

Report of the two day International Conference on Public Mental Health and Neurosciences

Theme – Extravaganza –Mind, Body and Yoga

ICPMN 2017 Started with prayer song and lighting of lamp followed by a welcome address from Dr. Asha Menon, Principal SPN Doshi Women's College. Inaugural message by our beloved president Mrs. Padmashree, who shared the significance of the platform created, to budding researchers to discuss about their creative ideas with the likeminded people and from multidisciplinary science field to come under one roof along with yoga professionals for creating an awareness, prevention, and alternative treatment with yoga which is in tune to our mission of Sarvasumana. The conference began with the inaugural session graced by Shri. Subodh Tiwari, CEO Kaivalyadham Institute as the Chief guest and Keynote speaker. His keynote address highlighted the importance of Yoga to enhance the Physical, Mental, Emotional and Spiritual components of our personality. He elaborated on different aspects of Ashtang yoga and their role in developing our efficiency to lead content and fulfilled life.

Venue: S.P.N. Doshi Women's College, Mumbai, India

27th and 28th November 2017

Day 1

Session I

The first technical session began with a presentation by Dr. Dharav Shah on “Effects and prevention of substance abuse”. Dr. Shah very effectively spoke about the causes, misconceptions and impact of substance abuse on individuals and families. He appealed to the audience to make conscious choices and decisions to avoid addiction.

The second speaker for the session was Mr. Rajesh, T. S. on Yoga, Meditation and Aromatherapy. The resource person provided insights into different kinds of yoga and its benefits. He provided information on Aromatherapy. He elaborated on the importance of Meditation and the need to adopt all three – Yoga, meditation and Aromatherapy to reap their benefits to enrich our lives.

Session II

The post-lunch sessions had 5 oral presentations on Mental Health by delegates from various places. The topics included- the prevalence of anxiety among college students, Insomnia, depression and anxiety among working and nonworking middle-aged women and A comparative study on the stress levels of Lawyers and Bankers.

Session III

Smt. Bijalben Doshi conducted the following session on Meditation. She provided hands-on experiential learning on the soothing effects and peace achieved through meditation.

Day I ended with a vibrant cultural programme put together by the students of the college.

Day 2

Session IV

Yogic research in Biotechnology:

The first speaker for the day was Dr. M. Anuradha who spoke on the topic “Nutraceuticals for Mental Health.” She spoke about the use of medicinal plants in the production of drugs and Nutraceuticals and Mental health. She explained the functional use of specific Nutraceuticals in maintaining neural health.

The next speaker, Dr. Preenon Bagchi presented interesting insights into the Neurodegeneration - protective and rejuvenating properties of *Hydrocotyl asiatica* by evaluating its essential micronutrient content. His study highlighted that regular use of *H. asiatica* in moderate dose justifies its rejuvenating property in the human biochemical system.

Session V

This session on Yogic Research in mental health and Neurosciences had two speakers and chaired by Dr. Kumudhavalli

Dr. Ashish Deshmukh spoke on Circadian Rhythm sleep disorders and health. He spoke about the importance of sleep on maintaining healthy body physiology. Emotions, diet, stress, lifestyle affect the quantity and quality of sleep. To be healthy physically and mentally one must have sound sleep. The circadian rhythm sleep disorders can be corrected by yoga, Pranayam and meditation.

The next speaker, Mrs. Padmashree Murthy spoke on “Building strength to experience womanhood through yoga”. She spoke about the present thoughts and attitudes of young women in contemporary society towards motherhood. She elaborated on problems faced by career-oriented women during pregnancy, consequences of late pregnancy and asana to increase fertility.

Session VI

Yogic Research in Auric Sciences

Priti Taichi spoke on personal Aura, Chakras and methods and ways to cleanse personal aura interspersed with exercises of meditation.

The next session by Pummy Sheoran was on “Everyday Mindfulness: The Mindful Way to Well Being” The resource person very beautifully put across the need, importance and methods of Mindfulness during our daily activities. Everyday mindfulness could be practiced through observation, Unitasking, breathing and paying close attention to the routine everyday tasks.

Session VII

There were interesting and engaging parallel oral presentations on Yogic Sciences (Biotechnology, Ayush System of Medicine) and Yoga on a range of topics. Oral Presentations by delegates included Preventive Remedial Yoga Program (PRAYOGA), etc.

The **Valedictory session** was the concluding session which included a brief report of the conference, Participant’s response, the Chief Guest Jagruti Shah’s talk on Neuroscience and Yoga, prize distribution and distribution of certificates to presenters and delegates.

From mental health oral session, Ms. Sneha Dutta was adjudged the 1st and Dr. Pooja Dutta, 2nd. From oral (combined neuroscience & AYUSH system of Medicine) session Dr. Anand R received the 1st prize and Dr. Kavita received the 2nd prize. From oral yoga session, 1st prize was adjudged to Dr. Alpa Dalal and 2nd to Ms. Rutika Godse.

The vote of thanks was proposed by Dr. Preenon Bagchi.