



RITAMH

# BOOK OF ABSTRACTS

**International Conference:**  
**Research, Innovation & Technological Advancements in  
Mental Health in the 21<sup>st</sup> Century (RITAMH 2024)**

**December 6<sup>th</sup>-8<sup>th</sup>, 2024**

**Organized by:**  
**National Association of Mental Health & Allied Health Foundation  
(NAMAH Foundation)**



## Knowledge Partners:

ICMR-Regional  
Medical Research Center  
(RMRC), Bhubaneswar



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INDIAN COUNCIL OF  
MEDICAL RESEARCH  
REGIONAL MEDICAL RESEARCH  
CENTRE, BHUBANESWAR

School of Public Health,  
KIIT Deemed to be University,  
Bhubaneswar



SCHOOL OF PUBLIC HEALTH  
KALINGA INSTITUTE OF INDUSTRIAL TECHNOLOGY  
Deemed to be University U/S 3 of UGC Act, 1956

Department of Psychosocial Support in  
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Bangalore



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## **PREFACE**

It is with great pleasure and anticipation that we present the Book of Abstracts of the International Conference on "Research, Innovation, and Technological Advancements in Mental Health in the 21st Century" – RITAMH, 2025. This landmark event, organized by the National Association of Mental Health and Allied Health (NAMAHA) Foundation marks a pivotal step forward in addressing the challenges and opportunities within the discipline of public health.

Mental health is one of the most pressing concerns of our time, requiring innovative solutions and multidisciplinary collaboration. In response to the growing demand for advancements in this area, this conference aims to serve as a global platform for researchers, practitioners, policymakers, and students to exchange ideas, showcase groundbreaking research, and explore novel technological advancements that can transform mental health care delivery and outcomes.

The School of Public Health, KIIT-DU, ICMR-Regional Medical Research Centre (RMRC), Bhubaneswar, and the Department of Psychiatric Social Work and Social Development & Management (DPSSDM), NIMHANS, were the esteemed research and knowledge partners. Their involvement underscores the collaborative spirit and commitment needed to advance mental health research and practice.

Held during 6-8 December 2024 at the vibrant KIIT Campus, this conference is an intellectually enriching experience. The diverse program envisages keynote addresses, panel discussions and research presentations by leading experts and emerging scholars, summarized in the Book of Abstracts. It also provides a unique opportunity for students and early-career researchers to present their findings, network with professionals, and gain invaluable insights into the evolving landscape of mental health.

This Book of Abstracts highlights the dedication and ingenuity of contributors working to advance mental health. We thank all participants and partners for their support and enthusiasm. Together, let us shape a future of accessible, inclusive, and effective mental health care.

Welcome to the International Conference RITAMH, 2024!

Chairman, Organizing Committee

## Prof. Achyuta Samanta

Founder & Mentor - KIIT & KISS  
KISS Foundation India, UK & USA



KIIT UNIVERSITY



KALINGA INSTITUTE  
OF SOCIAL SCIENCES

### MESSAGE



Date: 29<sup>th</sup> November 2024

It is a pleasure to know that the International Conference on Mental Health is being organized from 6<sup>th</sup> to 8<sup>th</sup> December 2024 by the School of Public Health, KIIT-DU.

At KIIT-DU, we always encourage our faculties & students to conduct International & National Conferences & Seminars to add to the academic rigor. It is heartening to note that the School of Public Health has taken the step in the right direction. In the present-day society, driven by stress/strain & other factors, mental health issues are growing exponentially at an alarming rate posing challenges to the policy makers & health experts alike.

I am sure that the deliberations by the distinguished speakers in the Conference will upgrade the knowledge base of the faculties, researchers & provide the much needed exposure to our students.

As a Founder of KIIT, KISS, & KIMS I extend a warm welcome to the distinguished speakers & congratulate the organizing team for their efforts. I wish the Conference & Publication of Abstract Book all success. I hope that the School of Public Health will continue to do the good work in future too.

A handwritten signature in blue ink, appearing to read 'Achyuta Samanta'.

**(Achyuta Samanta)**  
**Founder - KIIT, KISS & KIMS**

*From the Desk of the Vice Chancellor, KIIT Deemed to be University*

**MESSAGE**


Mental health is a vital concern for individuals everywhere. Globally, the demand for mental health support is immense, yet responses often remain insufficient and inadequate. I appreciate KIIT School of Public Health for its vision and commitment to addressing this critical issue by organizing an International Conference on “**Research, Innovation and Technological Advancements in Mental Health in the 21st Century**”.



This International Conference aims at bringing academicians, professional, research organisations and research scholars together on a common platform to exchange innovative ideas, experiences and advancements in the field of mental health. I am confident that this conference will not only inspire meaningful discussions but also foster cross-sector collaboration among tech companies, researchers and mental health professionals to address the challenges in mental health effectively. It is an opportunity to shape the future of mental health practices and policies, ensuring they are inclusive, evidence- based, and impactful.

I on behalf of KIIT welcome all the delegates for a fruitful participation. I extend my gratitude to Hon'ble Founder, KIIT & KISS Dr. Achyuta Samanta for providing this unique platform for scholarly debate and discussion. I appreciate the efforts made by all the committee members of the conference in making the conference a success.

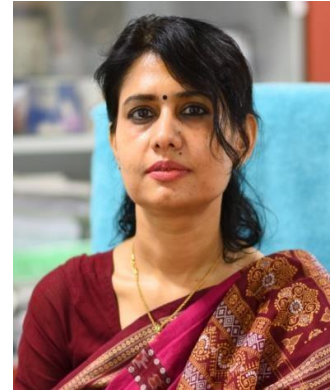
I extend my best wishes for a dynamic and inspiring conference, with the hope that its outcomes will benefit all segments of society.



(Prof. Saranjit Singh)  
Vice Chancellor

## MESSAGE

It is indeed a matter of pride that the **Research, Innovation & Technological Advancements Mental Health in the 21st Century (RITAMH) Conference, 2024** is being organized from **6th to 8th December 2024** by the joint effort of NAMA Foundation; School of Public Health, KIIT-DU; ICMR-RMRC, Bhubaneswar; and DPSSDM-NIMHANS. KIIT has always been at the forefront of fostering academic excellence and innovation through platforms that bring together distinguished experts, researchers, and students. It is encouraging to see that the School of Public Health and ICMR- RMRC along with NIMHANS are jointly taking this significant step in addressing mental health challenges.



In today's fast-moving world, a majority of the population are experiencing various types of psychological problems and in some instances serious mental health issues. Stress, societal expectations, and socio-economic inequalities continue to exacerbate mental health concerns, making it a pressing priority for policymakers, researchers, and practitioners alike. This conference provides a valuable platform for dialogue, innovation, and collaboration to address these challenges comprehensively.

I am confident that the deliberations at this conference will enrich the knowledge of faculty, researchers, and students, while also contributing to the broader discourse on the subject. The exchange of ideas and knowledge at this event is poised to deepen our understanding of mental health and its multifaceted dimensions.

I extend warm congratulations to the organizing team for their dedicated efforts and welcome all the esteemed speakers, delegates, and participants. I wish the conference a grand success!

Warm Regards,

A handwritten signature in blue ink, appearing to be 'S. Pati', written in a cursive style.

(Dr. Sanghamitra Pati)  
Director  
ICMR-RMRC, Bhubaneswar

## MESSAGE

It gives me immense pleasure to introduce the **Book of Abstracts** for the *International Conference on Research, Innovation, & Technological Advancements in Mental Health in the 21<sup>st</sup> Century* (RITAMH, 2024), organized in KIIT Campus, Bhubaneswar, from 6-8 December, 2024. This conference stands as a testament to our institution's unwavering commitment to addressing global health challenges and fostering collaborations.



In recent years, mental health problems have caught unprecedented attention due to ever increasing prevalence and its significant impact on individuals, families, and communities. In the context of today's fast-paced environment, factors such as stress, societal pressures, and socio-economic inequalities continue to adversely affect the well-being of individuals across the globe which presents complex challenges for the healthcare system. This conference serves as a forum for policymakers, researchers, academicians, and students to engage in meaningful dialogue, foster collaborations, and exchange of innovative ideas.

All esteemed speakers and participants at this event are poised to enhance our understanding of mental health through thought-provoking discussions and pioneering research. I am confident that the proceedings will not only enrich academic discourses but also facilitate development of effective strategies to address mental health challenges.

My sincere gratitude to Prof. Achyuta Samanta, Founder of KIIT, KISS and KIMS and Prof. Saranjit Singh, Vice Chancellor of KIIT, as well as all the organizing committee members for their commitment and support in conceptualizing and executing this conference.

Warm regards,

A handwritten signature in black ink, appearing to read 'Bhuputra Panda', written in a cursive style.

**Prof. (Dr.) Bhuputra Panda (PhD, TISS)**  
**Conference Patron**  
*KIIT Deemed to be University*



**NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES  
INSTITUTE OF NATIONAL IMPORTANCE, BENGALURU-29.  
(Department of Psychosocial Support in Disaster Management)**

**Dr. Jayakumar C  
Additional Professor**

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**Message**

I'm very delighted to know that the National Association of Mental Health and Allied Health Foundation (NAMAH Foundation) is organizing RITAMH 2024 in collaboration with School of Public Health, KIIT Deemed to be University, Bhubaneswar in collaboration with ICMR – Regional Medical Research Center, Bhubaneswar on the 6<sup>th</sup> and 7<sup>th</sup> of December 2024. The major theme of the conference being research, innovation and technological advancements in mental health in the 21<sup>st</sup> century. It is my pleasure to write this message for the conference.

The field of mental health has witnessed some groundbreaking transitions in the last century. This stems from the increase in the prevalence of mental health challenges among people, necessitating the enhanced help seeking behavior across all developmental ages. The advancement in media and information technology have furthered awareness and understanding of mental health. We are at an age where the WHO slogan "No health without mental health" is widely acknowledged by individuals, families and communities. This enhanced awareness and need propels the mental health service delivery system to innovate and revolutionize already existing modes of caring. This conference I trust would be an excellent platform to sow the seeds for such innovations and exchange valuable ideas fostering significant collaborations in the area of mental health.

My best wishes for the success of this conference and congratulations to the organisers.

**From the Desk of Director, National association of mental health and Allied health**

**MESSAGE**

It gives me the immense pleasure to welcome you to the second International Conference on “Research, Innovations and technological advancements in mental health in the 21<sup>st</sup> century from 6<sup>th</sup> to 8<sup>th</sup> December, 2024 being organised by National association of mental health and Allied health (NAMAHA) Foundation in collaboration with ICMR-RMRC, Bhubaneswar, KIIT School of public health, Bhubaneswar and DPSSDM, NIMHANS Bangalore, India.



Bhubaneswar is the capital city of the state Odisha in India. Its rich vibrant culture attracts people from different part of the world to see the architectural marvel like age old Sun temple konark, and Asia’s largest lake located at chilka are few noteworthy destinations for tourist. I am sure that along with fruitful academic deliberations in this conference, all of you are going to enjoy the natural beauty and historical monuments in different locations in and around Bhubaneswar. This conference aims to bring many professionals from mental health and public health disciplines creating a common platform for scientific discourse on various subthemes of the conference through paper/poster presentation, workshops and keynote address by eminent scientists, professors and researcher in the field.

I wish the conference a grand success.

A handwritten signature in blue ink, appearing to read 'D. Biswal', with a long horizontal line extending from the end of the signature.

Mr Debasis Biswal  
Director, National association of mental health

## **MESSAGE**

I am thrilled to participate in the upcoming international psychological conference, bringing together global experts to share cutting-edge research and best practices. Organisers tireless efforts in creating a platform for meaningful discussions, knowledge sharing, and networking are truly commendable.



The conference's focus on contemporary issues such as mental health in the digital age, cultural diversity, and innovative therapies resonates deeply with the global psychological community. I am confident that this event will not only facilitate cross-cultural exchange but also foster collaborations, inspire new research, and inform evidence-based practices.

I eagerly look forward to being a part of this enriching experience and contributing to the global psychological community.

Best regards,

Kori Sanjay Kumar IPS

## MESSAGE

Globally, about 14% of the total population suffer from some forms of mental health challenges and a large number of them remain unattended because of lack of mental health support services. Mental health did not get the proper attention from the policy makers in the developing countries as it should have been like the developed countries owing to various reasons. Although there is a component of mental health in most of the health-related policies and programs in the developing countries, in reality systematic and organised support services are missing because of shortage of trained professionals. On one hand, there is a tremendous technological advancement which has adverse impact on mental health; on the other hand, least emphasis is given on prevention, intervention and rehabilitation. Nevertheless, it is necessary to mention that a person with poor mental health is neither able to lead a quality of life nor to make meaningful contributions to society.



In the given the scenario, the International Conference titled “Research, Innovation and Technological Advancement in Mental Health in the 21<sup>st</sup> Century” to be held during Dec. 6 – 8, 2024, organised by the National Association of Mental Health and Allied Health Foundation is a timely initiative to deliberate and discuss about the various ranges of mental health support services needed for people across the society especially for people in distressed conditions and barriers in creating proper mental health support services. The conference has invited a large number of multidisciplinary groups of professionals from across the world to share their life long experiences which will be helpful for others. This conference will also help professionals in developing networks for academic and research collaboration in addition to conducting training programs for young psychologists and other allied professionals to enhance their knowledge and skills. I am sure this conference will be highly beneficial for exchanging knowledge and experience.

Sd/-

**Prof. Sibnath Deb**, PhD, DSc

Head, Department of Applied Psychology, Pondicherry University, Puducherry, India  
Former Director, Rajiv Gandhi National Institute of Youth Development (Jan. 2020 – June 2023)  
(An Institute of National Importance by Act of Parliament No.35/2012), Govt. of India  
Member, Board of Directors, Institute for School-based Family Counseling, California, USA  
Adjunct Professor, School of Justice, Faculty of Law, Queensland Univ. of Technology, Brisbane, Australia  
Recipient of the Visitor's Award 2019 for Research from Shri Ram Nath Kovind, Hon'ble President of India  
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## **Dr N. Krishna Reddy**

MD in Internal Medicine (Post Graduate Institute of  
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Healthcare leader and CEO of ACCESS Health International  
Co-founder of Care Hospitals  
Chairman & MD of Relisys, Managing Partner of IncuMed, and  
Chairman of Health Care Services (TRUST Healthcare)  
Board member of United States Pharmacopeia (USP)  
and serves on the board of NICE Foundation, India



### **ABSTRACT**

The landscape of mental health services in India is evolving, particularly through the integration of telemedicine. The **Tele Mental Health Assistance and Networking Across States (Tele-MANAS)** initiative, launched by the Indian government, providing teleconsultation for mental health concerns. This program is designed to reach underserved populations, especially in remote areas, by establishing a network of 23 tele-mental health centers of excellence. These centers are supported by institutions like the National Institute of Mental Health and Neurosciences (NIMHANS) and the International Institute of Information Technology-Bangalore. In addition to telemedicine, addressing mental health during disasters and warfare is crucial in India, particularly given its diverse socio-political landscape and ethnicities. The impact of such disasters can lead to significant psychological distress among affected populations. Mental health services must be adaptable and responsive during such crises, offering immediate psychological support and long-term rehabilitation strategies. Furthermore, introduction of AI and machine learning in the mental health domain are starting to play a crucial role in enhancing mental health services by providing data-driven insights, catalysing better diagnosis and treatment. These technologies can help identify at-risk individuals and tailor interventions more effectively. Moreover, integrating mental health care for persons with disabilities remains a priority, as these individuals often face additional challenges in accessing the adequate services. There is a need for comprehensive public health strategies that encompasses mental health issues due to addiction disorders, neuro-psychiatry care, and introduction of policies that address the challenges both national and state level. In this journey, ACCESS Health International is actively engaged in various programs aimed at improving the health status of the population, with many of these initiatives directly or indirectly impacting mental health.

**Dr. Asoke Kumar Saha**

Professor  
Department of Psychology  
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**Psychological Challenges, Mental Health and Psycho-Social Intervention in Bangladesh During COVID-19**

**ABSTRACT**

Psychologist and other mental health professionals play an important role to curb the consequences of the lockdown on mental wellbeing. The COVID 19 is an opportunity for families to strengthen family bonds. People had more free time to show their creativity. Psychologists explore ways in which people react to this stressful situation globally. Corona outbreak is a serious mental health emergency of international concern. The considerations presented in this document developed by World Health Organization (WHO) to support mental health and psychosocial wellbeing in different target groups during the outbreak. Major guideline of WHO to follow during the COVID also discussed. Self-help interventions are proposed by NGOs and Government in Bangladesh to find innovation for the help of the community people are discussed. The paper also discussed several issues and our responsibilities of psychologist and social workers during the COVID situation in Bangladesh.

## **Mr Kushal Walia**

Sr. Product Manager - Tech | AWS Region Services –  
Amazon Web Services

Founding product leader for AWS Operations Centre,  
enabled AWS to move from a DevOps Model to a  
central service reliability model



### **ABSTRACT**

The integration of artificial intelligence (AI) in psychology and mental health is leading to notable advancements in the diagnosis, treatment, and understanding of mental disorders. This lecture will explore the applications of AI technologies—specifically machine learning, natural language processing (NLP), and virtual reality (VR)—within the field of psychological practices. We will discuss how machine learning algorithms are utilized to analyze vast amounts of data, enhancing the accuracy and efficiency of diagnosing mental health conditions. Additionally, the use of NLP in therapeutic settings, such as AI-driven chatbots, shows how AI can extend the reach of mental health support by providing accessible and immediate assistance. Moreover, the application of VR in exposure therapy presents innovative methods for treating conditions such as PTSD, anxiety disorders, and phobias by creating controlled, immersive environments for safe patient interaction. This lecture aims to highlight the current impacts and future potentials of AI in mental health care, emphasizing both the opportunities and ethical considerations that accompany the use of these technologies.

**Prof. (Dr.) Parin Somani**  
CEO & Director of London Organisation of Skills  
Development



## **Workplace Mental Health in the 21st Century**

### **ABSTRACT**

The 21<sup>st</sup> century has brought unprecedented changes to the workplace, driven by technological advancements, globalisation, and evolving work models. These transformations, while offering opportunities for flexibility and innovation, have also introduced new challenges for maintaining mental well-being in professional environments.

The keynote address highlights the growing importance of addressing workplace mental health and propose strategies to promote well-being. Mental health issues such as stress, anxiety, depression, and burnout have become increasingly common in the modern workplace. The pressures of an “always-on” work culture, driven by rapid technological developments, have blurred the boundaries between work and personal life, contributing to burnout and exhaustion. Moreover, the COVID-19 pandemic has intensified these challenges, bringing mental health to the forefront of workplace discourse. A significant barrier to addressing mental health in the workplace is the persistent stigma associated with mental health disorders. Organizations must create a supportive, stigma-free environment where employees can openly discuss mental health issues, fostering a comfortable environment for openness and compassion, to improve mental well-being and productivity in the workplace. Training leaders and managers to recognise signs of mental distress and respond empathetically can further enhance workplace mental health initiatives. Integrating mental health days, offering professional counselling services, and creating peer support networks are practical ways to offer support. Technology can both contribute to and provide mental health solutions in the workplace. Digital platforms and apps for stress reduction and mindfulness are integrated into wellness programs, while flexible work arrangements promote work-life balance and accommodate individual needs. Innovation and research are pivotal in advancing workplace mental health. Emerging technologies like artificial intelligence (AI) and machine learning can analyse workforce well-being and predict potential mental health issues before they become critical. Through data analytics, organisations can design proactive mental health strategies tailored to their workforce, enhancing overall productivity and well-being. Addressing mental health in the workplace is a pressing issue in the 21<sup>st</sup> century. By fostering a culture of understanding and openness, organisations can create workplaces where mental health is as valued as productivity. I extend my heartfelt wishes for a successful and impactful conference, fostering innovation and progress in mental health for a brighter future.

**Dr. Patryk Stecz**  
Associate Professor,  
University of Lodz, Poland



### **Historical and Contemporary Perspectives on Suicide in Western Cultures**

The paper discusses the evolution of Western societies' approaches to suicidality from historical, socio-cultural, religious, medical and psychological perspectives. Although Christian religion, particularly the Holy Bible is thought not to stigmatize suicidal behavior, i.e. Catholic Church, Christian society, and state laws throughout history, and across countries, have condemned those who die by suicide. This contributed to a society marked by stigma and taboo surrounding suicide survivors, those who have attempted suicide and those in suicide risk. Contemporary Western societies in general seem to be shifting from restrictive to more liberal attitudes towards suicide, assisted suicide and euthanasia, as reflected in changing laws, including the decriminalization of such practices in certain states. These macrosocial transformations have challenged suicide prevention efforts, making it difficult to fully address the demands of a modern, liberal society.

The medical paradigm of suicidality, predominantly represented by psychiatry, has often emphasized the psychopathology of suicidal behavior. While this approach, in terms of public health policy, supports strengthening the protective factors and multi-level interventions (individual, community, population) as well, it frequently focuses on medical treatment for mental disorders and symptoms linked to an elevated risk of suicide. To broaden the understanding of suicidality, the paper briefly presents some empirically tested psychological theories of suicide such as Rudd's fluid vulnerability theory, Joiner's interpersonal theory or O'Connor's integrated motivational-volitional model.

Furthermore, the importance of cultural diversity in assessing suicide risk and tailoring intervention strategies is stressed. The paper also reviews the relationship between religiosity, attitudes towards suicide and suicide risk, focusing on potential mechanisms underlying these associations.

**Dr. Raj Mohan Panda**

Adjunct Professor Health Systems and Policy Research  
Jodhpur School of Public Health  
Senior Director, Health Systems and Policy Research at HRIDAY  
Certified in a Global Tobacco Control Leadership Program from  
Johns Hopkins University USA



**Measuring the Unmeasured- Evaluating Mental Health Services in Primary Care in India**

**ABSTRACT**

The National Mental Health Survey (2015-16) indicates that while nearly 150 million Indians need mental health care services, less than 30 million are seeking care. The wide treatment gap is caused by an undersupply of services, unequal distribution of mental health resources, and high service costs. The (GoI) has introduced several initiatives. There is a significant gap in mental health literacy and service availability, particularly in rural areas. These barriers include a lack of proper planning, organization, and coordination between primary healthcare providers (PCPs) and the government to design legislation and policies lack of adequate training in mental healthcare services, particularly of the PCPs and team; lack of enough support from the government to develop knowledge and skills in PCPs; lack of prioritization of mental healthcare issues; little knowledge on system structure and work processes; the inability of the healthcare system to respond to the increase in mental health issues. The quality of Continued training and retraining approaches and the issue of professional support and collaboration. medicalizing mental health problems. All projects should build in evaluation from the beginning, based upon the mutually agreed upon goals for the initiative. Integrated care models typically consist of multiple, interrelated care components that require the consideration of competing stakeholder values, beliefs, resource needs, and interests.

**Dr. Sachi Nandan Mohanty**  
Postdoc, IIT Kanpur, PhD.IIT  
Kharagpur, SMIEEE  
Singhidunum University, Serbia



## **ABSTRACT**

Hare kṛṣṇa hare kṛṣṇa kṛṣṇa kṛṣṇa hare hare hare rama – hare rama – rama – rama – hare hare is the Maha – Mantra (MM). The Mantra is believed to be the sacred mantra of the ancient times. In the current research, an attempt has been made to study the brain dynamics of oscillatory changes after MM chanting. The mantra chanting produces a state of mind that has a positive effect on the individual's brain. The electroencephalogram (EEG) signals are asynchronous in nature and record the brain's present state. In this study, forty individuals were assigned randomly into two (pre & post) groups, (n=20) with equal ratio of male and female and having mean age 25.5 yr. EEG signal was recorded in eyes closed condition both prior as well as after the MM chanting. The rhythms (Delta, theta, alpha, beta, and gamma) were extracted from the recorded EEG signals. To match the behavioral changes in the nature of the EEG, the power of the rhythm was computed and compared. According to the study, chanting MM leads to an increase in alpha relative power in the central and parietal regions of the brain, which indicates that the brain has been refreshed and relieved. The study showed generous production of alpha, theta and delta waves which have been found in the study to be associated with the secretion of hormones or neurotransmitters causing dilation of blood vessels. As per literature, it has been found that increase in relative alpha band power is associated with the secretion of hormones or neurotransmitters causing dilation of blood vessels which is further associated with the improvement in the mental well-being and feeling relaxed and relieved, thus leading to a decrease in anxiety and depression. The current research study proves the impact of the MM chanting leads to mental alleviation and mental well-being to a great extent.

**Dr. Satyaswarup Tripathy**  
Prof. Department of Plastic Surgery,  
PGIMER, Chandigarh



## **Psychosocial Integration after Restoration of Body Deformity Following Microsurgery**

### **ABSTRACT**

Plastic surgery, often misunderstood as merely cosmetic surgery, is a unique and versatile specialty that operates on principles rather than being confined to specific organ systems. The general public frequently equates it with altering physical appearances to mimic celebrities, a misconception perpetuated by media glamorizing cosmetic surgery while neglecting its reconstructive aspects. However, the field spans a vast spectrum, from trauma care and cancer reconstruction to addressing birth defects, burn injuries, and complex wound management. In India, misconceptions prevail, with some patients mistakenly associating the field with the use of physical "plastic" or believing it is exclusively for the wealthy. Even among healthcare professionals, awareness about the comprehensive scope of plastic surgery remains limited, necessitating public and professional education to bridge this gap.

Microsurgery, a pivotal advancement in plastic surgery, showcases the specialty's transformative potential. This technique employs magnification and ultra-fine sutures, as thin as one-fourth the diameter of human hair, to connect minute arteries, veins, and nerves. By enabling the transplantation or reattachment of tissues, microsurgery plays a critical role in head and neck cancer reconstruction, post-burn care, and trauma management. For instance, the replantation of an eight-year-old child's amputated hand exemplifies the expertise and dedication required in this field. The case involved 22 meticulous repairs over 11 hours, restoring not only the hand's function but also the child's confidence and future prospects through post-traumatic care and rehabilitation.

The increasing demand for plastic and microsurgical procedures stems from their ability to reduce morbidity, mortality, and deformity while enhancing patients' quality of life. These interventions restore form, function, and aesthetics, empowering individuals to reintegrate into society as confident, productive members. Despite the significant impact of plastic surgery, public awareness and media representation remain skewed toward its cosmetic aspects, underscoring the urgent need for advocacy and education about its broader reconstructive contributions. This specialty, requiring over a decade of rigorous training, stands as a testament to the interplay of precision, innovation, and compassionate care.

## **Prof Shanaya Rathod**

Consultant Psychiatrist in the National Health Service (NHS)  
visiting Professor at the University of Portsmouth  
Fellow of the National Institute of Health and Care Excellence (2010 – 2013)  
Mental Health clinical lead for the Wessex Academic Health Sciences Network



### **Revolutionizing Mental Health: A 21<sup>st</sup> Century Vision for Public Health**

#### **ABSTRACT**

In the 21st century, mental health has emerged as a critical pillar within the public health landscape, reflecting a shift toward a more integrated, equitable, and preventive model of care. This talk explores the evolving vision for mental health in public health, emphasizing the need for comprehensive approaches that address mental well-being across all levels of society. We will discuss the integration of mental health into primary care, efforts to reduce disparities through equitable access, and the role of early intervention in preventing severe outcomes. With the rise of telemedicine, digital mental health tools, and AI-driven innovations, we stand at the cusp of a technological revolution that could reshape how we approach mental well-being. Global collaboration is also crucial, as we work to bridge treatment gaps in resource-limited settings and support mental health initiatives worldwide. Despite significant progress, challenges like stigma, workforce shortages, and funding limitations continue to impede progress. In this talk, we will not only examine these challenges but offer innovative solutions for creating resilient systems that promote mental well-being at every level—paving the way for a future where mental health is central to public health strategy, policy, and practice.

**Dr. Sonia Suchday, PhD**

Director of Research & Graduate Education  
Pace University  
Area of Interest is: Globalization &  
Biopsychosocial & Spiritual Health



**Spirituality and Health**

**ABSTRACT**

The relationship between spirituality and health is well-established in individual, social, and cultural experience. However, science, research, and medicine have acknowledged this relationship only in recent years. Spirituality has often been used interchangeably with religion and linked to health – including disease, markers for disease, health behaviors, and psychosocial factors such as interpersonal support. Health as per the WHO refers to well-being and is a combination of physical, mental, and social factors. All these factors are dynamic and influenced by context such as time, place, and person.

India is a deeply spiritual country and since time immemorial has imbibed spirituality in all aspects of life and functioning. Family relationships are also very salient in Indian culture with identity also being interpersonally construed. Since the opening of its borders in the early 1990s, India has seen rapid globalization. Data from our lab have consistently shown that despite the embrace of globalization in the psychosocial and individual spheres of functioning, values that define Indian culture continue to play a salient role in individuals' lives and functioning. The presentation will explore talk will explore the relationship between spirituality and health; and the role that interpersonal bonds play in mediating this relationship among people in India.

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## **Disaster Mental Health: Conflict Resolution and Peacebuilding in Communities**

### **ABSTRACT**

Peaceful living is crucial for well-being and quality of life. However, conflicts can be challenging due to aggression, violence, and life-threatening encounters. Mental health and psychosocial support can help build harmony. Conflicts are multi-dimensional, rooted in history, belief systems, power structures, cultural practices, and external influences. The impact of conflicts becomes severe when formal mechanisms fail to contain them.

The mental health impact of humanitarian crises due to war, ethnic violence, or communal conflict is severe, as survivors experience multiple traumatic life events and are forced to flee for safety and security. These crises often lead to internal displacement and refugee situations, causing significant harm to social systems like education, child care, economy, health care, and livelihood. As safety and security in the community deteriorate, people become vulnerable, leading to mistrust, revenge, and cruelty. This leads to divisions in society, affecting individual psyche, group behavior, family life, friendship, human relations, and community actions. Without an effective neutral government, these problems continue for a long time and may exacerbate. The socio-political environment also plays a role in the escalating mental health issues.

Thus, the peacebuilding process is ideally a healing process to encourage rebuilding communal harmony at all levels, individual, family, groups, community, and societal contexts. Working through individual trauma and group healing is possible through collective efforts and community-driven peace initiatives. A strong neutral government in the larger social context is pivotal to strengthening a restorative justice that supports rebuilding mutual trust and common commitment to build more connectors that demystify the dividers. Such efforts are driven by mental health and psychosocial initiatives by engaging all responsible stakeholders in coordination with other sectoral (livelihood, micro-finance, health, etc.) engagement for holistic development and sustainable peace.

**Prof. Sukanya Ray, PhD**  
Associate Professor in Psychology  
Suffolk University, Boston Massachusetts



**Understanding the Benefits and Barriers of Innovative and Digital Approaches to Mental Healthcare Services in Specific Cultural/Community Contexts.**

*Sukanya Ray, PhD, Bikram Ray, MTech, AI Solution Architect and HEART Lab Project Team (Sophia Naim and Fernanda Mora Avirad)  
Suffolk University, Boston, USA*

**ABSTRACT**

The presentation discusses the importance of integrated healthcare and inter-professional collaboration in healthcare, highlighting its effectiveness in optimizing practices and reducing barriers across cultures and contexts. It also discusses the impact of community empowerment outreach programs and a pilot study on a user-friendly mobile app for seniors. Factors such as provider understanding, limited access to mental health services, cultural beliefs, and stigma can inhibit help-seeking behaviors and patient satisfaction. The healthcare field is increasingly focusing on integrated healthcare, which integrates mental health with primary care, improving patient access, outcomes, and satisfaction. It facilitates health literacy, prevention, and access to adequate treatment for chronic health conditions. The presentation emphasizes the need for better relationships between psychologists and primary care physicians, as providers' understanding of mental health issues aligns with their patients.

Poor inter-professional collaboration can lead to fragmented care and decision-making, so a holistic approach is crucial. Technology-assisted interventions have improved mental health access during the pandemic, offering convenience and flexibility. Mobile applications and digital platforms provide personalized mental health interventions. However, challenges exist in the education and care of neurodiverse children in India, where artificial intelligence and virtual and augmented reality technologies are used.

This session will discuss the development of a consumer-friendly Mobile APP (nimai) for South Asian seniors, focusing on a holistic and inter-disciplinary approach to better understand cultural contexts of healthcare needs, prevention, and treatment outcomes. The project aims to build health resources and awareness about mind-body links and preventative steps. The pilot project, nimai APP, has received preliminary feedback on its impact on health promotion among Asian seniors. The session also discusses the future plan for a culturally responsive mobile app and Associate Professor in Psychology Suffolk University, Boston Massachusetts offers a framework for best healthcare practices, focusing on reducing barriers and promoting empowerment and well-being through innovative digital approaches.

**Prof. Urmi Nanda Biswas**  
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## **Indian Seniors and Healthy Ageing: Insights to Implications**

### **ABSTRACT**

Healthy ageing is a process of maintaining and improving physical and mental health, independence, and quality of life as people grow older. It involves developing and maintaining functional ability to ensure well-being in older age, as well as creating a supportive environment to sustain functional ability in seniors. The rapid ageing of the population in India highlights the need for a comprehensive support system to ensure equitable healthy aging among diverse groups in society. The presentation is based on three primary research studies conducted on seniors living in the community or institutions and the responsible stakeholders of eldercare.

The first part of the deliberation discusses findings from primary data aiming to understand the care needs and stakeholder perspectives on eldercare in India, including challenges and barriers to care delivery and support for seniors to promote equitable healthy ageing in Indian society. The second part of the research focuses on the impact of psychological resourcefulness on the physical health and well-being of seniors in institutionalized and community settings. Lastly, using an RCT design, the third part of the text explores how interventions based on indigenous contemplative practices like yoga can foster cognitive functioning, mental health, and well-being in institutionalized seniors.

Bringing together the findings from the three independent primary research, the presentation highlights the potential implications that can be used by policy planners, strategic stakeholders and the community at large to create an enabling environment, foster intrinsic capacities in the ageing population to reduce the dependency burden and promote healthy ageing.

**Prof. Ritesh Mistry, PhD**

Associate Professor of Health Behavior and Health Equity

Associate Professor of Global Public Health,  
University of Michigan, USA



**Tobacco retailer density and psychosocial risk of tobacco use during early adolescence in India**

*Ritesh Mistry, William McCarthy, Prakash C. Gupta, Trivellore Raghunathan, Namrata Puntambekar, Mangesh Pednekar*

**ABSTRACT**

**Background:** We examined the association between the community density of tobacco retailers in India and psychosocial risks for tobacco use during early adolescence.

**Methods:** A random sample of 1982 12-14-year-old adolescents was surveyed from 52 communities in Mumbai and Kolkata. Data were collected about the location of all tobacco retailers in each community. Logistic regression was used to estimate associations between tobacco retailer density and psychosocial tobacco use risk.

**Results:** There were 5041 tobacco retailers across the 52 communities (range: 14-374; mean: 97; median: 83). There were more tobacco retailers on average per community in Mumbai than in Kolkata (105 vs. 90,  $p < 0.001$ ). Retailer density was not associated with tobacco use intention and perceived peer tobacco use but was positively associated with perceived ease of access to tobacco in males ( $p = 0.0001$ ), but not females ( $p = 0.0938$ ).

**Conclusions:** There was an extremely high density of tobacco, which Tobacco retailer density appears to increase the perceived ease of access to tobacco products in young adolescents, particularly in males, which may increase their risk of tobacco use initiation. Efforts to reduce the number of tobacco retailers in communities in India may reduce perceived access to tobacco products among youth.

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## **Need and scope of psychosocial capacity building in disaster management for grassroots workers**

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### **ABSTRACT**

Grassroot workers (GWs) play a pivotal role in disaster and crisis management. They are the existing organised or unorganised groups of people who are readily available in the community to respond promptly in the wake of a disaster. GWs include ASHA and Anganwadi, SHG members, youth groups, rescue teams, panchayat leaders and volunteers. They play an essential role in executing evacuation plans, providing relief, and delivering psychosocial care during and after disasters to individuals, families and communities. Communities face immense physical and emotional strain aftermath of disasters, studies indicate they often lead to anxiety, post-traumatic stress disorder (PTSD), depression and substance abuse. To mitigate, prevent and prepare the community for psychosocial support (PSS), it is essential to build community-based capacities. Training frontline workers is vital for building community resilience and ensuring effective disaster response in calamity-prone regions like Odisha. Literature and case studies highlight Odisha's significant strides in disaster management since 1999, with the establishment of the Odisha State Disaster Management Authority (OSDMA) setting a precedent for structured disaster preparedness at the state level. The OSDMA has pioneered grassroots-level training programs that integrate local knowledge with advanced practices, enhancing disaster response and resilience while setting a model for others. This paper explores the need to build frontline workers' capacities to address psychosocial needs during disasters, emphasizing the role of psychosocial care in supporting disaster prone community well-being. Training programs could bridge capacity gaps by equipping GWs with skills in disaster management and addressing aftermath of disaster's impact on people's mental health and need for psychosocial support. Realising this need the Govt of Odisha through Odisha State Disaster Management Authority (OSDMA) is collaborating with Department of Psychosocial Support in Disaster Management (DPSSDM), NIMHANS, for capacity building initiatives that targets the GWs. This holistic approach of involves GW in strengthening community resilience by enhancing their capacities, Odisha continues to set benchmarks for comprehensive disaster preparedness and response at the grassroots level through initiatives like this.

**Key Words:** Psychosocial care, Disaster management, GW, capacity building

## **Designing Resilient Workspaces to Foster Mental Well-being in Mines**

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### **ABSTRACT**

The mining industry is critical for global development, yet it is characterized by challenging working conditions that significantly impact workers' mental health. Factors such as isolation, noise, poor lighting, and high-stress environments contribute to mental health issues like anxiety, depression, and burnout. This paper explores innovative approaches to designing resilient workspaces that prioritize mental well-being in mining operations. By integrating ergonomic principles, advanced technologies, and human-centric design, this paper provides a framework for creating environments that enhance mental health, productivity and safety.

**Key Words:** Mines, Resilient Workspace, Design, Mental Health

**Psychosocial care for survivors of Fire accident: A case study in Puri firecracker incident, 2024**

*Ms. Lipika Pradhan (Clinical Psychologist, DPSSDM, NIMHANS)*

**ABSTRACT**

Fire accidents impacted individuals and the community globally. Studies revealed that fire accident or disasters negatively affected both the physical and mental health of the survivors and their family members. Studies on mental health after fire accident reported psychological issues like acute stress disorder, adjustment issues, post-traumatic stress disorder (PTSD), depression, anxiety & grief (Green globe report, 2023). On 29<sup>th</sup> may night around 10.30pm more than 36 devotees sustained critical injuries following the explosion of crackers during the 'Chapa Khela' of Holy Trinity in Narendra Pond as part of the Chandan Yatra in Puri, Odisha. According to OSDMA, 16 people were died in hospital, among them 8 were children. Around 22 people were injured in severe to moderate level (OSDMA, 2024). Most of them died at same day and others within few days at hospital. Survivors were expressing anger, anxiety, distress, frequent crying, emotionally disturbed and behavioral issues following the traumatic experience by losing the life of their own family members and relatives. Burn injuries and scars can leads to develop major psychological comorbidities like PTSD (Sousa & De Sousa, 2020). Some of the survivors were also worried about their physical appearance after burn injuries/ scars in the explosions. In order to address the immediate requirement of the victims and their family members, Odisha state disaster management authority (OSDMA), proactively took the initiatives of really out to the Psychosocial First Aid (PSFA) at the community level in collaboration with NIMHANS, Bangalore through a multidisciplinary approach. The initiatives focused on providing rapid PSFA to manage their psychological distress, emotions, anger, frustration and trauma after the accident. The details will be discussed in the paper.

**Key Words:** Post-traumatic stress disorder, Puri, Case study, Fire accident, Odisha

## **Influence of Remote Work Locations on Miners' Mental Well-Being**

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### **ABSTRACT**

The mining industry often requires workers to operate in remote, isolated locations, which poses unique challenges to their mental well-being. This paper examines how remote work environments affect miners' psychological health, safety, and productivity. It highlights key factors such as isolation, limited access to support systems, and the impact of long work shifts on mental health. Strategies to mitigate these challenges, including mental health programs, improved communication technologies, and community-building initiatives, are discussed. The findings emphasize the critical role of addressing mental health in remote mining operations to enhance worker satisfaction and operational safety.

**Key Words:** Remote Work, Miners, Mental Health

**Quality of life & caretaker burden among Schizophrenics on Clozapine therapy: Army psychiatric set up study**

MAJ PRERA DIXIT

**ABSTRACT**

Schizophrenia is a chronic, severe and debilitating disorder affecting 3–6.6 cases/1000 persons as per WHO 2021 report. Quality of life (QoL) is a construct that encompasses several aspects of individual well-being & role functioning. Clozapine therapy is a newer drug. However, much is known about clozapine in improvement in core symptoms of schizophrenia, little information is available about its impact on quality of life, disability, and level of functioning. As heavy involvement of caregivers & long-term caregiving is among the factors that influence caregiver burden. There is also a need to create awareness and initiative on Clozapine therapy.

This a study was conducted with an overall objective to assess quality of life and caretaker burden in patient of schizophrenia on clozapine. A Cross-sectional descriptive survey research design was taken. Setting of the study was an army based tertiary Psy centre (Lucknow). Sample was selected using convenient sampling technique and 90 subjects were studied. Tool included WHO-QOL BREF questionnaire and Schizophrenia care giver questionnaire. After sorting permission from head of Hospital and Ethical clearance study was completed within a year period. Results revealed overall better quality of life in the age group 39-48 years (in all domains- physical, psychological, social & environmental), people in upper income group, married, unemployed/retired with late onset of disease. Caregiver burden was highest in the age group 19-28 years, males, graduates, joint families, unmarried & students.

Association of quality of life & caretaker burden shows negative correlation that signifies as quality of life of patients worsens the care taker burden increases. Recommendations included need to focus on Clozapine therapy as treatment choices more often, Importance of counseling services, family-based intervention. Conclusion schizophrenics is a disease with overall poorer quality of life. It requires more attention in all psychological domains. Care giver burden is also an important aspect of patient's management hence time to time briefing and counseling -effective preventive measures for alleviating mental health issues among caregivers.

**Key Words:** Schizophrenia, Quality of life, Caretaker burden, WHO-QoL

## **Risk factors of perinatal depression among women in India: A Systematic Review**

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### **ABSTRACT**

**Background:** Women have life-changing experiences during pregnancy and the first year of a newborn. There is also a feeling of a comprehensive range of positive and negative emotional and psychological states among mothers during this time. Maternal mortality and morbidity are considered adverse effects of perinatal depression (PND), with increasing attention from global public health organizations. The severity and prevalence of PND have been aggravated in recent years due to various socio-economic, demographic, physical and psychological factors. Therefore, understanding these related factors are crucial for effective prevention and intervention strategies. The purpose of this systematic review aims to determine the risk factors of perinatal depression among women in India.

**Method:** A literature search was done through international databases like PubMed, Scopus, Embase, Science Direct, and Web of Science to extract literature on depression among perinatal women in India. The PRISMA guidelines are followed to extract articles that were published in English from 1996 to 2024 and describe the risk factors of perinatal depression. Computerized software (Rayyan) was used to detect and screen duplicate articles.

**Result:** Finally, 21 studies counting 5968 women (1927 community; 4041 hospitals) were included in this review and analyzed. For measuring perinatal depression, various scales were cited in 21 studies; among those, the Edinburg Postnatal Depression Scale (EPDS) was a commonly used scale. We found five key domains (a) Socio-cultural factors (b) Maternal-related factors (c) Reproductive health factors (d) Psycho-social factors and e) Behavioural factors that affect perinatal depression. Among five domains, factors such as mothers' age, education level, relationship status with in-laws, employment status, socio-economic status, family type, gender of the infant, pregnancy complication, social and family support, marital status, abuse, and adverse life events are highly associated with perinatal depression.

**Conclusion:** This review revealed that women with perinatal depression were lack of education regarding their care and were unavailable to express actual problems with family members. In the rural population, women are affected by domestic violence and intimate partner violence. Therefore, women's health and the child health suffered a lot. So, the study recommends conducting early screening and intervention for maternity educational programs nationwide.

**Key Words:** Perinatal depression, Postnatal depression, Antenatal depression, Risk factors, India

**Proportion of Anxiety, Depression and Assessment of Quality of Life among Mothers of Children and Adolescents with Attention Deficit Hyperactivity Disorder: A Cross-Sectional: Study in a Tertiary Care Centre.**

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**ABSTRACT**

**Background:** Mothers of children with attention deficit hyperactivity disorder (ADHD) are vulnerable to anxiety and depression which can lead to inconsistent discipline, reduced warmth, and increased criticism, which can exacerbate ADHD symptoms in children.

**Objectives:** a) To determine the proportion and severity of anxiety and depression among mothers of children and adolescents with attention deficit hyperactivity disorder (ADHD). b) To assess the quality of life among mothers of children and adolescents with attention deficit hyperactivity disorder (ADHD).

**Methods:** Design: Cross-sectional study.

Participants: Mothers of children aged below 18 years diagnosed to have ADHD according to Diagnostic and Statistical Manual 5 (DSM-5) criteria attending to Psychiatry OPD.

Sample Size: 75

**Data collection:** Semi-structured proforma, Physician administered scales: Swan Scale: For ADHD symptoms and type of ADHD in child, HAM-A: Anxiety scale, HAM-D: Depression scale, Quality of Life (QoL) scale.

**Analysis:** The collected data will be entered into Microsoft Excel and analysed using the Statistical Package for the Social Sciences (SPSS trial version 29). Descriptive statistics, such as frequency and percentage, will be utilized for categorical data (e.g., mother's education, socioeconomic status, etc.). Univariate analysis will be done. A chi-square test will be done to know the association between socioeconomic status and depression. Statistical significance will be considered if  $p < 0.05$ .

**Preliminary Results:**

Anxiety- 65.3% (Mild- 29.3%, Moderate- 30.7%, Severe- 5.3%), Depression- 65.3% (Mild- 34.7, Moderate- 22.7%, Severe- 8%)

**Conclusion:** The difficulties faced by mothers of children with ADHD can create a perpetual cycle of anxiety and depression, which can affect their parenting style and, in turn, worsen their child's ADHD symptoms. Despite this significant impact there is a lack of research on the prevalence and correlates of anxiety and depression in mothers of children with ADHD.

**Key Words:** Depression, Anxiety, Quality of Life, Mothers, ADHD

**The Effect of Birth Order on Perfectionism and Psychological Defence  
Mechanism: A Systematic Review**

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**ABSTRACT**

**Aim:** The goal of this systematic review is to examine the influence of birth order on perfectionism and its correlation with individual's psychological defence mechanism. **Background:** Adlerian Theory states that birth order has a crucial role in personality formation. Parental expectations according to a child's birth order give birth to perfectionism and research indicates how maladaptive defence mechanism is associated with negative perfectionism. **Methodology:** A systematic search of electronic databases including Google Scholar, PubMed, Shodhganga, Psychinfo was conducted to identify relevant studies published from 2013-2024. Inclusion criteria include birth order (eldest & youngest), age group (young adults), no diagnosed psychiatric or medical illness, and exclusion criteria includes old age population, any specific country or culture. **Discussion & Conclusion:** The result suggests eldest child is more perfectionist, has a tendency to please the authority, high in conscientiousness and low in agreeableness. They are more emotionally unstable and use neurotic defences. But youngest child is more rebellious, careless, independent of authority and more extraverted. They use more mature defence mechanism. **Limitations:** The limitations of this study concern primarily on the fact that there is very less research on birth order and its relation to use of defence mechanism. Research on birth order is very contradictory or inconclusive. The researchers further recommend taking into consideration gender, age, socio-economic status, parenting style in relation to birth order.

**Key Words:** Perfectionism, Birth Order, Personality Traits, Personality Formation, Ego Defense

**Relation Between Personality Traits and Attitudinal Preferences Towards Artificial Intelligence Among the Males and Females of the Young Adult Population of West Bengal**

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**ABSTRACT**

As Artificial Intelligence (AI) increasingly permeates daily life, understanding the interplay between several personal and demographic factors, and attitude towards AI becomes essential for fostering inclusive technological advancement. AI has the potential to address complex global challenges such as healthcare in both physical and psychological domains by providing data-driven insights and solutions. Several researches are being conducted, but not much has been done in India till date. The objective of this study is to find the significant difference between the male and female young adults of West Bengal regarding their attitudinal preferences towards artificial intelligence. Purposive and snowball sampling methods were used to conduct a quantitative analysis to gauge attitudes towards AI across two contexts – gender and personality traits. The sample in this study consists of 173 participants from West Bengal, whose ages range from 19 to 23 years and who belong to the upper and upper middle classes. The data was collected using Google forms in online mode. For this study, the Modified Kuppuswamy Socioeconomic Status Scale, revised by Dalvi and Kalghatgi (2023), the Big Five Inventory (BFI), revised by John, Donahue and Kentle (1991), and Scale for Attitude Towards Artificial Intelligence (SATAI), developed by Mukherjee and Dasgupta (2024) were used. Our findings reveal no significant difference between the two genders studied as well as no significant correlation was found between the personality traits and the attitude towards AI for both the genders. Literature review reveals the presence of significant differences between gender and the relation of certain personality traits with one's attitude towards AI. However, our study suggests newer directions where gender and personality traits have no significant correlation to one's attitude towards AI.

**Key Words:** Artificial Intelligence (AI), Gender, Personality Traits

## **Exploring Cosmic Energy for Holistic Healing: An Indigenous Approach to Physical, Mental, and Emotional Well-being**

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### **ABSTRACT**

Human beings vibrate with unique electromagnetic waves, forming an intricate network of chakras—energy centers that nourish trillions of cells and billions of brain neurons. These chakras influence physical, mental, and emotional processes and are integral to the bioenergy field, or aura. Indigenous healing practices, such as Reiki, recognize the significance of energy balance and holistic well-being, emphasizing the interconnectedness of body, mind, and spirit. Modern life, characterized by poor diet, pollution, stress, and lack of natural exposure, has disturbed this equilibrium, leading to disorders like depression, migraines, and even cancer. This study investigates the effects of Reiki healing on 30 patients suffering from cancer, osteoarthritis, migraines, insomnia, and accident trauma. Pre- and post-Reiki session data were collected on physical pain, emotional well-being, sleep quality, mental calmness, and overall quality of life, using a structured questionnaire. The data were analyzed using SPSS, where paired sample t-tests revealed significant reductions in physical pain and improvements in emotional well-being, mental calmness, and sleep quality ( $p < 0.05$ ). Correlation analysis showed that improvements in emotional health positively influenced other factors like sleep and overall quality of life. The findings align with neuroscientific evidence suggesting that emotional and physical health are deeply interconnected, with practices like Reiki promoting neural relaxation and emotional balance. Integrating indigenous healing with modern science demonstrates the potential for holistic care, addressing the physical, mental, and emotional well-being of patients.

**Key Words:** Bioenergy field, Energy Balance, Holistic Well-being, Indigenous Healing Practices, Neuroscience

## **The Intersection of Spirituality and Mental Health: Indigenous Healing Practices of Mappila Muslims, Malabar**

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### **ABSTRACT**

This study investigates the mental health practices within the Mappila Muslim community in Malabar, Kerala, focusing on the integration of Islamic spirituality with indigenous cultural traditions that guide their approach to mental well-being. Mappila mental health practices center on spiritual healing, particularly through *ruqyah*—the recitation of Quranic verses believed to protect against spiritual afflictions such as the *evil eye* and *jinn* influences. Traditional healers, known as *ustads/ Beevis*, serve as central figures, blending prophetic medicine with herbal remedies to address mental health concerns and support spiritual healing. The study's objectives are threefold: to document Mappila mental health practices, to explore how spiritual and cultural beliefs inform coping strategies, and to assess how these practices intersect with or diverge from modern mental health approaches. Employing a qualitative ethnographic methodology, data were gathered through participant observation, semi-structured interviews with healers, community members, and religious leaders, as well as case studies that depict how Mappilas utilize traditional practices in family and community contexts. Data analysis was conducted through thematic coding, identifying core patterns in the community's mental health practices and beliefs. Findings reveal that Mappila mental health practices are deeply embedded within social and religious structures, providing a culturally cohesive approach to mental well-being. Rituals such as *Mawlid* (celebrations of the Prophet's birth) and *uruses* (saint commemorations) offer social and emotional relief, reinforcing a collective resilience rooted in shared cultural identity. Additionally, family networks provide ongoing support, underscoring the community's emphasis on collective responsibility for well-being. While younger generations increasingly encounter modern mental health practices, a balance is often struck between these and traditional methods, highlighting the need for culturally sensitive mental health services that respect indigenous beliefs. This study contributes to understanding how community-driven and culturally rooted mental health practices can offer holistic support, advocating for an integrated approach in mental health care for communities with strong spiritual and cultural identities.

**Key Words:** Healing Practices, Malabar, Mappila Muslims, Mental Health & Spirituality

## **Exploring the Intersection of Faith Healing and Mental Health Care: A Qualitative Insight from Madhya Pradesh, India**

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### **ABSTRACT**

**Background:** Faith healing, a practice deeply rooted in cultural and religious beliefs, remains a significant healthcare approach worldwide, especially in regions like India, where mental health stigma is pervasive. Despite advances in psychiatric care, many individuals still seek the services of faith healers for mental health issues, delaying access to appropriate medical treatment.

**Objective:** To understand the perspectives of Faith Healers on mental health, examine their practices and beliefs, and explore the feasibility of integrating faith healing with psychiatric care to enhance mental health outcomes in Madhya Pradesh.

**Methods:** This qualitative study was conducted across selected districts of Madhya Pradesh, India. The participants were Faith Healers' who were interviewed by Psychiatrists from 'Mankaksh' (District Mental Health Units) between July 2022 and February 2023. In-depth interviews (IDIs) were conducted with 16 faith healers using a pre-defined interview guide. These IDIs were later analyzed. Thematic analysis was used to identify key themes from the data.

**Results:** The following four themes emerged: Reason for working in the profession, Perception regarding issues of disciples, View on integration of Faith healing and Psychiatric treatment and Interventions suggested. Opinions on integrating faith healing with psychiatric care varied, with some expressing openness to collaboration, while others remained sceptical of medical interventions.

**Conclusion:** The study highlights the complex relationship between faith healing and mental health care in Madhya Pradesh. Collaboration between faith healers and mental health practitioners is essential for developing holistic care models that respect cultural beliefs while ensuring evidence-based treatment.

**Key Words:** Faith healer, Mental health, Integration, Stigma, Superstition

## **Medical Anthropology and Mental Health Sciences: Challenges in 21<sup>st</sup> Century**

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### **ABSTRACT**

Paper illuminates the relevance of medical anthropology in mental health sciences besides understanding every dimension of social life, social matrix in which we all exist. Cultural studies of anthropologists illuminate a complementary picture- how emotional and behavioural disaffections may induce the psychiatric conditions and similar disorders which arises from the social circumstances, are understood, configured and enacted in the local world with its meaning. It further elaborates on relationship of psychiatry to medical anthropology, clinical psychology and psychiatric social work. It further highlights the existing challenges teaching medical anthropology in tertiary neuropsychiatry care center in northern part of India. As psychiatric social work and clinical psychology training and teaching are concern which is a well-planned training system in our country. But for medical anthropology, could there be a model of teaching to neophyte clinicians, residents and trainees, is central trajectory of this essay.

**Key Words:** Medical Anthropology, Psychiatry, Psychiatric Social work, and clinical psychology and Pedagogic model.

**Health Effects of Climate Change: Health Effects of Climate Change:  
Prioritizing Mental Health**

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**ABSTRACT**

Climate change has a long atmospheric life, and its impact on health is significant. The World Health Organization (WHO) defines mental health as a state of well-being that allows individuals to handle life's stresses, realize their abilities, learn and work efficiently, and contribute to their community. Mental health is influenced by various factors, including individual, social, and structural elements. Unfavourable socio-economic, geopolitical, and environmental conditions heighten the risk of mental health issues. Climate change has significant impacts on agriculture, human systems, and mental health. Extreme weather events, droughts, wildfires, and floods contribute to anxiety and stress, while rising air pollution and temperatures increase the risk of neurological and psychiatric conditions. Changes in food supply and infectious disease patterns also contribute to psychiatric illnesses. Climate change threatens livelihoods, forces migration, and disrupts communities, all of which can harm mental health. The psychological toll of climate change, such as fear for personal and national security, is contributing to widespread distress. It indirectly affects the mental health of pregnant women by causing anxiety and depression due to uncertainty about the environment and concerns about their children's long-term impact. World Environment Day highlights the global need for environmental protection, with the theme "Land Restoration, Desertification, and Drought Resilience" as a key component of the UN Decade on Ecosystem Restoration (2021-2030). Restoring ecosystems is crucial for environmental sustainability and reducing mental health challenges exacerbated by climate change.

The paper highlights the complex link between mental health outcomes and climate change, emphasizing the need for more empirical research. It also highlights the increasing risks and mental health impacts of climate change, disproportionately affecting vulnerable populations. The paper suggests that interventions to address mental health and climate change should be coordinated and holistic, addressing the issue holistically. It also discusses the mental health implications of climate mitigation measures and proposes strategies to address these challenges. The paper recommends a multi-faceted approach, including research, policy interventions, and coordinated global efforts, to mitigate the mental health impacts of climate change on future generations.

**Key Words:** Mental Health, Climate Change, World Environment Day, UN Decade on Eco- system Restoration, PTSD-Post Traumatic Stress Disorder

## **Introduction of Monoclonal Antibodies and its usage in Humans as Medicine**

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### **ABSTRACT**

Monoclonal antibodies are highly specific antibodies produced by identical plasma cells derived from a single clone, allowing for their indefinite growth and B cells that produce these antibodies can function normally. They can also become cancerous, known as myeloma. Monoclonal antibodies are mostly utilized in diagnostics and research purposes. However, their integration into human therapies has been more gradual. In certain therapeutic applications, the antibodies can directly trigger the body's immune response and they bind to their specific target. In other words, they are attached to additional molecules such as fluorescent dyes for imaging purposes or radioactive isotopes like iodine-131 for targeted cell destruction. Monoclonal Antibodies in Medicine are: -

**Immune Suppression:** Muromonab-CD3 (OKT3): This antibody is employed to suppress the immune system, particularly in transplant patients. **Infliximab (Remicade®):** This drug targets tumor necrosis factor-alpha (TNF- $\alpha$ ) and shows effectiveness against inflammatory diseases, including rheumatoid arthritis. However, it may reactivate latent tuberculosis and promote the formation of autoantibodies. **Targeting Cancer Cells:** Rituximab (Rituxan®): This monoclonal antibody targets the CD20 molecule present on most B-cells, making it useful for treating B-cell lymphomas. **Vitaxin:** This antibody binds to a vascular integrin ( $\alpha v/\beta 3$ ) found on the blood vessels of tumors but not on those of healthy tissues. Early Phase II clinical trials suggest it may effectively shrink solid tumors without significant side effects.

**Key Words:** Monoclonal Antibodies, Myeloma, Immune suppression, Formation of Autoantibodies, Necrosis.

**To understand the effect of Indian Classical Dance on activation of muscles, chakras and their simultaneous effect on an individual's physical and mental health: A systematic review**

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*University of Calcutta*

**ABSTRACT**

**Background:** Indian Classical Dance (ICD) is a rhythmic form of exercise which involves slow to intense kinetic footwork, swaying hand gestures and subtle eye movements. These movements activate various muscles of our body along with seven kundalini chakras [root (muladhara), sacral (svadhisthana), solar plexus (manipura), heart (anahata), throat (vishuddha), third eye (ajna), and the crown (sahasrara)] that enhances physical and mental strength of an individual. The ultimate purpose of conducting this systematic review is to highlight the link between Indian Classical Dance and yoga which helps an individual to exacerbate one's physical and mental wellbeing and identifying a probable importance of ICD and Yoga for future research indications.

**Objective:** The main objective of this systematic review is to understand how Indian Classical Dance activates various muscles and chakras of our body and their simultaneous effect on an individual's physical and mental health.

**Methodology:** The review adopted a desktop research methodology. Desk research refers to secondary data or that which can be collected without fieldwork. Desk research is basically involved in collecting data from existing resources hence it is often considered a low-cost technique as compared to field research. Thus, the review relied on already published studies, reports and statistics along with some traditional books [Natyashastra]. This secondary data was easily accessed through the online journals and library.

**Results:** The results indicate statistically significant activation of skeletal muscles, smooth muscles, cardiac muscles and overall cardio-respiratory functioning along with activations of kundalini chakras. It also indicates statistically significant reduction of psychological distress.

**Conclusion:** Indian Classical Dance is shown to have significant impact over activation of muscles and chakras leading to reduction of psychological distress and enhancement of cardio-respiratory system.

**Key Words:** Classical Dance, Mental Health, Systematic Review

**Intergenerational approach to Family Therapy for rural population: Scope and Challenges in the Indian context.**

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**ABSTRACT**

Family as a primary social institution in a multicultural country like India and its impact on mental health has been widely researched across urban and rural settings. The available literature provides important implications for family therapy services provided in India by facilitating a genuine understanding of the family dynamics and its impact on individuals. Intergenerational family therapy revolves around understanding generational influences on family dynamics which is applicable to both urban and rural settings. Although popularized in the West by Murray Bowen, this approach has been applied in the Indian context along with widespread research on the challenges of its application. This paper seeks to bridge the gap in available literature to discuss the primary challenges of this approach which includes complex family structures, education, intergenerational social mobility, internalized values and urban-rural cultural differences in an attempt to suggest the scope of the Intergenerational Family Therapy for the rural population of India. The aforementioned challenges are discussed in relation to understanding different aspects of family dynamics in rural settings. The need for cross-generational mentoring, qualitative research and family therapy models specially curated for rural societies of India is implied in this research paper. In conclusion, this research paper provides a holistic understanding of Intergenerational Family therapy for the rural population in India and helps in the furtherance of the mental health services provided to them.

**Key Words-** Indian rural population, Intergenerational Family Therapy, Family dynamics, challenges and scope, literature review.

## **Prevalence and correlates of unmet need in mental health treatment in rural India**

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### **ABSTRACT**

**Introduction:** India had 197.3 million people with mental illnesses in 2017, which makes up 14% of the nation's overall population. According to the National Mental Health Survey (2015-16), about 150 million Indians need care for mental disorders. Despite the widespread recognition of mental health illnesses and their notable growth, undiagnosed cases and unmet need for treatment prevail. This study aims to analyze the current mental health status and unmet need for treatment in rural India.

**Methodology:** An analytical study was conducted using the data from the Longitudinal ageing study in India Wave-1, (2017-2018). Regression analysis was done using Stata software, version 14.2, to understand the association between unmet needs and various sociodemographic factors.

**Result:** In this study, the prevalence of mental disorders is 29.34% in rural India. 52.80% of unmet need is present among rural residents with mental illness. Undiagnosed depression contributes to 28.84% in rural India. The prevalence is estimated to be higher in the southern region, working people, females, and people without proper schooling in rural India.

**Conclusion:** A higher percentage of India's rural population suffers from mental illness, and most of them do not receive the therapy or treatment they require. Also, many people are ignorant about their mental health, which is contributing to the increasing burden of undiagnosed depression. Mapping such gaps is vital to finding the undiagnosed and unaware of the population and providing them with proper care and treatment through effective public health strategies.

**Key Words:** Mental health, Unmet needs, Rural India, Undiagnosed depression.

## **Economic Empowerment vs. Domestic Pressure: The Quality of Life for Dual-Earning Couples in Gendered Societies**

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### **ABSTRACT**

In today's modern world, as both partners in a marriage (traditionally speaking) increasingly participate in the workforce, traditional gender roles and societal expectations continue to shape household dynamics, particularly in societies with rigid gender norms. Women often face greater pressure to balance professional and domestic responsibilities, which may negatively affect their well-being, despite the financial benefits of economic empowerment. The current study is underway and would examine the impact of economic empowerment and domestic pressure on the quality of life for dual-earning couples in gendered societies, with gender norms serving as a moderating factor.

Using a sample of 150 dual-earning couples (total 300 individuals) from urban and semi-urban areas, this quantitative study would explore how financial independence and domestic pressures interact to influence well-being. Stratified random sampling will ensure representation from diverse socio-economic backgrounds. Key variables include economic empowerment, domestic pressures, quality of life, and gender norms, with data collected through structured questionnaires.

The methodology focuses on multiple regression analysis to examine the relationships between economic empowerment, domestic pressures, and quality of life, while assessing how gender norms moderate these effects. The study aims to provide insights into how societal expectations around gender affect work-life balance and overall well-being.

Findings will offer valuable implications for workplace and societal interventions. Policies promoting flexible work arrangements, gender-sensitive practices, and shared domestic responsibilities are essential to reducing work-family conflict and improving the quality of life for dual-earning couples. This research highlights the need for a comprehensive approach addressing both economic and psychosocial factors to create supportive environments for and ensure well-being of dual-earner households.

**Key Words:** Dual-earning couples, Economic empowerment, Domestic pressures, Gender norms, Quality of life, Work-life balance, Well-being

**A Correlational Study: To find out the effect of Job Satisfaction on various domains of Occupational Stress**

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**ABSTRACT**

This research, titled "*A Correlational Study: To find out the effect of Job Satisfaction on various domains of Occupational Stress*", investigates the impact of job satisfaction on different aspects of occupational stress, focusing on how satisfaction levels relate to specific stress domains in the workplace. Beyond examining the general relationship between overall job satisfaction and total occupational stress, it also explores how intrinsic and extrinsic facets of job satisfaction independently correlate with different stress dimensions. Hypotheses include that job satisfaction is negatively correlated with occupational stress, intrinsic and extrinsic job satisfaction are negatively correlated with occupational stress, and that specific stress domains—role overload, under participation, political pressure, strenuous working conditions, and powerlessness—are negatively correlated with job satisfaction. The study further examines whether job satisfaction's correlation with occupational stress varies with years of employment experience.

The study sample consists of 60 currently employed individuals (30 male, 30 female), aged 20-60, selected through snowball sampling. The data from these individuals, collected using the self-reporting instruments Minnesota Satisfaction Questionnaire (MSQ)-Short Form and Occupational Stress Index (OSI), were gathered via a structured Google Form. Findings are intended to provide a nuanced understanding of how employees' perceived satisfaction with their work environment impacts their experience of stress.

On analyzing the data, the hypotheses were confirmed, showing that job satisfaction is negatively correlated with occupational stress. There is a fair chance that if one of these variables increases, the other decreases, and vice versa. By shedding light on specific stressors related to satisfaction, the study aims to inform strategies for reducing workplace stress, promoting mental well-being in organizational settings, and enhancing overall workplace efficiency.

**Key Words:** Job Satisfaction, Occupational Stress, Intrinsic and Extrinsic Satisfaction, Stress Domains, Role Overload, Employee Well-being, Organizational Efficiency, Workplace, Mental Health.

**Relationship between Psychological factors and Quality of Life (QOL) among women with Polycystic Ovary Syndrome (PCOS): A systematic review and meta-analysis**

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**ABSTRACT**

**Background:** Polycystic ovary syndrome (PCOS) is a chronic condition that significantly affects the Quality of Life (QOL) in women. While multiple factors influence QOL in women with PCOS, the role of psychological factors is not well understood.

**Objective:** This systematic review and meta-analysis aim to investigate the psychological factors associated with QOL in women diagnosed with PCOS.

**Methods:** We conducted a comprehensive search of Scopus, EBSCO host, and ProQuest databases in April 2024 for studies examining the correlation between psychological factors and QOL in women with PCOS. Meta-analyses were performed using a random effects model (95% CI), and a narrative-descriptive approach was applied for studies that did not qualify for meta-analyses. The review follows PRISMA guidelines and is registered on PROSPERO.

**Results:** A total of 29 studies were included, of which 18 were analyzed for the relationships between body mass index (BMI), Hirsutism, depression, anxiety, eating behaviours, and QOL. All variables were significantly negatively correlated with physical, psychological, and overall QOL.

**Conclusion:** This study highlights the need for more comprehensive research on psychological factors affecting QOL in women with PCOS, including eating behaviours, coping mechanisms, and personality traits. Understanding these factors may help develop personalized interventions and integrate psychosocial components into routine care. Particular attention should be given to adolescents, a group with limited research but crucial for future management protocols. Addressing psychological factors through tailored interventions and regular psychological assessments could enhance QOL and prevent future comorbidities in women with PCOS.

**Key Words:** Psychological factors; Quality of life; PCOS; Polycystic ovary syndrome; Systematic review; Meta-analysis

## **Assessing prevalence and associated factors of depressive symptoms among type-2 diabetes patient in urban Odisha**

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### **ABSTRACT**

**Background:** Diabetes mellitus poses an increasing public health challenge worldwide, with India being one of the most impacted nations. Depression often occurs alongside Type 2 Diabetes Mellitus (T2DM), resulting in poorer health outcomes. Yet, there is limited understanding of how common depression is and what factors predict it among diabetes patients in Urban Odisha. This study evaluates the prevalence of depressive symptoms and their related risk factors in T2DM patients in Urban Odisha.

**Objective:** To assess the prevalence of depressive symptoms in individuals with T2DM in an urban area of Odisha, identify related risk factors, and examine barriers and support needs for effective diabetes management and lifestyle changes among DM patients.

**Methods:** A cross-sectional study was conducted involving 400 T2DM patients aged 18 and above in Urban Odisha. Scores exceeding 10 on the Odia Patient Health Questionnaire-9 (PHQ-9) suggested the presence of depression. A predesigned proforma gathered sociodemographic and clinical data. Logistic regression identified characteristics related to depression using SPSS 26.0.

**Results:** Depression was found in 39.25% of T2DM patients. Significant factors linked to depressive symptoms were age (OR=0.917,  $p<0.001$ ), marital status (higher odds for married individuals, OR=7.911,  $p=0.001$ ), family type (lower odds in joint families, OR=0.490,  $p=0.020$ ), perceived social support (strong support as protective, OR=0.524,  $p=0.037$ ), and satisfaction with sleep quality and duration (OR=0.113,  $p<0.001$ ). No notable connections were identified regarding gender, employment status, income, or lifestyle factors like smoking and alcohol use.

**Conclusion:** In Urban Odisha, nearly 40% of T2DM patients exhibit depressive symptoms. Key predictors include age, marital status, family structure, social support, and sleep quality. The findings highlight the need to incorporate mental health screening into diabetes care to enhance outcomes and minimize comorbid complications.

**Key Words:** Type 2 Diabetes Mellitus, Depression, Prevalence, Urban Odisha, Sociodemographic factors, PHQ-9, Mental health

**The Impact of CBT and relaxation strategies on aggression and somatic symptoms of dissociative patients.**

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**ABSTRACT**

Rising stress and trauma in the 21st century have heightened mental health issues, including dissociation, which can worsen if untreated. Numerous studies have been conducted on aggression but relatively few have looked at how these factors relate to dissociation. And Dissociation in itself can cause various disorders. The post-covid era has led people to become more traumatic, and aggressive. The effect of dissociation has escalated even further due to trauma. So, the current study emphasizes the impact of CBT and relaxation strategies on dissociation. The research was an experimental design involving pre-test, post-test, and control groups. Testing was conducted to assess the effectiveness of the therapy. Samples were collected from Geetanjali Medical College and Hospital, Udaipur, Rajasthan, through consecutive sampling methods. A total of 46 subjects were taken using consecutive sampling, divided into two groups: 23 in the control group and 23 in the experimental group, with participants ranging in age from 18 to 60. The study evaluated the effects of pharmacotherapy and psychotherapy on somatic symptoms and aggression. For somatic symptoms, both therapies combined showed a significant reduction ( $t = 12.93, p < 0.0001$ ), while pharmacotherapy alone also resulted in a significant decrease ( $t = 12.33, p < 0.0001$ ). Regarding aggression, both therapies together led to a substantial reduction ( $t = 12.94, p < 0.0001$ ), with pharmacotherapy alone showing a similar effect ( $t = 12.89, p < 0.0001$ ). Additionally, there was a significant association between therapy type and gender in the outcomes.

**Key Words:** Relaxation Strategies, Dissociative Patients, Somatic Patients.

## **Exploring the Link Between Internet Addiction and Emotion Regulation Strategies**

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### **ABSTRACT**

**Background:** One of the many impacts of Covid-19 pandemic was increase in the cases of internet addiction all over the world. Internet addiction, which has been associated with several psychological problems, is seen as an umbrella term which includes mainly four components: excessive use of internet, constant obsession, withdrawal, and dysfunction in daily life. Studies have shown that emotion regulation plays a very important role in both substance and behavioral addictions. Yet, there are very limited studies focusing on the relationship between internet addictions and emotion regulation as well as the strategies related to emotion regulation.

**Objective:** The aim of the present research was to see the levels of internet addiction in college students, explore the relationship between internet addiction as well as psychological distress and emotion regulation strategies (cognitive reappraisal and expressive suppression). Gender differences were also explored for the same variables.

**Methodology:** A correlational study was conducted on a sample of 80 college students (40 males and 40 females) between the age group 19 to 25 years through convenience sampling. Young's Internet Addiction Test (IAT), General Health Questionnaire-12 (GHQ-12) and Emotion Regulation Questionnaire (ERQ) were administered to measure the Internet Addiction levels, psychological distress and strategies of emotion regulation (Cognitive reappraisal and Expressive Suppression).

**Results and Implications:** The data was analyzed using the latest version of SPSS. 45% of the reported mild levels of internet addiction, 13% reported moderate and 3% reported severe internet addiction. Only 37% of the total sample did not have internet addiction. It was observed that there was a significant difference in emotion suppression levels between males and females. However, no significant difference was found between males and females for the rest of the variables. It was also observed that there is a moderate positive relationship between Internet addiction levels and psychological distress ( $r = -.66, p < .01$ ). There was a mild positive relationship between internet addiction and emotion suppression ( $r = +.37, p < .01$ ). However, no significant relation was observed between internet addiction and cognitive reappraisal.

**Key Words:** Internet Addiction, Psychological Distress, Emotion Regulation, Cognitive Reappraisal, expressive Suppression

## **Impact of Perceived Parental Support on Resilience: Mediating Role of Intrinsic Life Aspirations in Young Adults**

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### **ABSTRACT**

In the vibrant landscape of Indian Society, where any rule about parental influence is subordinated to time, context and relationships, resilience remains crucial for the psychological well-being of young adults navigating emerging adulthood. This study examines how perceived parental warmth, autonomy, support combined with intrinsic life aspirations influence resilience, while also exploring gender differences in the perception of support. Using cross-sectional correlational research design, a sample of 331 young adults aged 18-23 was recruited from educational institutions across India. Participants completed standardized scales measuring perceived parental support (Perception of Parents Scale), intrinsic life aspirations (Aspiration Index), and resilience (Bharathiar University Resilience Scale). Data were analysed using correlation, regression and mediation analysis, and ANCOVA to examine gender differences in the perception of maternal and paternal support. Results suggested that cumulative support from both parents was strongly linked to resilience ( $r = 0.329$ ,  $p < .001$ ), with intrinsic life aspirations, especially in community contribution and relationships, partially explaining this effect (estimate = 0.0426, SE = 0.00992,  $Z = 4.29$ ,  $p < .001$ ). Interestingly, Personal Growth was not a significant predictor of resilience ( $\beta = -0.0799$ ,  $p = 0.232$ ), suggesting it may follow from resilience rather than contribute directly. Gender differences were evident, with males showing greater resilience when supported by mothers (Spearman's  $\rho = 0.321$ ,  $p < .001$ ), and females benefitting more from paternal support (Spearman's  $\rho = 0.338$ ,  $p < .001$ ). These findings suggest that fostering both maternal and paternal support, along with nurturing intrinsic aspirations, can significantly enhance resilience and well-being. The insights gained can inform interventions aimed at strengthening family relationships and promoting personal growth to support psychological flourishing in young adults.

**Key Words:** Intrinsic Life Aspirations, Perceived Parental Support, Personal Growth, Positive Psychology, Resilience, Young Adults

## **Cognitive Health in Adults practising Nirjala Ekadasi: A Cross-sectional Study with Ad libitum dieters**

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### **ABSTRACT**

**Background:** Indigenous practices centered around health provide valuable insights into mental well-being. Whilefasting has been a longstanding tradition across various religions in India, its scientific implications remain largely unexplored. Intermittent fasting (IF) research has mainly focused on physical outcomes, with limited attention to psychological effects, particularly cognition. Given IF's potential to prevent or mitigate cognitive decline, examining its extended impact on cognitive function is essential.

**Objective:** This study aimed to examine Nirjala Ekadashi (NE)—a 24-hour, fortnightly Hindu fast involving complete abstinence from food and water—and its associations with cognition in middle-aged adults.

**Methods:** A cross-sectional study was conducted with 187 participants aged 40-59 years. The participants were divided into two groups: Nirjala Ekadashi practitioners (n=85) and individuals following an ad libitum eating pattern (n=102). The cognitive functioning of the participants was assessed through three remote, self-administered neuropsychological tasks: the Sustained Attention to Response Task (SART), the Digit Span Test (DST), and the Wisconsin Card Sorting Test (WCST) available on PsyToolkit. A Mann Whitney U analysis was conducted to compare the performance between the two groups.

**Results:** Findings revealed significantly better performance by the NE group. Specifically, the fasting group had lower commission error rates on the SART, indicating better inhibitory control. They also made fewer errors on the WCST, reflecting greater executive functioning. However, the two groups had no significant differences in SART omission errors or DST scores, suggesting that sustained attention and working memory performance were comparable.

**Conclusion:** The findings suggest that the religious fasting regimen of NE supports cognitive health, particularly in inhibitory control and executive functioning. This research provides empirical support for integrating spiritual practices into contemporary health frameworks, offering insights into how ancient wisdom might contribute to cognitive resilience in modern society.

**Key Words:** Cognition, Intermittent fasting, religious fasting, Nirjala Ekadashi, Indigenous practice

## **Role of Alexithymia in Coping Strategies and Attachment Style Among Middle-Adults**

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*Christ (Deemed to be University)*

### **ABSTRACT**

This study investigates the relationship between alexithymia, coping strategies, and attachment styles in middle-aged adults. Alexithymia, characterized by difficulties in identifying and expressing emotions, is often linked to maladaptive coping mechanisms and insecure attachment patterns. The study involved 207 participants aged 40-60 who completed the Toronto Alexithymia Scale (TAS-20), BRIEF Cope Scale, and Adult Attachment Scale (AAS). The analysis revealed a significant positive correlation between alexithymia and avoidant coping strategies, indicating that individuals with higher levels of alexithymia tend to avoid dealing with stress. Additionally, alexithymia was negatively correlated with secure attachment, suggesting that those with emotional processing difficulties are less likely to form secure emotional bonds. No significant gender differences were found in alexithymia, coping strategies, or attachment styles, implying that these emotional challenges are experienced similarly across genders in middle adulthood. The study underscores the importance of therapeutic interventions aimed at improving emotional awareness and expression to promote healthier coping mechanisms and stronger attachment patterns. The findings of the current study contribute to the understanding of how alexithymia impacts emotional regulation and relationships in middle adulthood and suggest pathways for future research and clinical applications.

**Key Words:** Alexithymia, Coping Strategies, Attachment Style, Middle Adulthood, Emotional Regulation, Avoidant Coping, Gender Differences, Secure Attachment.

## **Belief System and Adherence to Medical Advice Through Tele-psychotherapy in India - Study of Pre-COVID and Post-COVID Scenario**

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### **ABSTRACT**

**Background:** Healthcare in India blends modern medicine with cultural and traditional practices. COVID-19 pandemic has created a major psychological, physical and social impact on individuals across the globe, especially among the frontline workers. According to the World Health Organization, the prevalence of anxiety and depression increased by 25% in the first year of the pandemic. Even though there has been a sudden surge in observing mental health issues among individuals during and after COVID-19, the need for assistance existed in copious numbers Pre pandemic situations. Tele psychotherapy is conducted by a therapist at a location different from the clients through bidirectional communication technology supporting real-time interactivity in the audio, audiovisual, or text modalities (Kaplan, 1997). This modality is more common in western cultures and less explored on how it impacts a developing nation, its people, their belief and adherence in a life changing Pandemic context like in India.

**Objective:** The paper studies the pattern of how belief systems have changed within the paradigm shifts of COVID-19 and how individual's adherence has been influenced in seeking and following tele psychotherapy.

**Methods:** The method of Literature review was used to analyze studies on belief systems and adherence to telepsychotherapy in India. The study was focused on both pre and post pandemic scenarios between the timeline of 2010 and 2024. Databases such as PubMed, Google Scholar, Scopus, Sage Journals, ScienceDirect and Elsevier were used.

**Result and Conclusion:** COVID-19 accelerated the use of tele psychotherapy in urban regions of India, but rural regions still face challenges due to cultural beliefs, digital illiteracy, limited access to networks, and stigma surrounding mental health. The limited uptake of tele psychotherapy pre pandemic was mainly due to cultural preferences for face-to-face sessions and insecurities surrounding technological barriers and confidentiality. Even though the belief system has evolved, adherence still seems to be a bigger challenge in rural regions than urban ones.

**Key Words:** Belief System, Adherence, COVID-19, Tele-psychotherapy, Pre-COVID, Post-COVID, Paradigm Shift.

**A comparative study between Smoker and non-smoker engineering college students of West Bengal in terms of State Anxiety and Peer Pressure.**

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*Rajabazar Science College, Calcutta University*

**ABSTRACT**

This study aims to sort and compare factors associated with cigarette smoking behavior among 170 young adult undergraduate engineering college students of West Bengal (74 smokers and 96 non-smokers). Snowball sampling method was used for the study. Initially a checklist was provided for sorting the top two factors associated with smoking among the population. The ruled-out factors were Anxiety and Peer Pressure. STAT – X1 developed by Spielberger et. Al. in 1983 was used to assess anxiety. PPSQ-R developed by Saini in 2016 was used to assess peer pressure.

Quantitative analysis indicates the presence of heterogeneous population along with equal distribution of state anxiety and unequal distribution of peer pressure across categories of population. Among smokers, no significant correlation was found between State Anxiety and Peer Pressure. Among non-smokers, significant correlation was found between State Anxiety and Peer Pressure. This study stands relevant in understanding the individual effects of peer pressure in contrast to the generalized effect of state anxiety across smokers and non-smokers. This study highlights the need for further analysis onto the subject matter as well as the need for primary care intervention for the sample under consideration.

**Key words-** Cigarette smoking behavior, Smoker, Non-smoker, Anxiety, Peer pressure, STAI-X1, PPSQ-R, Quantitative analysis, young adults, West Bengal.

## **Cyberbullying and its impact on psychosocial functioning, depression and anxiety among Indian population**

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### **ABSTRACT**

**Introduction:** Cyberbullying, which involves using digital platforms to intimidate, harass, or harm individuals, significantly affects the mental well-being and social interactions of its victims. Cyberbullying victims are more likely to suffer from anxiety, depression, and low self-esteem, all of which might worsen their psychological issues. According to studies the prevalence of cyberbullying victimization increased from 3.8% to 6.4% among female respondents and 1.9% to 5.6% among male respondents over three years. **Objectives:** This review aims to synthesize existing literatures to explore the impact of cyberbullying on psychosocial functioning, depression, and anxiety among the Indian population by identifying its prevalence, associated factors, and implications for mental health. **Methodology:** We searched 3 electronic databases like PubMed, EBSCO and ProQuest along with the grey literature like google scholar. This review includes studies published in English with full-text availability that examine the impact or association of cyberbullying victimization with psychosocial issues or difficulties in the Indian context. It excludes narrative reviews, systematic reviews, editorials, opinion pieces, letters to the editor, and studies without empirical data. Three independent reviewers screened the studies, while data extraction was carried out by two reviewers and subsequently verified by a third. Because of the variability in study objectives and outcomes, the results were not pooled; instead, a narrative analysis was conducted. **Results:** Twenty studies were included in this review. Most of the studies were conducted in western and southern India (4 [20%] each) and northern India (6 [30%]). Five studies did not specify the region of the study. The median age of the included populations was 18–19 years [18.5 years]. One study, conducted in Sikkim, reported the highest prevalence of cyberbullying (60.6%). Thirteen studies reported a significant positive association between cyberbullying victimization and depression, anxiety, and stress. Two studies reported a positive association between cyberbullying victimization and suicidal ideation. Of these, one study concluded that adolescents who experienced cyberbullying victimization were 2.5 times more likely to have suicidal ideation compared to those who did not experience this issue. Seven studies indicated that cyber victimization can lead to poor or low self-esteem. However, one study found no significant difference between cyberbullying and self-esteem, nor between cyberbullying and mental health outcomes (such as depression). **Conclusion:** The systematic review highlights the widespread prevalence of cyberbullying across various regions of India, with significant psychological consequences. Victims of cyberbullying frequently experienced higher levels of depression, anxiety, stress, and lower self-esteem, with some studies linking it to suicidal ideation. These findings emphasize the need for targeted interventions to address its mental health impacts, especially among adolescents.

**Key Words:** Cyberbullying, Cybervictimization, Depression, Anxiety, India

## **Understanding the role & scope of tele-based mental health services during the Covid-19 pandemic through a retrospective lens**

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### **ABSTRACT**

The COVID-19 pandemic has profoundly impacted mental health services in India, leading to an urgent need for accessible and effective mental health care. This article reviews the literature on telephone-based mental health services in the Indian context during the pandemic, focusing on their effectiveness, accessibility, and patient satisfaction. The findings highlight the critical role of these services in addressing mental health challenges exacerbated by the pandemic, particularly among vulnerable populations. India, with its vast population of over 1.3 billion, faced significant mental health challenges during the COVID-19 pandemic. The lockdowns and social distancing measures led to a surge in mental health issues, including anxiety, depression, and suicidality (Mariyam et al., 2022). Traditional mental health services were disrupted, necessitating a shift to telehealth solutions, particularly telephone-based interventions. The Government of India launched initiatives like Tele MANAS to provide accessible mental health support through telephone services (PIB, 2024). A study highlighted that telephonic interventions during the pandemic have significantly improved psychological outcomes for individuals experiencing distress due to COVID-19 (Ghosh & Sircar, 2022). Participants reported reduced symptoms of anxiety and depression following telephone counselling sessions.

This review article synthesizes findings from various studies published between 2020 and 2023 that examined telephone-based mental health services in India during the pandemic. Literature was identified through searches in databases such as PubMed, Google Scholar, and government reports using Key Words like “telephone-based mental health India”, "COVID-19," "teletherapy," and “mental health helplines”. Telephone-based mental health services have emerged as vital resources for addressing the psychological impact of the COVID-19 pandemic in India. They have facilitated access to care for millions while highlighting systemic gaps that need attention. Continued investment in these services is essential for improving mental health outcomes across diverse populations in India. However, addressing barriers to technology access, service quality, and stigma is crucial for maximizing their impact.

**Key Words:** Tele-services, Mental Health, Covid-19, Retrospective Study

**Understanding the emotional dimensions of dementia care: a healthcare professionals' perspective**

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**ABSTRACT**

This qualitative study examines the emotional dimensions of dementia care from the perspectives of Indian healthcare professionals, including neurologists, psychiatrists, and geriatricians. Using semi-structured interviews, the research explores the emotional challenges, coping mechanisms, and the cultural and institutional factors influencing their experiences. Key findings reveal substantial emotional labor, including frustration, empathy, and ethical dilemmas faced by professionals. The results emphasize the importance of peer support, tailored emotional resilience training, and systemic changes to alleviate emotional burdens. This study contributes to bridging the gap in understanding the emotional well-being of healthcare providers and offers practical recommendations for enhancing institutional policies and support systems, thereby improving care outcomes.

**Key Words:** Dementia care, Emotional dimensions, Healthcare professionals, Coping strategies.

## **Attachment Styles and Perfectionism among Emerging Adults**

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### **ABSTRACT**

The present study aims to assess the significant relationship between Attachment style and Perfectionism among Emerging Adults. Attachment is the emotional connection one forms as an infant with their caregiver, and they often well determine how one relates to other people and responds to intimacy throughout life. There are four kinds of attachment style namely secure, avoidant, anxious and disorganized. Perfectionism is a personality trait that strives for high standards of performance and is accompanied by a tendency to evaluate oneself. The main objective of this study was to examine the relationship between attachment style and perfectionism among emerging adults. A sample of 200 people was collected from people of specific age group of 18 to 29 belonging from Kottayam, Pathanamthitta and Thiruvananthapuram districts of Kerala. The tools that were used were Adult Attachment Scale and Frost Multidimensional Perfectionism Scale. The statistical analysis method that is used is Spearman Rank correlation. The statistical analysis was done using SPSS. The finding of the study indicates that there is a partial relationship between Attachment style and Perfectionism among emerging adults. The study concluded that there is a significant negative correlation between concern over mistakes and doubts about action and depend on and a positive correlation between concern over mistakes and doubts about actions and anxiety.

**Key Words:** Attachment, Perfectionism, Close, Depend, Anxiety, Parental evaluation, Personal standards.

**Invisible vulnerabilities: Psychosocial support for persons with disabilities during disasters – Insights from the michaung cyclone, Chennai**

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**ABSTRACT**

Persons with disabilities (PwDs) experience compounded vulnerabilities during disasters, amplified by poverty, social exclusion, and barriers to accessible services. In the wake of the devastating Michaung Cyclone in Chennai, the psychosocial impacts on PwDs highlighted critical gaps in mental health and psychosocial support (MHPSS) services. PwDs were profoundly affected by the cyclone, not only physically but also emotionally, as the lack of adequate support services left many without the means to process trauma or build resilience. The disaster underscored the need for dedicated, accessible psychosocial support integrated within broader rehabilitation and recovery plans. These factors not only hindered immediate recovery but also affected their long-term ability to manage life's adversities. There is a pressing need for further research and documentation to capture the unique experiences and challenges faced by PwDs in disaster settings, specifically in the realm of MHPSS. Enhancing accessibility, linking psychosocial care to recovery programs, and ensuring continuous support are essential to improving the quality of life and resilience of PwDs in future disaster scenarios. This paper aims to provide an overall insight into the importance of addressing the distinct psychosocial needs of PwDs during and after disasters, contributing to a more inclusive and effective approach to disaster management and recovery efforts.

**Key Words:** Persons with disabilities, Disaster, Mental Health, Cyclone, Psychosocial impact

