

The 2 day International Conference on Public Mental Health & Neurosciences [ICPMN - 2019] was held on 26-12-2019 and 27-12-2019. We were lucky enough to have last solar eclipse of this century during the inaugural time of the conference.

The conference started our chief guests, Dr. Girish Chandra, Vice Chancellor, Karnataka Sanskrit University & Dr. Harris from University of Malaya along with Mrs. Padmashree Murthy, President, Sarvasumana Association lighting the lamp. Following, Mrs. Padmashree welcome the gathering. Her talk focused on the importance of yoga in our daily life. She highlighted the aspects of ashtanga yoga. She discussed the importance of big date in Public mental health & neurosciences. Following her talk, Dr. Girish Chandra delivered his inaugural message. He briefed us about the history of yoga. i.e., how the yoga came from adiyogi, Lord shiva to humans through vedas. Dr. Harris delivered the keynote, giving the advent of biology, computer stimulation and big data to the world of mental health. Inauguration session ended with all delegates singing National Song of India.

Next we had webinar from Dr. Richard Hill, from Mindsience Institute, Australia. His talk was on Consciousness & Self where he discussed the biological aspects of consciousness. His talk focused on the conscious & unconscious stages of our mind.

Post tea break, we had Dr. Harris giving us the growing evidence of self-compassion being negatively related to mental health problems, and positively related to positive psychological outcomes taking example of Malaysian sample.

Next we had Dr. Mythri giving us the role of Cocoa enriched-polyphenol extracts being beneficial for human health especially during stress.

Post lunch we had oral presentations from Ghousia Farheen titled “The Effect Of Daily Living Skills Training Of 3 To 5 Aged Children Having Mild Developmental Delay With Mild Autism Spectrum Disorder”, from Sarojini Minz titled “Distribution Of Chronotypes In Human Samples From Rural, Semi-Urban And Urban Areas Of The Western Odisha, India” and from Dr Sneha K titled “Effect Of Yoga On Parasympathetic Nervous System Of Human Body and “Effect Of Yoga On Sympathetic Nervous System Of Human Body”.

We had poster presentations from K Deepthi Reddy & Smitha Kappathanavar on Study Of Marma Response According To Location In Yoga Postures and from Chetali Madhwani on Life Enhancing Diet To Balance The Body And Mind.

We started our 2<sup>nd</sup> day with the talk from Dr. M. Anuradha, Principal from Padmashree Institute of Management & Sciences focusing on the importance of Nutraceuticals in lifestyle and stress management. Next we had talk from Dr Niranjan Hegde Hosabale, from, Aapyam Ayurveda Foundation from Sagar, Shimoga enriching us on the Assessment of Personality (Satwa /Psyche) through Principles of Ayurveda and Psychoanalysis from Bhagavadgeetha.

Post tea we had Dr. Malali Gowda enriching us with the applications of next generation sequencing bioinformatics in medicinal, Ayurveda, yoga & biotechnology. Following we had Dr. Lokesh Babu telling us about Sexual Well Being in 2020. Following was my presentation on Establishing Novel drug leads for Very-Low-Density-Lipoprotein Receptor VLDLR, a protein responsible for atherosclerosis using pharmacophore models & virtual screening studies.

Post lunch we had talk titled “Community as an Active Agent to Promote Mental Health among Rural Masses” by Dr. NovRattan Sharma & Dr. Sushma Sharma.

At the valedictory, research paper of Ms. Sarojini Minz titled “Distribution Of Chronotypes In Human Samples From Rural, Semi-Urban And Urban Areas Of The Western Odisha, India” was adjudged the best research paper. Valedictory session ended with all delegates singing National Anthem of India.