

Mind and Brain Hospital Pioneers VR Therapy in Bangalore

Immersive Healing with VR Therapy - Becoming City's First for Clinical Treatment



BREAK FREE FROM FEAR

VR Therapy for Anger, Anxiety, Depression & Phobias

Your fears

VR TRANSFORMATION

Your freedom



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Bengaluru, Karnataka Jan 31, 2026 (Issuewire.com) - Mind and Brain Hospital Pioneers Virtual Reality Therapy for Pain and Anxiety Management in Bangalore

BANGALORE, India – Mind and Brain Hospital today announced the formal integration of [Virtual Reality \(VR\) therapy](http://Virtual Reality (VR) therapy) into its clinical treatment protocols, establishing itself as the first healthcare facility in Bangalore to do so. This evidence-based, non-pharmacological intervention is now available to

support patients managing surgical procedures, chronic conditions, or pediatric care.

The therapy uses medically approved VR headsets to immerse patients in interactive, calming environments, such as serene natural landscapes. Clinical research indicates that this immersive distraction can effectively lower the brain's perception of pain and anxiety, which may reduce the need for additional medication in some cases.

"This integration aligns with our commitment to combining compassionate care with technological innovation," said Dr. Safiya M.S., a lead psychiatrist at Mind and Brain Hospital. "VR therapy provides a tool to help transform a patient's experience, offering a sense of control and comfort during clinical treatments."

The hospital's clinical team has undergone specific training to administer VR therapy. Early applications have shown positive effects, particularly in alleviating pre-operative anxiety and creating a calming environment for younger patients undergoing procedures.

This initiative expands the hospital's portfolio of advanced neurological and psychiatric treatments, which already includes techniques like Transcranial Magnetic Stimulation (rTMS) and Neurofeedback.

About Mind and Brain Hospital

Mind and Brain Hospital is a specialized neuropsychiatric facility in Bangalore focused on providing advanced, evidence-based treatments for mental health and neurological conditions. The hospital is dedicated to making innovative and compassionate care accessible to its patients.

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Source : Mind and Brain Hospital

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