



सर्वसुमना

**5TH INTERNATIONAL CONFERENCE ON
PUBLIC MENTAL HEALTH AND NEUROSCIENCES
(ICPMN) - 2018**

ABSTRACT BOOK



**Date: March 26-27, 2018
Venue: Siem Reap, Cambodia**



प्रधान मंत्री

Prime Minister

MESSAGE

It is a pleasure to know that the 5th International Conference on Public Mental Health and Neurosciences (ICPMN-2018) is being organized under the aegis of the Sarvasumana Association on 26th and 27th March, 2018 in Cambodia.

The theme adopted for the Conference 'Mind Body Linkage: Yoga & Advances in Neuroscience Research – Ancient to Modern' is relevant considering the increased popularity of Yoga across the world.

Best wishes for the successful organization of the Conference. May this meet be characterised by a healthy exchange of ideas and insights from the various stakeholders.

(Narendra Modi)

New Delhi
20 March, 2018

Dr. Preenon Bagchi
Secretary
Sarvasumana Association
168 A, 1st Cross, 1st Block
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ORGANIZER

SARVASUMANA ASSOCIATION

Bengaluru, India

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- (1) Sanatana Yoga Vignana Kendra, Bengaluru, India
- (2) Padmashree Institute of Management & Sciences, Bengaluru, India
- (3) Milton H. Erickson Institute of the California Central Coast, USA

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Dr. Mauro Cozzolino- Director, Psychosocial Genomics Laboratory, University of Salerno, Italy

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Sarvasumanâ Association

Reg. No.: JNRS79-2014-15



सर्वसुमना

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Welcome

'I drink when I am thirsty, I eat when I am hungry if heaven is not falling down I live till I die'- A person cannot buy health, postpone disease, through practicing Asanas , but following healthy life style-following eight limbs of yoga. People are looking at the alternative methods of living a healthy life due to the limitations of modern medicine. The Patanjali Yoga Sutras give all the essential information about yoga in a masterly manner, it also recognized as the masterpiece in the literature of Yoga and has stood the test of time and experience.

Yoga is a Way of Life. Yoga cannot be taken as a hobby or to find an escape from stress and pressure in day to day life. It can be undertaken on understanding the nature of human life, challenges, pain, suffering which are definitely there in it. All these sufferings and misery can be ended only through finding the Truth, which can be achieved through Yogic Discipline.

This conference gives a platform to researchers, students to share their ideas, inventions with likeminded people.

The cover page of the abstract book displays the architecture of biggest Hindu temple of Cambodia and famous Surya temple of Konark.

It gives me great pleasure to invite delegates from across the world for the 5th International conference on Public mental Health and Neurosciences -2018 at Cambodia. We welcome you all to the conference with the theme Mind body Linkage: Yoga and Advances in Neuroscience research- Ancient to Modern. I hope that you will find both conference and your stay enjoyable and comfortable.

With Kind regards

Padmashree Murthy

President

RICHARD HILL



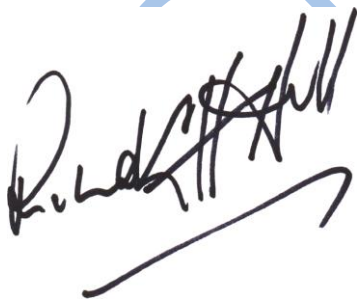
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3rd March, 2018

To be involved in a conference such as this is both an honour and a privilege. As we gather close to remnants of the antiquities, I am expecting that wonderful things will emerge – new ideas, fresh thinking, and a reawakening of the enchantment of life that our academic studies seek to understand. May everyone at the conference enjoy the occasion and both take away something life changing and, also, contribute something that no-one else could.

I look forward to meeting everyone and enjoying the wonderful location in Siem Reap, Cambodia, the home of Angkor Wat.

My best wishes,



Richard Hill

Milton H. Erickson Institute of the California Central Coast

125 Howard Avenue
Los Osos CA 93402 USA

26 March 2018


Dear Dr. Preenon Bacgchi,

We are gathered together at this conference at a profound turning point for the health, well-being, spiritual and scientific development of humanity. At this moment great efforts are being made to open lines of communication, empathy, help and understanding between and within every human being on our planet. Even as these positive movements are taking place, however, we are all aware of the humiliating weight of our human history of failure that can seemingly turn the best of human nature into the worst of conflict, deprivation and war in the blink of an eye. How can we work together to reconcile these apparent opposites in the human condition? Let us join our heads and hearts during this conference to create new pathways of going forward together for the health and welfare of all people.

Sincerely,



Ernest Lawrence Rossi, PhD



Kathryn Lane Rossi, PhD



UNIVERSITÀ DEGLI STUDI SALERNO

Dipartimento di
Scienze Umane, Filosofiche e della
Formazione

Dear participants

I am so curious, interested and glad of participating to this fantastic conference.

I wish all of you that this conference can be an occasion for experiencing some new and precious, transforming positively your personal and professional life.

Best wishes

Salerno, March 19th 2018

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MESSAGE

It is a matter of great pride that our Yoga Kendra is co-organizing this International Conference on Public Mental Health (Yoga) & Neurosciences along with Sarvasumana Association at Mumbai.

Yoga is an ancient practice its practitioners have asserted its effect on balancing emotional, physical and spiritual health for decades, but only recently has there been a move to substantiate these claims through research. So far, the result has been definitive, significant evidence of the broad-ranging benefits of yoga, both as a treatment and as a preventative form of medicine and health care.

Through randomized trials, reviews and other studies, we are learning more about the effect yoga can have on different aspects of our physical and mental health. Yoga isn't as simple as taking a pill, but mounting evidence suggests it's worth the investment of time and effort. Ultimately, in order to benefit from the positive health effects of yoga, we need to be mindful of the present: this moment, now. In such a non-stop world, that, surely, has to be a good thing.

I extend my best wishes for the success of this event.

Thanking you

Rajesh.T.S M.Sc,M.Phil,YIC,(Ph.D)
Founder Director
www.SanatanaYogakendra.org



PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

It is indeed heartening to note that Sarvasumana Association in collaboration with Padmashree Institute of Management & Sciences is organizing 5th International Conference on Public Mental Health and Neurosciences -2018 at Siem Reap, Cambodia. This conference provides a common platform for a productive interaction between academia and industry. Neuroscience is a growing field of research with exciting opportunities. It is the cross-disciplinary science of the present age. The application of Public Health & Medicine in Biotechnology in specific needs to pay more attention in the developing country like India. Events of such kind will prove an ideal platform for the exchange and interaction of ideas in the pertinent field. The magnitude of public mental illness in the community is substantial. Proportionately, the numbers of biotechnologists are related infrastructure is minimal. Hence there is a growing demand of biotechnologists in India. Clearly, there is a need to increase the awareness of biotechnology in public health and this conference provides an excellent platform for the same. This conference is very timely in this regard and I wish the organizers all the best for the success of the event.



DR. ANURADHA. M

(PRINCIPAL)

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5th International Conference on Public Mental Health & Neurosciences, 26-27th March 2018, Siem Reap.

Affiliated to Bangalore University, Recognised by Government of Karnataka , Recognised by UGC
under section 2(f) and 12(B), Accredited by NAAC 'B' Grade

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ICPMN 2018

**KEYNOTE &
PLENARY TALKS**

ICPMN 2018

**WHAT IS A “THERAPEUTIC CONSCIOUSNESS” AND WHAT IS
“EFFECTIVE THERAPY”.**

*Dr. Richard Hill
Mind science Institute, Australia*

Freud is referred to, by some, as the “Father of Psychology” or perhaps it was Wilhelm Wundt. There was clearly a shift at the “growing edge” of psychological understanding in the latter half of the 19th Century. But, it is foolish to think that the practice of psychological therapy began at this time. Therapeutic processes have been a part of human experience through out history and before. We can see care and comfort and the effort to help another “feel” better in many other species. The key to therapeutic effectiveness is not the power and influence of the therapist, but how the individual engages with the opportunities and possibilities that are made available to them. So, the person needs to be able to engage and create beneficial change. This is a state that can be described as a “therapeutic consciousness”. How do we get into that state and, when in that state, how do we maximise the effectiveness of the therapeutic experience? These questions, and the factors that are vital components of these questions, will be the field of exploration for this presentation.

ICPH

**A PSYCHOSOCIAL GENOMICS GUIDELINES (PSGG) IN 10 POINTS TO BE
USED WITH PATIENTS TO LEAD THEM TO MIND-BODY HEALING**

Dr. Mauro Cozzolino

professor of Integrated Mind-Body Psychology

Director of Psychosocial Genomics Lab-PSG

University of Salerno

Italy

We will present some important studies that confirm like *Psychosocial Genomics* can be considered a very useful and efficacy meta-model of healing. Starting from some important principles of *Psychosocial Genomics* the workshop will present guidelines in 10 points to be used with patients to lead them to mind-body healing. The *Psychosocial Genomics Guidelines*, will be presented in easily understandable and usable way, so that participants will be able to use it with patients from now. The participants can use this *Psychosocial Genomics Guidelines* with patients to facilitate a better mind-body healing, independently from the approach they already use in their clinical practice.

JOINING HANDS TO CREATE AN ADDICTION FREE, HEALTHY, HAPPY & POWERFUL SOCIETY.

Dr.Dharav Shah.

Consultant Psychiatrist, Mumbai.National consultant - ADIC India.

- Alcohol has become the most common risk factor for death & disability in 15-49 yr olds, and tobacco is the second most common risk factor. And yet their use continues to be common. Infact, now companies are targeting even women and they have also started joining their male colleagues in equal numbers!
- Alcohol caused around 33,00,000 deaths in 2012; i.e. 1 death every 10 seconds! Besides liver cirrhosis, there are many other ways too in which alcohol kills us - heart attacks, strokes, accidents, cancers, murders, suicides, infectious diseases, etc. As per WHO, around 22% of all suicide deaths & 22% of deaths due to violence are due to alcohol!
- In men, most oral cancers, 78% lung cancers, 16% heart attacks, 10% paralytic strokes, 9% of TB deaths and 49% of deaths due to chronic obstructive pulmonary diseases are attributable to tobacco. Infact 50% of premature heart attacks in males (30-44yrs) are attributable to tobacco! 1 in 2 tobacco smokers get killed prematurely because of their love for this addictive poison. Around 10% of tobacco deaths occur in innocent passive smokers – family members & friends of smokers!
- Even before killing, alcohol and tobacco bring in a lot of pain by leading to various disabling diseases. Mental disorders like depression, anxiety, etc. are also seen at a higher frequency in those who try to enjoy by using these addictions
- Alcohol increases desire to have sex; but gradually it impairs the performance when the person actually tries it ☹. Alcohol & tobacco are common causes of impotence (inability to have penile erection). On using them for few years, they decrease a person's stamina for physical effort & make him appear less attractive. A lot of money gets wasted - often leading the person into a vicious cycle of debt. Also his occupational performance keeps on deteriorating. Thus in every way, alcohol & tobacco make you less masculine, not more!

ABSTRACTS

- There is now evidence that alcohol can be harmful to the heart even when taken in smaller quantities. American Heart Association warns -NOT to start drinking thinking that it will protect the heart. A meta-analysis of 222 studies estimated that in 2004 worldwide, light drinking was responsible for 34000 cancer deaths!
- With just one day of binge drinking you can kill self or some innocent person in an accident; or lose your reputation forever because of how you behave when intoxicated.

With extremely high rates of binge drinking, countries like France & Scotland have realised the hazardous impact of their drinking culture and are trying hard to change it. We need to build a strong social opinion against these addictive poisons, to give our youth a healthier future.

- 1) Ensure that children have adequate knowledge about them before the age of 1st contact.
- 2) Recommend strongly to our near & dear ones to stay away from these addictive poisons. If addicted, refer for treatment. The most common reason why a person quits an addiction is an emotional request from a dear one ☺ Make your request today!
- 3) Promote healthier ways of recreation like Yoga, music, sports, meditation, etc.
- 4) Remove alcohol from our family & social get-togethers. Lead by example.
- 5) Write (on twitter, fb, etc.) to celebrities who do surrogate ads, to not misguide their fans

The evil in society is not so much because of violence of the bad; as it is because of the silence of the good! Collectively we can create an addiction free, healthy, happy and powerful society.

(For a detailed presentation on what can we do to halt the alcohol & tobacco epidemic –do check out on youtube ‘Poisons We Love’. Feedbacks are welcome on ondharavshah@gmail.com)

CULTURING OF DISTORTED MIND THROUGH YOGA*Rajesh.T.S**Sanatana Yoga Vignana Kendra, Bangalore, India*

The word “yoga” essentially means, “that which brings you to reality”. Literally, it means “union.” Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. Right now, a coconut tree and a mango tree have popped up from the same earth. From the same earth, the human body and so many creatures have popped up. It is all the same earth.

Etymology of Yoga/origin

- ▶ THE WORD YOGA IS DERIVED FROM SANSKRIT ROOT WORD “YUJ” – means to JOIN



The word “Yoga” in its several senses has been used in the Rgveda and some Upanisads like the Katha and the Svetasvatara. A Sutra is a brief mnemonic statement with a minimum of letters, but expressing a vast amount of knowledge. A practical and scientific approach has been described for the freedom from distorted mind and also helping us to progress from lower truths to the highest truth. From the Indian scriptures it is said that avidya (ignorance), asmita, Raga (attraction) dveṣa (aversion) and Abhiniveṣa (blind attachment) are five kleṣa (obstacles/trauma of mind) which is root cause for the distorted mind or distorted self image. Modern psychologists too are discovering its utility in guarding or in regaining mental health. These panca kleṣa /trauma of the mind can be removed by regular abhyasa (practicing) and

vairagya (detachment) of yama (social discipline) which includes ahimsa (non-injury), satya (truth), brahmacharya (continence) and aparigraha (non acceptance of gifts) and niyama (self discipline) which includes saucha (cleanliness), santosa (contentment), tapas (austerity of body), svadhyaya (self study) and isvarapranidhana (devotion to God) explained by saint Patanjali. The method of meditation is an inward process that leads one to the fountain of life and light. This is the centre of consciousness, from where consciousness flows on various degrees and grades. A human being is a citizen of two worlds: the world within and the world without. To create a bridge between these two requires human effort, but it is possible to live in the world and yet remain above it. So meditation is a method of knowing truth, that which is within every human being. Meditation is a simple technique that can be learned in a few minutes, but it is a very practical subject, and the benefits of meditation are immense. A practical and scientific approach has been described for the freedom from distorted mind and also helping us to progress from lower truths to the highest truth

**JOURNEY OF A WOMAN THROUGH SIGNIFICANT PHASES OF LIFE
THROUGH YOGA**

Padmashree Murthy

Sarvasumana Association, Bangalore, India

Indian scriptures say, that the child will get all samskaras (Sacraments) from mother's womb itself. Mother will perform series of rituals to adopt samskaras. During pregnancy the food she eats, music she listens, book she reads, people she meets will have their own influence on the unborn child. With all advanced medical support 'giving birth' to a new/another life is the thing many 'educated' women scared of. 16 samskaras are mentioned in scriptures; For boys Thread ceremony (Upanayana) is an important stage of life, and marriage for women. The first samskara is Garbhadaana homa. The woman's body and mind will be made ready or purified for pregnancy after marriage.

Woman has to pass through 3 main stages in her life. Puberty, Pregnancy, and Menopause. Drastic changes in Physical and mental health during these stages spread challenges in her career and also family life. Education and career have made woman to stand with confidence in the society. Nature itself has chosen woman to make her stronger and unique. A girl/woman experiences stress during her menstrual cycle, pregnancy, post delivery, pre menopause and post menopause periods. In this modern era woman is educated and she is forced to work outside depending on the life style. She will undergo lot of stress as she is travelling, managing financial affairs, household chores, taking care of children-inlaws. She has to take care of herself for the wellbeing of the growing baby inside and also for her future health.

Yoga during pregnancy will help not only for easier delivery of the baby also keep mother calm and healthy. Postures of yoga will help the body to stretch and relax simultaneously. Meditation and Pranayama will rejuvenate and energize her to manage mood swings, morning sickness. Practicing specific postures during pregnancy under the guidance and supervision of a trainer will encourage her to enjoy pregnancy and motherhood.

Keywords: Samskara, Yoga, life style, pregnancy.

**THE QUANTUM HOLISM OF COSMOS AND CONSCIOUSNESS
A RNA/DNA EPIGENOMIC QUANTUM THEORY OF THE
COSMOS/CONSCIOUSNESS FIELD**

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This holistic theory of cosmos and consciousness is a quantum version of the Evolutionary RNA/DNA Psychogenomic Theory of the Transformations of Consciousness. Current quantum concepts of cosmos and consciousness are entangled in mysterious relationships with the classical Newtonian world view. Penrose, for example, believes that a completely new theory is required to integrate the classical and quantum the road to reality. Physicists typically address such issues with questions about how cosmos and consciousness are related in the “Objective Reduction of the Quantum Wave Function” to the Classical

Newtonian Reality as people typically experience it. Aspects of the Einstein/Schrödinger/Dirac/Bohm/Feynman/Penrose math oriented perspectives of the cosmos are integrated in this paper with recent psychological research that uncovered a surprising interference pattern in human cognition that apparently mirrors the famous double-slit experiment that revealed the wave nature of light. Psychosocial epigenomic mind-body research is reviewed to underpin this new holistic version of the RNA/DNA epigenomic theory of the quantum transformations of consciousness and creative cognition in everyday life. Controversial time-reversal concepts originally formulated in mathematical physics are illustrated in a cosmos/consciousness quantum field theory that may have important therapeutic applications in psychology and translational medicine.

SLEEP DISORDERS: INDICATIONS & *IN-SILICO* BIOTECHNIQUES USING AYURVEDIC HERBS

Dr.Preenon Bagchi

Padmashree Institute of Management and Sciences, Bengaluru, India.

Sarvasumana Association, Bengaluru, India

Disorders of sleep most commonly noticed due to inadequate night time sleep related to fatigue and poor sleep hygiene including excessive sleeping in the daytime. Metabolic disorders particularly in later life associated with aging also aggravate the problems having enormous impact on quality of life, cognitive functions. According to some investigators insomnia complaints reflect psychological and psychiatric disturbances.

Sometimes nightmares from frightening dreams influence functional sleep quality having no significance in-terms of organic disease. However, often abnormal behavior disorders/ violent acting out of bad dreams be noticed – due to loss of the normal muscle atonia during REM sleep. Such neurodegenerative problems may also occur in Parkinson's disease and Lewy body dementia. In all such cases of sleep disorders, genetic factor accounts of 25% in human life – nutritional and other factors including environmental one seem to determine the rest. Most of the synthetic chemical sedative drugs are habit forming and hypnotic drugs often used gradually develop resistance. In the present studies we have explored *in-silico* the role of some time-tested Ayurvedic herbs (e.g. *Convolvulus pluricaulis*, *Withania somnifera*, *Mucuna pruriens*, *Bacopa monari*, *Asparagus racemosus*, Asiaticoside from *Centella asiatica*) having minimum or no side effects.

INVESTOR'S MANIFESTATION OF BEHAVIOUR : THE PSYCHOLOGY OF FINANCIAL PLANNING AND INVESTING.

*Dr.Pooja Chatterjee
Ashutosh College, Kolkata,India*

Financial psychology addresses the many "soft" issues associated with money. These can be focused on a wide range of issues:

- What invisible forces influence how one invests ones' money?
- What are the psychological effects of sudden gains or losses of income?
- How can one identify "blocks" that keeps one from making constructive financial decisions?

Financial planning organisations are now using psychologists or social workers as consultants because so-called simple problems can spiral out of control. Like trying to diet or exercise regularly, financial fitness can look a lot easier to attain than it is.

Concept of behavioural finance - It is the application of principles of psychology to the understanding and management of money. How one thinks and feels has a significant impact on our decisions. Nowhere is this more misunderstood than in the area of finances. When one adds the effects of every financial investor in the country together, these non-rational forces impact the value of investments on a national and international level. On an individual level, these misperceptions can have a profound personal impact which spills over to every aspect of life.

Concept of Value of Money :

Money means shockingly different things to different people.

For some, money = safety. Having it is simply a survival issue. In contrast, others feel that money = superiority. Having it is the ballast of their self-worth. Any decrease in finances means more than the money itself.

Money can equal power, or freedom or many, many things. As a result, issues that come up when money is changing hands, have a way of being baffling or spiraling out of control. The two parties involved may think they are arguing about the same thing, a particular sum of money, but in fact, they are not.

Avenues to be focused :

- Introduction to Financial Psychology
 - The Psychology of Personal Finances
 - The Psychology of Family Finances
 - Introduction to traditional and behavioural Finance
 - Behavioural Economics and heuristics.
 - The trust heuristic and decision making.
 - A structural model of personality.
 - Personality as a guide for investors.
- ✓ **Interaction and participation based :**
- “Can money buy happiness ?
 - “Can Happiness buy money ?”

WORKSHOP: EXPLORING OUR NATURAL CAPACITIES FOR PROBLEM-SOLVING AND MIND-BODY HEALING.

*Dr. Richard Hill
Mind science Institute, Australia*

This experiential workshop will share the felt experience of concepts and principles in the book by Richard Hill and Ernest Rossi, *The Practitioner's Guide to Mirroring Hands*. We will discover how to think IN the system through simple exercises that bring the concepts of complexity, chaos and rigidity to life. We will experience how it is possible to connect to inner processes that are beyond our conscious awareness. We will learn to feel the difference between a directive therapeutic approach and a client-responsive approach. Current research shows specific therapies have no particular advantage, but the quality of the relationship between therapist and client is the principle determinant of effective therapy. We will put this to the test and explore what this might mean for each of us, both as individuals and as a group.

ICPMN

Theme-1
MENTAL HEALTH

ICPMNH 2018

**THE EFFECTIVENESS OF MENTAL HEALTH SERVICES IN PRIMARY
CARE IN NEPAL: RESULTS FROM PRIME STUDIES**

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Introduction: A consortium of research organizations and ministries of health in five LMICs established the Programme for Improving Mental Health Care (PRIME) to generate evidence for implementation and scale up of mental health within primary care. The aim of this study was to assess effectiveness of mental health services provided by primary health care workers in Chitwan, Nepal. **Methods:** We used multiple research designs, including repeated community surveys, facility detection surveys and cohort studies comprising adults diagnosed with depression, alcohol use disorder, psychosis or epilepsy. For the cohort studies the primary outcomes were symptom severity and disability. We used the Patient Health Questionnaire (PHQ-9), Positive and Negative Syndrome Scale (PANSS), Alcohol Use Disorders Identification Test (AUDIT), WHO Disability Assessment Schedule (WHODAS) and a 9-item questionnaire to assess seizures. **Results:** Access to services and detection of mental health problems in primary care increased significantly after initiating PRIME. The results showed a significant decrease between baseline and end line in mean scores of PHQ-9 ($P < 0.001$) and WHODAS ($P < 0.001$) scores in the depression cohort; PANSS ($P < 0.001$) and WHODAS ($P < 0.001$)

scores in the psychosis cohort and AUDIT ($P < 0.001$) and WHODAS ($P < 0.001$) scores in the AUD cohort. However, the change in number of seizures and WHODAS scores in the epilepsy cohort was not statistically significant.

Discussion and Conclusion: To conclude, the results show that through integrating mental health care in PHC, access to treatment and detection of mental health problems is increased, and treatments results in significant improvements for all disorders except epilepsy.

Key Words: Mental Health, mhGAP, Nepal, Primary Care

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**EMOTIONAL INTELLIGENCE, SPIRITUAL INTELLIGENCE AND
WORKPLACE SATISFACTION: A GENDER BASED CORRELATIONAL
STUDY**

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The workplace environment keeps on changing, indicating its dynamic nature as well as unpredictability. Organizations require its employees to be more committed as well as to have a better cohesive working interrelationship. Despite reluctance on the part of organizational researchers to deal with the subjects of emotions or spirituality, recent researchers have begun to argue for the importance of exploring their relationship to workplace satisfaction. Several dimensions of spirituality, when integrated into the workplace, can greatly enhance personal well-being and creativity, organizational harmony, and long-term business success. Similarly, it appears that spirituality and emotional intelligence is related to workplace satisfaction and effectiveness. For this purpose, the study conducted with a group of 100 government male and female teaching faculty through questionnaire method. Research findings indicates, with both these intelligences happening in the workplace, the environment will be more conducive and faculties experience more satisfaction relates to a higher level of productivity. This paper explores the impacts of emotional intelligence and spirituality on workplace satisfaction, examining possible linkages among these variables if differences exist among gender and finally, presents several ideas for future research deriving from this research.

Key Words: Emotional Intelligence, Spiritual Intelligence, Job Satisfaction, Gender, Work Productivity

TO STUDY THE SIGNIFICANCE OF FINANCIAL SELF EFFICACY AND KNOWLEDGE UPON THE SELF ESTEEM OF AN INDIVIDUAL: A COMPARATIVE ANALYSIS OF THE WORKING POPULATION OF THE TWO GENDERS IN KOLKATA METROPOLIS.

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Psychologist Albert Bandura has defined self-efficacy as one's belief in one's ability to succeed in specific situations or accomplish a task. One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges. Financial Self-Efficacy. Financial self-efficacy refers to individuals' perceived ability to manage their finances (Lapp 2010). It is related to individuals' self-confidence to carry out a financial management task (Lown, 2011) and could reflect their financial skills. A recent study by Lapp (2010) from the EARN Institute shows financial self-efficacy as the missing link between knowledge and effective action. So changes in individuals' financial self-efficacy as a result of financial capability programs could lead to longer-term behavioral changes.

However, managing one's finances takes more than financial knowledge and literacy: sense of self assuredness or "self belief" in their own capabilities as well stands of paramount importance. Thus, the present research paper aims to find out the significance of financial self efficacy and knowledge upon one's self esteem: A comparative analysis of working population of the two genders in the Kolkata metropolis.

Gender perspectives were investigated between the two genders of the working population by using The Financial Self Efficacy Scale, Rosenberg's Self esteem scale and a semi-structured questionnaire pertaining to financial knowledge, financial dependency and self efficacy. Females believed that managing money is of more significance to them than their male counterparts but males felt more confident while making financial decisions. Male counterparts reported

achieving more financial objectives than their female counterparts. Whereas, the females have been found to be more systematic while dealing with their finances by making budgets, comparing prices, projections and the like. One striking difference found between the two genders is females have been found to discuss more about their financial activities with their families more than their male counterparts. In totality males were found to reinforce their existing knowledge of managing their finances whereas, females are more keen on learning significantly more about finances in areas in which they are unfamiliar and uncertain like investments, portfolio handling, SIP plans and the like. Further, showing their effects upon their dependency in making financial decisions upon their respective families.

Methodology

The present research is a combination of descriptive and exploratory one. The exploratory part of the research is predominantly marked by knowing ones' aptitude towards financial jargons, financial knowledge and their dependency by way of a *semi structured questionnaire*. And an in-depth description of ones' financial self efficacy and self esteem has been done by way of :

1. *Rosenberg's Self Esteem Scale.*
2. *Financial Self Efficacy Scale.*

Sample:

A sample of **120 working individuals** has been used in the current study.

Males	60
Females	60

The method of Stratified Random Sampling has been used in the present study.

Inclusion Criteria: Adults from the two genders belonging to the working population within the age group 25 - 40 were included in the study.

Tools:

1. Rosenberg's Self Esteem Scale – The Rosenberg Self Esteem Scale presented high ratings in reliability areas ;internal consistency was 0.77 ,minimum coefficient of reproductibility was 0.90(M.Rosenberg , 1965)

2. Financial Self Efficacy Scale – The **Financial Self-Efficacy Scale** (FSES) is a 6-item scale that measures how respondents manage certain **financial** problems and how they cope with setbacks. The FSES scores are expected to correlate with the respondent's level of confidence in being able to manage money to last for a lifetime (into retirement).Cronbach alpha was tested and all the variables attained a reliability score higher than 0.70.

Keywords:

Financial Behaviour , financial knowledge , gender , self efficacy , self esteem.

IS PERSONAL PRIVACY A NEW INDIAN CULTURAL VALUE? - THE INFLUENCE OF CULTURE ON CONSUMER PSYCHOLOGY AND BEHAVIOR: TO UNDERSTAND HOW CULTURE ACTS AS AN” INVISIBLE HAND” THAT GUIDES CONSUMPTION RELATED ATTITUDES, VALUES AND BEHAVIOUR.

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Introduction

The study of culture is the study of all aspects of the society. It is the language, knowledge, laws and customs that give the society its distinctive character and personality. In the context of consumer behaviour, culture is defined as the sum total of learned beliefs, values, and customs that serve to regulate the consumer behaviour of members of a particular society. The impact of culture is so natural and automatic that its influence on behaviour is usually taken for granted. For example when consumer researchers ask people why do they do certain things, they frequently answer, "Because it's the right thing to do". This seemingly superficial response partially reflects the imagined influence of culture on ones' behaviour. Thus, a true appreciation of the influence that culture has on one's daily life requires some knowledge of at least one other society with different cultural characteristics.

Indian society is driven by a set of **core values**, though these may vary in the urban and rural contexts. These values remain basic to Indian culture and are strongly embedded in most subcultures. The variations in the urban milieu may be attributed to changing lifestyles, the impact of Westernization, and the diffusion of technology. Even within the urban context, these values may have further variations and contradictions.

For many, the internet is a wonderful tool. It makes one possible to sit in one corner and connect with the world which is a click away. But how much of this "wonderfulness" is one willing to exchange ones 'personal data?

In today's world of identity theft and computer viruses, consumers are resisting swapping personal information for increased value, whether its taking place online and/or offline. Jupiter research has recently found that 58% of internet users say that they have deleted cookies, with as many 39% claiming to do so monthly. And 28% of internet users are selectively rejecting third- party cookies, like those placed by online advertisement networks. Thus, this thought made the researchers wonder on the emerging characteristic pattern of Indians "is personal privacy a new Indian cultural value?"

Thus, the present research aims to study the following important areas –

- a. *To understand what culture is and how it impacts consumer behaviour.*
- b. *to understand how culture acts as an "invisible hand" that guides Consumption-Related Attitudes , Values and Behaviour.*
- c. *To understand how Core Cultural Values impact Indian consumers and are they becoming more privacy friendly.*
- d. *To understand the cultural aspects of the emerging markets.*

To understand the above stated heads, the method of secondary data analysis via literature survey was adopted alongside using a semi-structured questionnaire and field observation was conducted to back up the findings.

Methodology

The present research encompasses a mixed research design type i.e both exploratory and descriptive.

Exploratory – Conducted via in depth literature survey and company reports issues by market researchers.

Descriptive – Conducted via administering semi structure questionnaires to working adults between the age group of 25 and 40 to unleash the underlying information. Further followed by a field observation (Non Participant Type) to confirm the findings.

Sample: Working Adults between the age group of 25 and 40 form both the genders.

Sampling size: 120.

Sampling method: Stratified Random Sampling.

Male	60
Female	60

Inclusion Criteria: All working adults between the age group of 25 and 40 were included.

Keywords: Culture, Consumer Behaviour, Attitude, Values, Behaviour, Emerging Markets, Privacy, Culture as an invisible hand.

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TO STUDY THE ACHIEVEMENT MOTIVATION AMONG SCHOOL GOING CHILDREN (14-16 YEARS). BETWEEN PRIVATE AND GOVERNMENT SCHOOL CHILDREN.

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The purpose of the study is to know investigate the effect of the environment on achievement motivation. The sample consists of 60 children's of 10th class (Grade 10 students from) age group 14-16 years. Among 60 students, 30 students were attending private schools and other 30 were attending government schools. The Tools were used of Achievement motivation Test Booklet by Pratibha Deo and Asha mohan, To find out level of motivation. Test- retest was applied to obtain the reliability co-efficient of the scale taking different set of the sample ,Hypotheses were tested using mean, standard deviation, T-ratio at 0.598 these finding suggest that means is found to be similar for both schools these indicate that there is a in significant among both school's there in significant different.

Key words: T-ratio, 10th class students, motivation

DAILY HASSLES, COPING AND WELL-BEING: THE MODERATING ROLE OF HEMISPHERIC LATERALIZATION.

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fr Daily hassles (DH) correlate positively with physical and psychological outcomes (Kanner, Coyne, Schaefer, & Lazarus, 1981; van Eck, Berkhof, Nicolson, & Sulon, 1996; Marks, Sobanski, & Hine, 2010). Hemispheric lateralization (HL) is the tendency to activate or utilize functions associated with one hemisphere versus parallel regions in the other side. Right-HL is related to longer stress responses (Davidson, 1993, 2004) and HL moderate relationships between DH and psychological distress (Herzog, Farchi, & Gidron, 2017). The purpose of this study was to investigate whatever coping styles can explain the protective role of Left HL.

Method: 76 participants completed the Daily Stressor Scale, a physical symptoms scale (PHQ-15), hospital anxiety and depression scales (HADS) and scales of coping. HL was measured by the line bisection task (Nash, McGregor, & Inzlicht, 2010).

Results: DH was positively correlated with anxiety and physical outcomes only among right-HL people. Furthermore, while in the right HL group, emotion focused coping correlated with both DH and anxiety, in the left HL group, problem focused coping correlated with DH and anxiety.

Conclusions: The different coping correlates of right and left HL people may be the mechanism which explains the protective role of left HL in the association between DH and psychological outcomes.

Keywords: Hemispheric Lateralization, Coping Style, Daily Hassle

ADULT ATTENTION-DEFICIT HYPERACTIVITY DISORDER AND ITS ASSOCIATED FACTORS IN A MALAYSIAN FORENSIC MENTAL INSTITUTION: A CROSS-SECTIONAL STUDY

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Objective: The aim of the study was to estimate prevalence of adult attention-deficit hyperactivity disorder and comorbid mental disorders, and to collect offence-related data in a Malaysian forensic mental institution.

Method: This was a cross-sectional study of all patients admitted to the forensic wards of Hospital Bahagia Ulu Kinta from June to November 2017. Hundred-and-twenty consented patients were assessed using the Conners' Adult Attention-Deficit Diagnostic Interview for *DSM-IV* (CAADID) and components of the Mini International Neuropsychiatric Interview (M.I.N.I.). Sociodemographic and offence-related data were also gathered.

Results: Most participants were males (94.2%) and single (60%), with a mean age of 36.3 years (SD 9.86 years); 29.2% were unemployed. Twenty-five percent of participants had childhood ADHD; 15.8% had adult ADHD. The commonest psychiatric comorbidities among adult ADHD participants were substance dependence (68.4%), lifetime depression (63.2%), and generalized anxiety disorder (47.4%). Compared with non-ADHD participants, they were less likely to be married (0% vs. 21.8%, $p = 0.022$), had earlier age of first criminal offence (mean age 21.8 years vs. 26.9 years, $p = 0.009$), more alcohol abuse (15.8% vs. 2.0%, $p = 0.028$), lifetime manic/hypomanic episodes (42.1% vs. 7.9%, $p = 0.001$), and generalized anxiety disorder (47.4% vs. 19.8%, $p = 0.017$). Type of current offence, number of aggressive incidents in ward, and diagnosis of antisocial personality disorder were not significantly different between the groups.

Conclusion: Adult ADHD is common among patients in forensic mental wards and it is possibly associated with psychiatric comorbidities and earlier age of criminal offence.

Keywords:

Adult ADHD, prevalence, forensic, mental institution, Malaysia, comorbidity

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Theme-2
PUBLIC HEALTH

ICPMN 2018

THE ASSOCIATION OF DISABILITY WITH URINARY AND SEXUAL DYSFUNCTION IN PATIENTS WITH DIAGNOSED MULTIPLE SCLEROSIS

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Background: Multiple Sclerosis (MS) is one of the most common diseases of the central nervous system and it is often seen in adults who may be sexually active. This disability can be associated with sexual-urinary problems that affect all aspects of their lives. The aim of this study was to evaluate the association between disability and urinary-sexual dysfunction in women with MS.

Materials and Methods: This study is a descriptive-correlation study of 78 women with MS who were recruited with the method of “access based on target.included participants were 78 women suffering from MS who referred to the neurology clinic of Ghaem Hospital in 2013. Demographic variables and urinary parameters were collected using data information sheets. Krutzke scale was used for measuring developed disability, while female sexual function index (FSFI) was also used for information collection. Data were analyzed using descriptive statistics and appropriate statistical methods and SPSS -19 was used and the p-value of (0.05) was considered as statistically significant.

Findings: Patients had participated mild disability (52.6%) and moderate (74.4%).

The most and the least prevalent parameters were the satisfaction domain and pain sexual with the frequency of (43.6%) and (10.3%), respectively. The most and the least prevalent parameters were urinary frequency and urinary incontinence with the frequency of (30%) and (2.5%), respectively. Pearson’s correlation reported meaningful negative linear correlation between the levels of disability with sexual dysfunction. Based on regression analysis, ($r=-0.61$; $P=0.001$) it was determined that the level of disability, age, the years of diagnosis and the type of relapsing-remitting of the disease had the greatest

effect on sexual dysfunction.

Conclusion: The prevalence of urinary – sexual dysfunction in multiple sclerosis affects all aspects of life, so the evaluation should focus more on these disorders and provide context for the implementation of rehabilitation programs for patients

Keywords: multiple sclerosis, disability, sexual dysfunction, urinary dysfunction

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**AN ASSESSMENT OF THE RELATIONSHIP BETWEEN DISABILITY WITH
QUALITY OF LIFE, AND ACTIVITIES OF DAILY LIVING IN PATIENTS
WITH MULTIPLE SCLEROSIS**

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Background: Multiple Sclerosis (MS) is one of the most common chronic diseases of the central nervous system (CNS), which causes important changes in patient's life, especially in an adult's life. MS decreases the quality of life (QOL) of patients severely, and gradually leads to disability. The aim of this study was to assess the relationship between developed disability, quality of life and activities of daily living in patients with MS.

Materials and Methods: The research was a descriptive-correlation study with three variables including one single group. The samples were selected through method of "access based on target". Participants were one hundred patients with necessary qualifications, suffering from MS who had referred to the neurology clinic of Ghaem General Hospital. The following instruments were used: Demographic Specifications Form, Krutzke Scale for Measuring developed disability, SF-36 Quality of life Questionnaire, and Katz Activities of daily living Questionnaire. To analyze the data, SPSS -19, , Fisher' exact test, Pearson's Correlation Coefficient, One-Way Analysis were employed. Finally, in order to determine the variable affective on the level of disability the Regression Model was employed.

Findings: One hundred patients suffering from MS, with an average age of 20 to 49 years (30.64 ± 8.34) participated in this research. 78% were female and the majority of them were married (59%). Pearson's correlation coefficient reported a meaningful reverse linear relationship between the level of disability and the quality of life ($r = -0.49$; $P = 0.000$) and level of daily activities ($r = -0.22$; $P = 0.02$). One way analysis of variance reported a meaningful statistical difference between average level of disability and the quality of life and the

level of daily living activities. Regression Analysis found that femininity, high school level studies, low quality of life, and semi-independent activities of daily living had the most effects on level of disability. **Conclusion:** As Femininity, high school level studies, low quality of life, semi-independent activities of daily living had the most effects on the level of disability, attention to this group of patients is very important.

Keywords: Multiple Sclerosis, Disability Evaluation, Quality of life, activities of daily living

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POST STROKE SEIZURES- AN OBSERVATIONAL STUDY IN TERTIARY CARE HOSPITAL

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Introduction- The occurrence of seizures after stroke is very common. This is an observational study to record the incidence of seizures in post stroke patients. **Objectives-** To study the incidence, the time of occurrence, the type of seizure in relation to haemorrhagic or ischemic stroke. **Methods-** A prospective observational study of stroke patients was conducted at Manipal Hospital, Bangalore from 2011- 2017. Treatment and outcome at 1 and 6 months were collected. Patients with epilepsy were continued for follow up. **Results-** Out of 301, 229 had ischemic, 48 had haemorrhagic stroke, 24 had a transient ischemic attack. The median age was 60 years for ischemic stroke and 57.9 for haemorrhagic stroke. 20 patients (6.5%) had seizures within 2 weeks of stroke onset (early onset). 8 patients (2.6%) had a late onset seizures- within two years. 5 patients (1.5%) developed fresh seizures- after 2 years. Thus overall prevalence of seizures post stroke is 10.6%. The incidence of seizures was more in patients with ischemic stroke as compared to haemorrhagic stroke. Focal seizures occurred in 9 patients, generalized seizures in 9 patients and focal with tonic clonic seizures in 15 patients. Topiramate, Levetiracetam and Phenytoin were used for the treatment of patients. Seizure prophylaxes were used in intracerebral and subarachnoid haemorrhage. **Conclusion-** The incidence of seizures in after stroke patients is very common. Prevalence of stroke was 6.5% early onset and 2.6% at 6 months which rose to 10.6% at 2 years. In this study the occurrence was more in patients with ischemic stroke. It remains debatable whether to provide prophylactic treatment to patients with ischemic stroke.

Key Words: Tohaemorrhagic, Manipal Hospital, Topiramate, Levetiracetam

**ESTABLISHING AN *IN-SILICO*-HERBAL REMEDY OF PROSTATE
CANCER FROM PHYTOCOMPOUNDS OF *CENTELLA ASIATICA* AND
*ANNONA MURICATA***

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Prostate Cancer is the second leading cause of death worldwide. Although great advancements have been made in the treatment and control of cancer progression, significant deficiencies and room for improvement remain. A number of undesired side effects sometimes occur during chemotherapy. Natural therapies, such as the use of plant-derived products in cancer treatment, may reduce adverse side effects. Phytocompounds from *Centella asiatica* and *Annona muricata* are used in this work. These phytocompounds are virtually screening with homology modelled receptors BRCA1, BRCA2, FGFR4, RNASEL, TUSC3 and HOXB13.

The compounds anomuricine, stepharine and asiatic acid docks best with most receptor of prostate cancer in this work and also satisfy Lipinski rule for drug based on the ADME properties hence the compounds anomuricine, stepharine and asiatic acid can successfully used as Ligand for prostate cancer receptors.

Keywords: Prostate Cancer, homology modelling, phytocompounds, lipinski rule, virtual screening

Theme-2

YOGA

ICPMN 2018

YOGA SYMMETRIZES IMPACT ON HUMAN BODY-MIND COMPLEX IMPACT OF YOGA AND ITS PRACTICES IN UNVEILING ASYMMETRY, ELIMINATING MUSCULAR IMBALANCES AND DEVELOPING SYMMETRY – RESULTING IN THE MIND BODY UNION

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If we cut our body vertically from the middle, we will be astounded to realize that both the sides are an exact replica of each other (unless there is some structural abnormality). The human body is sculpted beautifully –two eyes, two ears, two cheeks, two clavicles, two arms, two hip joints, two legs etc. This mirror image of two parts of the body (at least from outside) brings a symmetrical look and this symmetry is important not only for appreciating its beauty but also for a balanced development.

Unfortunately, given our lavish lifestyle and the habitual patterns, we have repetitively (unknowingly though) acted against the given symmetry and oriented ourselves towards asymmetry, first on the gross level (body) eventually manifesting at the subtle level (mind).

When people come to me for YOGA (a novice at yoga), they embark on a journey of rediscovering their body and mind. Very soon, they begin to discover, “how deep habitual patterns over the years have led the body into a lopsided development. A little more awareness and they unravel how sitting/standing in a particular manner, giving more preference to one hand than the other, carrying laptop bag on one particular shoulder, isolation exercises, sports specific exercises etc. has brought forth an asymmetrical body.

This lopsided asymmetry is the main source of many psychosomatic problems – back pain, sciatica, slip disc, cervical spondylitis, asthma, stress etc. - directly connected with our lifestyle pattern. The initial response is to ignore the

problem, then get on medication to deal with, get rid of problem in some cases and again fall prey to the same problem. The reason - we did not work on the source but on the symptoms.

Working on the source with different combinations of symmetrical, bilateral symmetry, asymmetrical postures, pranayama, meditation and other components of yoga, in case specific manner has yielded great result over the years. Yoga practice brings symmetry between front and back, left and right & top and bottom. Yoga (especially asana) plays a *crucial role in creating body symmetry in case of asymmetry and also in creating symmetry with the help of asymmetry.*

PYS 1:30

व्याधिस्त्यानसंशयप्रमादालस्याविरतिभ्रान्तिदर्शनालब्धभूमि
कत्वानवस्थितत्वानिचित्तविक्षेपास्तेऽन्तरायाः ॥३०॥

Sickness, the first obstacle has its source in our asymmetry. A regulated yoga practice will erase this source of impediment from the root, thereby, forming a strong foundation to take us forward towards a harmonious development of mind and body.

CULTURING OF DISTORTED MIND THROUGH YOGA-A study**Rajesh.T.S^{1*} and Somashekhar.R²**

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Once an intelligent human being overcomes the ordinary struggles for existence, he is in all likelihood, turn towards discovering the meaning of life. Unlike the western philosophical system they do not depend solely on logic and reasoning, but on 'darśana' or 'seeing' or 'experiencing' the truth, in mystical states. Yogadarshana being an Indian philosophy system to keep our mind and body healthy. But now a day it is more heightened with the physical exercises without experiencing the pure science for purity of mind. Psychological trauma is a type of damage to the mind that occurs as a result of a severely distressing event. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience. The trauma which leads to distorted self image or distorted mind can be understood by Indian scriptures. From the Indian scriptures it is said that avidya (ignorance), asmita, Raga (attraction) dveśa (aversion) and Abhiniveśa (blind attachment) are five kleśa (obstacles/trauma of mind) which is root cause for the distorted mind or distorted self image. Modern psychologists too are discovering its utility in guarding or in regaining mental health. These panca kleśa /trauma of the mind can be removed by regular abhyasa (practicing) and vairagya (detachment) of yama (social discipline) which includes ahimsa (non-injury), satya (truth), brahmacharya (continence) and aparigraha (non acceptance of gifts) and niyama (self discipline) which includes saucha (cleanliness), santosa (contentment), tapas (austerity of body), svadhyaya (self study) and isvarapranidhana (devotion to God) explained by saint Patanjali. A practical and scientific approach has been described for the freedom from distorted mind and also helping us to progress from lower truths to the highest truth.

Key words: Patanjali, Trauma, Yama, Niyama, kleśa.

YOGA TO IMPROVE BREATHING IN CHILDREN WITH AUTISM SPECTRUM DISORDER – A REVIEW.

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Autism spectrum disorder impacts the nervous system and affects the overall cognitive, social, emotional and physical health of the affected individual. In most of the cases, a complex and variable combination of genetic and environmental risk factors influence early brain development resulting in ASD. Children with ASD show developmental deficiencies such as speech and language problems, difficulties in social interaction, self injurious or aggressive behaviour and repetitive behaviour.

Autistic children usually tend to experience a sensory overload; they are hyper sensitive to one or more of the senses. This means that what might seem normal for others might be an extremely stimulating environment for autistic children. This leads to a high level of stress and anxiety.

Research has also shown that the breathing pattern is arrhythmic and shallow in many cases of autism. In autistic children, this is caused due to the malfunction of the limbic system which regulates breathing. Research also suggests an atypical Autonomous Nervous System activity in cases of ASD, where there is over arousal of the sympathetic nervous system and under arousal of parasympathetic nervous system. In this light, practicing yoga may help in regulating the Autonomous Nervous System. Practicing abdominal breathing may induce the activity of the parasympathetic nervous system and help to reduce the stress and anxiety levels.

This article aims to explore the effect of integrating yoga to help in improving the breathing pattern in children with ASD, which could have a cascading effect of regulating the stress levels thereby improving social behavior.

Key words: Autism spectrum disorder (ASD), Yoga, Autonomous Nervous System