

Fortis join hands with Tips for #Music4MentalHealth Initiative

- Initiative to educate people about positive impact of music on mental health

Gurugram, 11th October, 2019: The department of **Mental Health & Behavioural Sciences, Fortis Healthcare** joined hands with **Tips Industries Limited** to launch a new online initiative #Music4MentalHealth. The initiative aims to educate people about the positive impact of music on the mental health well-being. The initiative has also launched a “Music 4 Mental Health” workshop and certificate course especially curated for health practitioners across India.

Speaking on the initiative, **Dr Samir Parikh, Director, Mental Health & Behavioural Sciences, Fortis Healthcare**, said, *“Over the years, there has been a lot of research about the therapeutic role of music in terms of its impact on our emotional well-being. Music can be a very effective tool to help people relax, cope with distress and manage emotions effectively.”*

Mr Kumar Taurani, Executive Director and Chairperson, Tips Industries Limited, said, *“It’s a pleasure to collaborate and take this campaign forward with Dr. Parikh and the Department of Mental Health and Behavioural Sciences, Fortis Healthcare. Through our CSR activity we intend to urge people to listen to music mindfully. Our outreach will be over 1000 schools in the coming year where we bring awareness to students from a young age via music workshops and also hold several corporate sessions.”*

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.

About Department of Mental Health & Behavioural Sciences, Fortis Healthcare

‘The Department of Mental Health and Behavioural Sciences at Fortis Healthcare is an integrated mental healthcare system comprising a multidisciplinary team of experts including psychiatrists, clinical and counselling psychologists, art and movement-based therapists, psycho-oncologists, remedial experts, psychodynamic psychotherapists, organizational behavior psychologists and sport psychologists. Led by Dr. Samir Parikh, Director, Fortis National Mental Health Program, it is the one of the few multi-city multi-centric comprehensive mental health programme in the world, with a presence in 24 centers across Delhi-NCR, Mumbai, Bengaluru, Chennai, Kolkata, Mohali, Ludhiana, Amritsar, Jaipur and Udaipur. With a key focus on preventive and positive mental health, the department runs the Fortis School Mental Health Program, which is completely free of cost to schools. The Fortis Stress Helpline (8376804102) is a 24 X 7 helpline run by a multilingual team of mental health professionals in order to support individuals experiencing emotional distress.’

Press Release

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