each batch

Location: 2nd floor, Psychiatry Speciality Clinic

NIMHANS Outpatient Department, Gate No. 4

Walking Time from Convention Centre: 10 minutes

Overview: This clinic specializes in addressing psychiatric conditions during pregnancy and postpartum period. The clinic also offers specialised services including pre-pregnancy counselling for women with mental health related difficulties, developmental assessment of the infant, and mother-baby bonding, allowing for early intervention.

1. **The Tele MANAS Experience: Diving into India's largest digital mental health Service"**

Date of visit : **5th March to 8th March**

Timings: 11am to 12:30pm and 3-4pm

Capacity: 10 people in each batch

Location: Tele MANAS, 6th Floor, Dietary section building, NIMHANS

Walking time from convention centre: 5 mins

Overview of the visit: TeleMANAS is a tele-mental health service offering 24/7 support through a toll-free telephonic counseling system, catering to diverse population needs across the country. It provides services in 20 languages, ensuring accessibility to a wide range of individuals. It connects users with trained counselors and mental health professionals (MHPs) to address various mental health concerns.

During the orientation, delegates will get an overview of the system and its key features, including confidentiality and client-centered care. They will also have the chance to listen to a live call to observe how calls are managed and how counselors provide support. Interaction with counselors and MHPs will follow, allowing participants to ask questions about best practices, challenges, and the role of MHPs. The session aims to provide a comprehensive understanding of TeleMANAS’ services and operations.

**How to sign-up for these visits**

Delegates can sign up for these visits at the registration desk in the Conference Convention Centre which will be open from the 5th March at 9 am. You will be given a token with your visit confirmation. The visit registrations will be on a first come first served basis. Delegates will be guided by volunteers and are encouraged to arrive at the convention centre or the venue with their tokens 10 minutes before schedule.

For any queries or assistance, please contact the organizing team at the registration desk.

We look forward to hosting you and sharing insights into our efforts to advance mental health care for women globally.

Summary of Visits with Dates and Times

| S. No. | Visit | Dates | Slots | Batches |
| --- | --- | --- | --- | --- |
| 1 | Mother and Baby Inpatient Unit- MBU | 5th, 6th,7th,8th March | 10-11 am  3-4 pm | 15 per visit |
| 2 | Perinatal Psychiatric Clinic | 7th March (Friday) | 10-11 am | 2 batches |
| 3 | Yoga Centre for a Yoga session | 6th,7th,8th March | 8-9 am  4-5 pm | 30 per batch (may accommodate more if needed) |
| 4 | NIMHANS Heritage Museum | 6th and 7th March | 9.30 am to 4.30 pm | No number specified  Self Guided |
| 5 | NIMHANS Brain Museum | 5th,6th,7th March | 5th (Wednesday)- morning  6th (Thursday)- as per availability  7th (Friday)- afternoon | 1 batch per day- 30 per batch  (brief tour) |
| 6 | NIMHANS Tele Manas | 5th,6th,7th March | 11am to 12:30pm and 3-4pm | 10 people in each batch |