

Summary Report for 3rd International Conference on Public Mental Health and Neurosciences (ICPMN – 2016).

ICPMN 2016 Started with prayer song and lighting of lamp followed by welcome speech from our president Mrs. Padmashree and she shared the significance of the platform created, to buddy researchers to discuss about their creative ideas with the likeminded people and from multidisciplinary science field to come under one roof for creating an awareness, prevention, and treatment of Mental illness which is in tune to our mission of Sarvasumana.

Keynote was addressed by Dr. Nagarathna, who discussed about the simple techniques of merging yoga with neuroscience in day to day adaptations to benefit mental and physical health.

To give an overview of ancient Indian Knowledge & how it can contribute in the area of mental health and neurosciences, holistic concepts to prevent, treat health and promote positive wellness i.e., Total health: Being established in yourself (Swasta) which is the ultimate purpose of life.

Talk of Dr. Pradeep Naik stressed on Environmental imbalance & the need to create awareness for the same.

The inaugural session was concluded by playing & singing National Song of India.

We had an interesting parallel oral session on Public Health and Neurosciences.

We had a special session by Dr. CR Chandrashekar titled “Manage Stress, Be Healthy” followed by an interactive session by Dr. Kathryn Rossi: “The Theory and Practice of Mind/Body Yoga: The 4-Stage Creative Cycle, Gene Expression, Brain Growth and New Consciousness”. Dr. Chandrashekar spoke about causes of stress and the simple remedies which can be practiced to lead stress free life.

This was followed by poster session.

The second day was started with talk by Dr. Dharav Shah on “Creating mutually empowering marital life” & take away messages from his talk was the key determinant for the quality of marital life & to know how a person is happy or not. In Indian society, we insist couples to go for an adjust / compromise methodology and not to go for divorce. We do not insist the marriage to be based on mutual respect, justice, equality however it can be worked upon.

Secondly sexual problems are the root cause for most of the conflicts, which are not discussed in an open environment. Most of the problems have an easy solution, if the couple feels there is an issue, they should not shy away from taking the help of the Therapist.

The couple should cultivate the habit of catering to the needs of the spouse rather than expecting from the spouse.

Lastly the couple should focus on positives of the spouse and build a warm and trusty relationship.

Dr. Shashidhar S Belagi:” Psychological first aid” which was in sync with the topic of WHO 2016 campaign.

If anyone met with an accident or in case of an emergency situation most of the people know to do the first aid for the physical injury but when it comes to mental illness people does not know how to act, there is still a large amount of stigma attached to the mental illness. As a society we should learn to accept, respect the person with mental illness and learn how to act in case of an emergency with mental illness as well to support the care givers.

Dr. Lokesh Babu: Spoke about Types of Anxiety Disorder, the causes, prevention and treatment of the same.

Dr. Latifah spoke on TQ-NLC: A Promising Candidate For Management Of Alzheimer’s Disease?.

Dr. Angshuman Bagchi spoke on Structural Bioinformatic study of sulfur compound metabolizing sox operon

Dr. Noothan Rao: “Health in Handwriting” How the writing plays an important aspect on brain structure. By changing the way, we write we can achieve what we want in our personality. Handwriting is also known as brain writing. Through Graphotherapy many of the illness like Depression, Migraine, Anxiety, low self-esteem can be cured.

Prof. T. Pulliah: “Enthno Medicine in India” Indian culture has many remedial measures derived for the tribal wisdom. But due to the lack of recognition and as well due to lack of documentation the treasure is getting lost. Foreign companies create products from this knowledge only 25 to 30% of the profits are given to the tribals.

Several traditional medicines for global medicinal issues derived from local Indian plant. But the research on this is done by the westerners and are patented on the west. So he stressed upon buddying researchers to document and patenting of the tribal knowledge.

The rich and diverse wealth of knowledge our Indian culture was remained from his talk.

This was followed by an interesting talk by Dr. Anuradha M on Biotechnological Strategies to produce phyto anti-cancer compounds and Role of Autophagy in Neuronal Health by Dr. Deshmukh.

We had an interesting oral session on Mental Health.

Our valedictory session was chaired by Dr. Kathryn Rossi.

Awards were given to best presenters.

For Oral Public Health Session Dr. Asha Menon was adjudged the 1st and Dr. Mythri G was adjudged the 2nd.

For Oral Mental Health Session Dr. Aruna B Rao was adjudged the 1st and Dr. Rita Bhattacharjee was adjudged the 2nd.

Only appreciation award was given for Oral Neuroscience Session to Ms. Somya Agrawal.

Mr. Ashfak Ahamed PC was adjudged to be 1st and Dr. Asif Mohamed Salim was judged to receive the 2nd prize in Poster Session.

Vote of thanks was given by Dr. Preenon Bagchi.

The conference was concluded by playing & singing the National Anthem of India.

All the ICPMN-2016 accepted abstracts are submitted to IEEE for publication.