



सर्वसुमना



PADMASHREE  
INSTITUTE OF MANAGEMENT  
AND SCIENCES



# 6th International Conference on Public Mental Health & Neurosciences



ICPMN-2019

## ABSTRACT BOOK

**Date : December 26-27, 2019**

**Dr. ASHWATH NARAYAN C.N.**  
**Deputy Chief Minister**  
(Higher Education, IT & BT,  
Science and Technology Department)



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No. DCM/HrEdn,IT&BT,S&T/18C1/2019-20

Date: 19/12/2019

**MESSAGE**

I am very happy to learn that *6<sup>th</sup> International Conference on Public Mental health and Neuroscience (ICPMN – 2019)* is being jointly organized by Sarvasumana Association®, Padmashree Institute of Management & Sciences, Santhrupthi Yoga® and Sanatana Yoga Vignana Kendra in Namma Bengaluru in December 2019.

Every session in the conference provides new insight to manage stress, anxiety and psychological disorders – a novel approach to look at the mental burdens and provided solutions to critically handle these issues. As we look close to remnants of the antiquities, I will expect that wonderful things shall emerge – new ideas, fresh thinking, and a reawakening of the enchantment of life that our academic studies seek to understand. By the unique theme “*Mind-Body-Consciousness Linkage, Yogic & Neuro-Bioinformatics Research – Ancient to Modern*” this conference brings the Big data to the world of Biotechnology, Medicine and yoga.

I am sure that, this interaction will help in fostering strong partnership and linkages with Doctors, Yoga practitioners, Psychologists, Psychiatrists and Neurologists and Neurobiologists. Best wishes for the success of the conference and future endeavours.

(Dr. Ashwath Narayan C.N)

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**SARVASUMANA ASSOCIATION, Bengaluru, India**

### **CO-ORGANIZERS**

- (1) Sanatana Yoga Vignana Kendra, Bengaluru, India
- (2) Padmashree Institute of Management & Sciences, Bengaluru, India

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## Welcome

A person cannot buy health, postpone disease, through practicing Asanas , but following healthy life style-following eight limbs of yoga. 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.

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

It gives me great pleasure to invite delegates from across the world for the 6<sup>th</sup> International conference on Public mental Health and Neurosciences -2019 at Bengaluru, India. We welcome you all to the conference with the theme “Mind-Body-Consciousness Linkage, Yogic & Neuro-Bioinformatics Research - Ancient to Modern”.

By the unique theme this conference brings the Big data to the world of Biotechnology, Medicine and yoga.

I hope that you will find both conference and your stay enjoyable and comfortable.

With Kind regards

Padmashree Murthy  
President

# ABSTRACT BOOK

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Date: 18 December 2019

Dear ICPMN-2019 delegates,

Being part of the scientific community to understand and improve mental health is indeed an honour. The gathering of individuals from different backgrounds and countries is an auspicious event to usher in the coming new year. This conference is hoped to generate awareness, interests and improved understanding of the relevant facets of public mental health.

With a focus on Big Data, the importance of high-quality evidence in our scientific endeavour cannot be overemphasised. Being attached to a newly established Psychometric Cluster, which is part of the Centre of Educational and Psychological Testing, Assessment and Services (CEPATS), I feel a personal responsibility to contribute to the science of psychological measurement in line with the aim of this Conference.

I admire Sarvasumana Association for being persistent and consistent in organising the ICPMN, now in its sixth edition, to further pursue the worthy agenda of public mental health. Organising an academic event such as this requires strong will and passion. I wish the good spirit would be with all delegates throughout the conference and beyond. May all delegates be able to benefit greatly from all the exchanges of ideas.

Your sincerely,

**Harris Shah Abd Hamid, PhD**  
Head of Psychometric Cluster  
CEPATS

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**KARNATAKA SAMSKRIT UNIVERSITY**

Pampamahakavi Road, Chamaraajpete, Bangalore - 560 018.



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Vice-Chancellor (Acting)

Mobile: 9481213240  
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No : KSU/VC-PS/2019-20

Date : 18.12.2019

To,

**Shrimati Padmashree Murthy**  
**President,**  
**Sarvasumana Association,**  
**Bengaluru**

I am very much happy to know that **Sarvasumana Association** is organising **6th International Conference on Public Mental Health and Neurosciences** in Bengaluru on 26-27, December, 2019.

We all are well aware that physical stress and mental pressure have become global menaces with the advent modernization.

It is the need of the hour that we keep public mental health in good condition. Yoga is the proved method to come out of both mental and physical stress.

I wish all the success wholeheartedly for the international conference to achieve the goal of guiding society towards mental health.

With most respectful regards,

Your's Sincerely,

**Vice-Chancellor (Acting)**



# ABSTRACT BOOK

ಕರ್ನಾಟಕ ಸಂಸ್ಕೃತ ವಿಶ್ವವಿದ್ಯಾಲಯ

ಶ್ರೀ ಚಾಮರಾಜೇಂದ್ರ ಸಂಸ್ಕೃತ ಮಹಾವಿದ್ಯಾಲಯ ಆವರಣ  
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ಕರ್ನಾಟಕ-ಸಂಸ್ಕೃತ-ವಿಶ್ವವಿದ್ಯಾಲಯ:

ಶ್ರೀ ಚಾಮರಾಜೇಂದ್ರ ಸಂಸ್ಕೃತ ಮಹಾವಿದ್ಯಾಲಯಸ್ಯ ಪರಿಸರ:  
ಪದ್ಮಮಹಾಕವಿಮಾರ್ಗ, ಚಾಮರಾಜಪೇಟೆ, ಬೆಂಗಳೂರು - 560018.

**Prof. Veerananarayana N K Pandurangi,**  
Registrar  
Karnataka Samskrit University,  
Bengaluru

## Message

I am happy to know that Sarvasumana Association is organising 6th International Conference on public Mental Health and Neurosciences in Bengaluru on 26-27, December, 2019.

Physical Stress and mental pressure have become global menaces with the advent modernization. It is increasingly becoming more and more relevant to keep public mental health in good condition. Yoga is the proved method to keep of both mental and physical stress at bay.

I wish all the success for the International Conference to achieve the goal of guiding society towards mental health.

*Prof. Veerananarayana N K Pandurangi*

**Prof. Veerananarayana N K Pandurangi,**  
Registrar

To,  
**Shrimati Padmashree Murthy**  
President, Sarvasumana Association,  
Bengaluru

# ABSTRACT BOOK



Ref.No: SYVK/OL/002/19

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web : [www.sanatanayogakendra.org](http://www.sanatanayogakendra.org)

Date: 20<sup>th</sup> Dec 2019

## MESSAGE

Yoga, once thought to be a Hindu Philosophy, has become a universal way of life philosophy for millions. Practicing yoga not only binds the “physical and mental wellbeing” but today it is known to promote health and happiness and also nurtures self self-discipline and helps attain “Quality of Life”.

Im very much impressed with the organising committee for illuminating the Yoga with the neurosciences.

I also wish them a great success for the 6<sup>th</sup> International Conference on public mental health and neurosciences.

Founder, Director

  
Rajesh.T.S M.Sc,M.Phil,YIC,(Ph.D)

## ABSTRACT BOOK



**PADMASHREE**  
INSTITUTE OF MANAGEMENT  
AND SCIENCES

It gives me immense pleasure to organize 6<sup>th</sup> International Conference on Public Mental health and Neuroscience jointly with Sarvasumana Association. The sessions of the conference will provide new insights to manage stress, anxiety which are the root causes of mental illness. The conference theme is holistic and its uniqueness to address mental illness comprise all interdisciplinary sciences such as Biotechnology, Medicine and yoga.

I am sure that, this interaction will help in fostering strong partnership and linkages with Biotechnology researchers with yoga practitioners, psychologists, psychiatrists and neurobiologists.

Best wishes for the success of the conference.

Anuradha

**PADMASHREE INSTITUTE OF MANAGEMENT & SCIENCES**

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**Ramaiah University of Applied Sciences**

A Private University Established in Karnataka State by Act No. 15 of 2013

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I am very happy to learn that 6<sup>th</sup> International Conference on Public Mental health and Neuroscience is being organized by Sarvasumana Association. The theme of the conference “Mind-Body-Consciousness Linkage, Yogic & Neuro-Bioinformatics Research – Ancient to Modern” embraces Big data to the world of Biotechnology, Neuroscience, Medicine and Yoga.

This conference will help in fostering strong relationship of Biotechnology researchers with yoga practitioners, psychologists, psychiatrists and neurobiologists.

Best wishes for the success of the conference.

Dean and Professor  
Faculty of Life and Allied Health Sciences  
Ramaiah University of Applied Sciences

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- 4. NUTRACEUTICALS AND MENTAL WELL NESS**  
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ASSESSMENT OF PERSONALITY (SATWA /PSYCHE) THROUGH PRINCIPLES OF  
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PLANARY TALKS

ICPMN-2019

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## ABSTRACT BOOK

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### CONSCIOUSNESS AND THE “SELF”

*Dr. Richard Hill MA, MEd, MBMSc, DPC*

Co-author with Ernest Rossi PhD, *The Practitioner's Guide to Mirroring Hands*

Counsellor/Psychotherapist, The Davis Health Centre

Managing Editor, *The Neuropsychotherapist*

President of the Global Association for Interpersonal Neurobiology Studies (GAINS)

Patron of The Australian Society for Clinical Hypnotherapists (ASCH)

Director, Mindscience Institute

[www.richardhill.com.au](http://www.richardhill.com.au)

It is necessary for consciousness to have a “self” in order to reflect on those things that are in our conscious awareness. This seemingly circular definition is better understood in the light of natural systemic processes that enable non-conscious mind to body healing and problem resolution processes to produce a conscious “felt sense”. In that light, is consciousness an emergent quality from non-conscious processes? Is the “self” an emergent quality from higher order mental processes of consciousness or is it a co-emergent property of non-conscious processes? These questions and their answers are important in our understanding of the mind-to-body-to-consciousness linkage. We will discuss some of the theoretical principles, but also engage in experiential activities that might challenge our ideas of what constitutes the conscious, unconscious, non-conscious and how the “self” emerges. Will we reframe what we believe consciousness to be, how your “self” experiences it and how this contributes to your perception of reality?

### **SELF-COMPASSION AND MENTAL HEALTH: A BIBLIOMETRIC ANALYSIS**

Dr.Harris Shah Abd Hamid  
Faculty of Education, University of Malaya  
[harris75@um.edu.my](mailto:harris75@um.edu.my)

Growing evidence is showing self-compassion is negatively related to mental health problems, and positively related to positive psychological outcomes. The evidence for the importance of self-concept as a personal resource is building up across the globe. This paper aims to take stock of the existing literature on self-compassion and mental health by means of bibliometric analysis. The analysis is designed to characterise the body of research and assess the strength of the evidence linking self-compassion and mental health. Additionally, psychometric analyses of the Self=Compassion Scale in Malaysian samples will be presented to highlight pertinent measurement issues. To conclude the presentation, future directions for research on self-compassion and mental health will be proposed.

## DARK CHOCOLATE – A PSYCHOLOGICAL STRESS RELIEVER

**Dr. Mythri G**

**Assistant Professor,**

**Department of Physiology,**

**Dr Chandramma Dayananda Sagar Institute of Medical education and Research  
(Dayananda Sagar University), Kanakapura, Ramnagara**

**INTRODUCTION:** Stress is a universal societal issue, affecting both economy and health. Cardiovascular measures, like heart rate and its variability, are known to respond to stress. There is an increase in sympathetic modulation in stress. Cocoa enriched-polyphenol extracts are beneficial for human health.

**OBJECTIVE:** To determine the acute effect of single dose of dark and bitter chocolate on psychological stress using HRV

**METHODOLOGY:** 45 individuals aged between 18-25 years were divided into 3 groups. HRV parameters were measured at rest and later 10g of dark and bitter chocolate was given to group II and III respectively. 15 minutes after ingestion, all the subjects were asked to perform an arithmetic task. HRV parameters in all the 3 groups were measured immediately after the task with the help of RMS polyrite – D version 3.0.11. Statistical analysis was done using SPSS 21.

**RESULTS:** Increase in sympathetic predominance ( $p < 0.05$ ) after the performance of the arithmetic task indicates the significant mental stress induced among Group I subjects. After dark and bitter chocolate intake, no significant increase in the sympathetic component was observed in spite of arithmetic task in Group II and III subjects.

**CONCLUSION:** Improvement in the sympathovagal balance, seen by higher HRV after dark and bitter chocolate intake can be attributed to the GABA in the cocoa. A daily non-pharmacological intervention of dark/bitter chocolate- reduces the burden of stress.

**KEY WORDS:** *Dark chocolate; Bitter Chocolate; Heart Rate Variability; Psychological Stress*

**ETHICAL CLEARANCE:** Yes, Obtained from Institutional Ethical Committee

**FUNDING:** Self

**CONFLICT OF INTEREST:** None

# ABSTRACT BOOK

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## NUTRACEUTICALS AND MENTAL WELL NESS

*Dr. Anuradha, M*

Padmashree Group of Institutions, [pimsprincipal@gmail.com](mailto:pimsprincipal@gmail.com)

Globally there is an increasing trend towards mental ailments for multiple reasons including lifestyle and stress factors. There is promising interest in utilization of alternate methods which can improve the mental health. The adjunctive use of nutrition and nutraceuticals has the potential to modulate the symptoms of mental illness including depression and mood disorders. There is a surge in research and development in this area, however there is limited scientific validation and systematic review. In the present study a comprehensive review with respect to nutraceuticals and their alleviating potential of mental illness is discussed.

**FRAMING A PROTOCOL –  
ASSESSMENT OF PERSONALITY (SATWA /PSYCHE) THROUGH  
PRINCIPLES OF AYURVEDA AND PSYCHOANALYSIS FROM  
BHAGAVADGEETHA.**

*Dr Niranjan Hegde Hosabale.*

B A M S, M D (Ayu), M Sc (Psychology), (Ph.D)  
Ayurveda Consultant and Health Psychologist.  
Aapyam Ayurveda Treatment Centre. Pragathi nagar, Sagar.

&

Chairman, Aapyam Ayurveda Foundation(R) Sagar &  
Executive Director, Aapyam Institute of Indegenous Sciences and Research, Bengaluru. &  
Associate Professor, Department of Kayachikitsa  
Tapovana Ayurvedic Medical College, Doddabathi, Davanagere.

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### **Introduction**

What is it that which makes one thinks as a man? Or a woman? Or a Person?

Clearly, it's more than the Personality patterns or one's attitude or individuality.

It's also more than the behaviour, attitude or an ability to cope up with his expectations and to lead prosperous life by contending himself, family and the society.

- *Sattva* which is understood as Mental Status or Personality trait plays a key role in the overall development of an individual including
- physical,
- mental,
- academic,
- professional,
- Personal and many other aspects in different stages of life like childhood, adulthood, middle age and even at an elderly age.

### **Objectives:**

- Understanding of Personality /Sattwa/ManasaPrakruthi as per Ayurvedic Principles
- To Standardise the questioner to assess the status of Sattwa/ManasaPrakrithi of an individual
- Application of Assessment questioner in different stages and aspects of life

## ABSTRACT BOOK

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- Role of ManasaPrakrithi Assessment in the treatment or Management of ManasaRogas through Ayurveda (Ayurveda Psychiatry)

### In Ayurveda

ManasaPrakruthi is described as Kaya or Sattwa based on Three gunas

ManasaPrakruthi determines the psychological behaviour of an individual and it represents the mental status

Mental Status is mainly divided into three

- Satva
- Rajas
- Tamas

and further divided into 16 types

(Ref: CharakaSamhitha and SushrutaSamhitha- ShariraSthana)

- Satva is considered blemish less and healthy and leads to attainment of knowledge and happiness

Satvika Prakruthi leads to actions performed with self less noble motives which are not egoistic

Performed with firm ness and enthusiasm

- Rajas give rise to passion and source of feeling of longing, restlessness and attachment.

Rajasika actions are driven by strong passion to see results

Person is swayed intensely by joy or sorrow depending upon the result of action

- Tamas gives rise to indolence, inertia and sleep

It leads to heedlessness and delusion

Action performed in lackadaisical manner without sincerity of purpose and devotion

How it will be formed?

***Panchame manah pratibhaddataram bhavathi.***

(Su. Shareera)

Garbha is the union of shadbhavas.

Satva of the fetus is derived from,

***“Satvavisesakaranibhavanimatapitrusatvani, antarvatnya: srutechaabheesnamsochitam karma:” (Ch.S)***

Various factors derived from Satva Bhava,soucham,asthikyam,bakthi,seela etc

**Triguna in Bhagavadgeetha**

***Prakritih kriyamanani Gunai karmani Sarvashaha /***

## ABSTRACT BOOK

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*Gunaa guneshu vartanta ithi matva na sajjathe // (Bhagavadgeetha)*

*Satvam rajasthama ithi gunah prakrithisambhavaah/*

*Nibadhnanti mahabaaho dehe dehinamavyayam// (Bhagavadgeetha)*

*Rajasthamaschabhibhooya satvam bhavathi bhatatha/*

*Rajah satvam tamaschaiva samah satvam rajasthathaa// (Bhagavadgeetha)*

### Need of Sattwa Assessment

- As it has given less importance, Although Sattwa is equally important in analysing an individuality
- Assessment of Satva Raja Tama of an individual as important as assessing Vata Pitta Kapha to understand Shareerika Karma
- To understand individuals likes, dislikes and wishes
- Proper assessment of ManasikaPrakruthi would be useful to predict ones susceptibility to various psychological disorders
- Its apt assessment will be handy for diagnosis, prognosis and treatment plan of the diseases

### How to frame the protocol..?

- Here it is by questionnaire method
- To design manasika prakrithi questioner based on description of Satva Raja and Tama in Different Samhithas of Ayurveda, Bhagavadgeetha, Manusmrithi, Kamasutra and other ancient scientific literatures which gives specific idea about psyche
- The questioner is framed in easily understandable format with 3 options for each questions which was related to Satva, Raja and Tama

### Pilot Study

- Totally 52 questions were framed in regional language of Karnataka, India as per the need and questions included. All basic essentials, emotional aspect, environmental aspect, financial aspects and also involves their personal choices in food, clothing, mode of entertainment, sex, their idea in social life. Generally it covered all the major aspects of one's life
- Max 25 minutes given to them to answer the questioner
- As per the answer given by them, we can differentiate the individual based on Sattwa, Raja and Tama

Eg

Que 1. How you feel about your surrounding environment?

2. What type of food you prefer very often?

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3. What about your opinion about your Anger/ Greif/Happiness ?

Answers

As per Satva Raja and Tama we have to develop the answer and the order of the answer is changed in every question

In Pilot Study 150 individuals randomly selected from age group of 20 to 35 of both sexes in Sagar Town Area, Shimoga District, Karnataka

Total no of Samples	Satvika	Rajasika	Tamasika
134	28	94	12

Very simple calculation, But Dwandwaja (predominant in two) also we can find out We can collect and analyse the Data's in N no of ways based on questions, age, occupation and many other aspects of the sample

**Benefits**

In Physiology (Normalcy)

To understand

- One's psychological status
- Likes, Dislikes
- Selections
- Field of Interest
- In choosing profession, partner etc
- Field of Education
- In each and every field we can take the benefits from Sattwa Assessment`

**In Pathology (Abnormalcy)**

Useful in.....

Understanding and analysing both physical and mental diseases

Diagnosis and prognosis of the disease

In selecting particular Psychotherapy in case of psychological disorders and other Treatment Plan

**Conclusion**

- Assessment of ManasikaPrakrithi is a very essential tool in Psychometric analysis
- This acts like a window to understand the individual's mind set
- The thought, actions and psyche of an individual based on three gunas
- There is a big lacuna of Assessment of Sattwa in Ayurveda as far as psychometric analysis is concerned. This is a unique attempt in this direction
- An interview of an individual based on this questioner will serve as an effective and objective analysing tool of Sattwa or Manasa Prakrithi.

### SEQUENCING OF COMPLEX MEDICINAL PLANTS

*Dr. Malai Gowda, Professor and Dean, Faculty of Life and Allied Health Sciences,  
Ramaiah University of Applied Sciences*

India's human population exhibit a wide variety of ethnic, cultural, geographic and linguistic diversity. India harbor more than a billion people that are categorized into 3824 castes, 25,000 sub-castes and 461 tribes. Thus India is considered to be a global epi-center and living laboratory to study human genes and diseases. Each of these groups has strict marriage custom within the genetically non-diverse group. Hence, the genetic disorders or diseases have accumulated within small breeding pool and propagated to next generation. Gene or genetic testing is a powerful tool to understand these diseases or disorders. Most of human genetic disease and cell/organ identify that linked with Human Leukocyte Antigen (HLA) genes. HLA loci are located on human chromosome 6, is a complex and highly polymorphic in the human genome. which accurately distinguish each individual at DNA level. HLA sequence is an important determining factor for organ transplantation including bone marrow, kidney, liver, heart-lung etc.

In the past, several HLA-typing methods such serotyping, RFLP, PCR, and sequencing (Sanger and next generation sequencing) have used to match donor and recipients for organ transplantation. However, these methods can only provide partially information about the HLA genes or proteins. In this study, I developed Super-HLA resolution method using long range PCR amplification of class I and class II genes. Super-HLA typing method decode complete HLA gene sequence including coding (exons) and non-coding (intron and untranslated regions). This is the most accurate method today for organ transplantation to increase the survival rate of graft. Also HLA alleles are known, we can predict the sensitive or resistance of a person towards allergy, infectious diseases (e.g., HIV, TB, Dengue, Malaria, etc.), autoimmune disorders (e.g., psoriasis, rheumatoid arthritis), cancer etc.

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# ABSTRACT BOOK

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## SEXUAL WELL BEING

*Dr. Lokesh babu*

Sneha manovikasa kendra, Neuropsychaitric Hospital  
Tumkur.

### **What is Sexual Wellbeing?**

There are many working definitions of sexual wellbeing: According to the World Health Organization (WHO), sexual wellbeing is defined as a balance of emotional, physical, mental, and social wellbeing in relation to sexuality.<sup>1</sup> According to sociologist Edward Laumann, sexual wellbeing is defined as "the cognitive and emotional evaluation of an individual's sexuality," which includes feelings of happiness, fulfillment, peace, and life satisfaction.<sup>2</sup> According to the World Association of Sexual Health and the Montevideo Consensus on Sexual and Reproductive Rights, sexual wellbeing is an essential factor to attaining sexual health.<sup>3</sup> The Montevideo Consensus also defines sexual wellbeing as connected with the possibility of pleasurable, intimate and safe sexual experiences, free of coercion, discrimination, and violence.

The Global Advisory Board for Sexual Health and Wellbeing defines self-determination, consent, safety, autonomy, privacy, confidence and the ability to communicate and negotiate sexual relations as key determinants to pleasure and sexual wellbeing.

**Sexual Wellbeing is Grounded in Rights** The World Association of Sexual Health Declaration of Sexual Rights grounds sexual wellbeing within sexual rights, and recognizes the state of wellbeing attributed to sexuality as a part of one's right to the highest attainable standard of health.<sup>6</sup> The Montevideo Consensus establishes human rights as a basis to achieve and maintain sexual wellbeing.<sup>7</sup>

The Consensus confirms that "all people have the right to a safe and full sexual life," as well as the right to take free, informed, voluntary, and responsible decisions about their sexuality, sexual orientation, and gender identity<sup>1</sup>

**ESTABLISHING NOVEL LIGANDS FOR VERY-LOW-DENSITY-  
LIPOPROTEIN RECEPTOR *VLDLR***

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Bengaluru, India

Very-Low-Density-Lipoprotein Receptor (*VLDLR*) gene receptor's sequence *is retrieved from uniprot database and its 3D structure is modelled by homology modelling software, modeller.* Ligand-based pharmacophore studies with known *VLDLR*'s known ligand Thrombospondin-1 (THBS1) against small molecule virtual libraries generated 400 compounds. ADME studies were done with the compounds having best fitness scores against THBS1. Docking studies were done with the compounds satisfying Lipinski's rule of five and the best docked compounds were selected as the ligands for *VLDLR*.

### COMMUNITY AS AN ACTIVE AGENT TO PROMOTE MENTAL HEALTH AMONG RURAL MASSES

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Irrespective of age, gender and other demographic factors, all human beings want to lead a happy, healthy and long life. This is an urge as well as an asset. However, it is also true that at most of times the actions and behavior of an individual is not suitable to overall health promotion. There is a need to take necessary steps at the individual level, although these steps become more functional if these are further strengthened and boosted by the community where the individual lives. It has been scientifically observed and empirically that community may play a role of active agent in holistic health enhancement. Since maintenance and promotion of health are interlinked, therefore, synergic efforts at individual and community level will be more useful particularly to activate the growth model instead of clinical model of health. It is relevant to add that developing countries like India are not in position to afford the clinical model of health due to infrastructural and human resource limitations. It is also very important to understand that mental health is the undercurrent for all other dimensions of holistic health including public mental health. Present talk will highlight those conceptual and experiential data on mental health which has been observed by the authors themselves while dealing with rural masses during their research. It was also established that public mental health objective can be achieved by activating our communities specifically in rural India as an active agent for health promotion behaviors.

ICPMN 2019  
ABSTRACTS

**THE EFFECT OF DAILY LIVING SKILLS TRAINING OF 3 TO 5 AGED CHILDREN HAVING MILD DEVELOPMENTAL DELAY WITH MILD AUTISM SPECTRUM DISORDER.**

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**ABSTRACT**

The study aimed to see the Effect of Daily Living Skills training of 3 to 5 aged children having mild developmental delay with mild autism spectrum disorder. The data has been assessed by using DST (Developmental Screening Test), VSMS (Vineland Social Maturity Scale), VABS II (Vineland Adaptive Behavior Scales) and ISAA (Indian Scale for assessment of autism). The study has been examined on 4 children having mild developmental delay with mild autism spectrum disorder. To compute the effectiveness of daily living skills training on toileting, dressing and grooming of all children, paired t test has been used. The findings indicate that there is a significant effect of Daily Living Skills training on children,  $t(3) = 19.23, p < 0.001$ .

**KEYWORDS:** Developmental delay, Autism Spectrum Disorder.

**PREVALENCE OF MOBILE PHONE DEPENDENCE AMONG  
UNDERGRADUATE STUDENTS OF BPKIHS, DHARAN**

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**Background:** The charm of mobile phone is more among young generation and the increasing use can lead to various harmful effects and may result in dependence. **Objective:** The objective of the study is to assess the prevalence of mobile phone dependence among the undergraduate students of BPKIHS, Dharan. **Methods:** A descriptive cross sectional study was conducted on a total of 390 undergraduate students of BPKIHS, Dharan aged between 17 and 25 years who were using mobile phones for more than 1 year by using stratified proportionate sampling technique from October 2016 to April 2017. Students were requested to complete a pre tested self administered questionnaire which comprised their socio-demographic characteristics, pattern of mobile phone usage and a standard 17 items Mobile phone addiction index developed by Leung. **Results:** Among the total 390 students, all of them had their own smart phones. The average time spent by the students on the mobile phone using different features of mobile phone was 4.08 hours. Majority of the students (67.4%) use mobile phones at night. The median amount of money spent on recharge per month was 500. The prevalence of mobile phone dependence among the undergraduate students was found to be 21.8%. Mobile phone dependence was found to significantly associated with time spend on mobile; calls per day, money spend on recharge per month and years of ownership of mobile phone.

**Conclusion:** The results gives an alarming indication that as days goes by the youth are getting more and more dependent on mobile phones, which can be associated with different aspects or problems of mental health. This project achieved its objectives. This study might be useful to develop new teaching concepts to educate the students to use mobile phone meaningfully.

**Key words:** Mobile phone dependence; usage pattern

### MUSCLE CONCERN: EXPLORING THE EFFECTS OF BODYBUILDING ON SELF-CONFIDENCE

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In today's modern society, a lot of people have been engaging themselves in bodybuilding. It is one of the activities most men and women engage themselves into, for improving their bodies as well as their confidence. This research also explored the elements that affect the overall confidence of an individual. It aimed to answer the problems regarding the different factors and reasons that pushed people to engage in bodybuilding. In addition, the research aimed to know the elements that affects the confidence of an individual and the effects of bodybuilding on the self-confidence of a person. The Qualitative-Phenomenological Research was conducted on 13 participants in which their experiences are relevant to the study. The data were collected by semi-structured interviews and questionnaires. To summarize, the information collected states that the main reason why the participants engaged themselves in bodybuilding was to have a nice figure, be fit and have a better lifestyle and improve their physical features. Moreover, the participants stated that bodybuilding affected their confidence when it comes to their body image because it helps them in maintaining a good figure. The findings indicated that bodybuilders as well as the non-bodybuilders who wanted to improve their self-confidence must engage themselves through various ways including bodybuilding.

**Keywords:**bodybuilding; body image;effects; elements; lifestyle; self-confidence

### **A SMARTPHONE-BASED INTERVENTION TO BUFFER THE NEGATIVE EFFECTS OF PERCEIVED DISCRIMINATION**

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We will test a smartphone-based self-affirmation App that has been designed to help buffer heritage Spanish speakers from the negative effects of perceived ethnic discrimination experienced on a college campus. Self-affirmation theory suggests that if an individual is threatened (i.e., devalued) in an important area of the self (such as being denigrated for being a part of a particular racial/ethnic social group), then affirming a *different* area of the self (e.g., reminding individuals of the important values that they hold), can diffuse the threat by dampening stress responses. Self-affirmation writing interventions have successfully helped prevent academic decline (i.e., grade point average) among African-American and Latino/Hispanic college students in the United States. These self-affirmation writing interventions have been delivered through paper-and-pencil and have not yet been tested using mobile technologies. We will conduct qualitative analyses of a pilot smartphone study conducted with Latino heritage college students. The participants will complete a two week daily diary on their smartphones. In addition, they will complete an initial intake survey and 2 month follow-up survey. The survey includes measures of psychological well-being, health risk behaviors (alcohol, drug use, and nutrition), sense of belonging to the campus community, grade point average, and general physical health. Participants will be randomly assigned to an experimental group (who will complete the self-affirmation intervention) and a control group (who will complete a no affirmation writing exercise).

**Key words:** Smartphone, Self-affirmation, Stress

**DEFAULT MODE NETWORK: ANXIETY AND THE *YOGA SŪTRAS OF PANTAÑJALÍ*.**

*Layven Reguero*

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Modern psychological research paradigms utilize neurobiological imaging to deepen our understanding of the mechanistic action of functional neural networks. The Triple Network Model identifies three large-scale neural networks; the central executive network (CEN), the salience network (SN), and the default mode network (DMN; Menon, 2011). Each network is composed of distinct brain regions that exhibit coactivation given specific psychological tasks. Alterations in networked brain function have been observed in mental disorders. Psychotherapy can restore preferred patterns of functional neural connectivity (Williams, 2016). The DMN is difficult to change in talk therapy as it is typically deactivated during top-down cognitive control tasks. The DMN is involved in various aspects of rest, in the absence of externally-focused tasks, and in self-referential cognitions (Greicius, Krasnow, Reiss & Menon, 2003). *Anxiety disorders* (American Psychiatric Association, 2013) and *Yoga* alike enhance self-referential awareness and influence the DMN; yet unlike anxiety, *Yoga* gets little reference in the neuroscientific literature (e.g. Burdwood et al., 2016; Eyre et al., 2016). When *Yoga* or any of its related eight components are referenced in neuroscientific literature, their operationalization is highly variable. *Ashtanga Yoga* as defined in *The Yoga Sūtras of Pantañjali* (Iyengar, 1993) provides a consistent framework from which to study anxiety disorders and the functional connectivity within DMN. In an effort to widen and enhance current neurobiological research focus, as well as to improve the psychotherapeutic interventions that they inform, this presentation shares current developments in functional neural network analysis and their relationship with the wisdom of *The Yoga Sūtras of Pantañjali*, as it applies to the amelioration of anxiety.

**Key words:** central executive network, Patanjali Yoga Sutras, Anxiety

**CO-DIAGNOSIS PATTERNS OF IN-PATIENTS BY ASSOCIATION RULES  
TECHNIQUE**

*Porntiptheraratchailert, Siriwat Suwattanapreeda, Chumponuch Sukontavaree, Pornyupa Tiangphattawanong, Ketkhaw Sophonwarakit, Pimpaka Sunthi*

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**Objective:** The purpose of this study was to identify the pattern of co-diagnosis in patient who has mental health problem using association rules technique. **Material and method:** This was a retrospective study from database and inpatient medical records. The samples were patients in Somdet Chaopraya Institute of Psychiatry from 2<sup>nd</sup> September 2016 to 23<sup>th</sup> January 2019. The samples have 6,508 patients. This association rules by Rapidminer program (version free trial) which is a collection of machine learning algorithms for data mining tasks was used to analyse. **Results:** This research has 6,508 inpatient who were male (59.82%) and female (40.18%). The Patterns were founded 1,330 patterns but patterns involved psychiatric disorders have 546 patterns. Therefore, Co-diagnosis pattern is “Schizophrenia + Male” which is the most frequency patterns. (Support 33%, Confident 62% and Lift 1.03) Then, Secondary pattern is “Schizophrenia + Non-insulin-dependent diabetes mellitus”. (Support 27%, Confident 61% and Lift 1.12) Moreover, High relative co-diagnosis pattern is “Schizophrenia, Other metabolic disorders + Symptoms and signs concerning food and fluid intake” (Support 1%, Confident 80% and Lift 23.04). **Conclusion:** From this study, Co-diagnosis patterns involved psychiatric disorders have 546 patterns. Schizophrenia + Non-insulin-dependent diabetes mellitus is the most frequency pattern. (1,758 patients) Therefore, Schizophrenia may be involved Other metabolic disorders which may be side effect of antipsychotic medicine. Finally, Co-diagnosis patterns is guideline in analyze clinical data that plan treatment guideline in the future.

**Keywords:** Co-diagnosis patterns, association rule, psychiatric disorders

### BENEFITS OF LAUGHTER YOGA: LAUGHING STOCK OR WORTH A TALK?- A Review

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Laughter Yoga (Hasyayoga) which has been in vogue for quite some time is a practice that constitutes prolonged voluntary laughter. Although it has gained popularity in no time, there is a need to deliberate over a consolidation of studies to gauge its efficacy. This could determine the way forward. This paper presents a narrative review to bring to light research on laughter yoga. Review is arranged thematically and chronologically (within a theme) and all the studies using laughter yoga or laughter therapy (where standard steps of laughter yoga have been carried out) have been included. Studies reviewed reflect Laughter Yoga's great potential with both physiological and psychological benefits. Most of the studies report promising results in spite of stark differences in time duration of intervention (ranging from two days to six weeks). More rigorous and standardized trials would further strengthen the claims of laughter yoga. Studies reviewed provide a good concoction of methods ranging from qualitative, quantitative to mixed methods measuring both psychological and physiological markers thus giving a comprehensive account.

**Keywords:** Hasyayoga, laughter yoga, physiological , Psychological

### REBOUND RELATIONSHIP AND GENDER ROLE: COPING WITH BREAK-UP

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A rebound relationship are believed to be undefined or short lived period due to partner emotional instability and like to distract themselves from painful break up. When romantic relationship is terminated, partners are faced with convoluted and complex challenges of detachment from their previous partner. One of the partners has negative feeling about the overall situation and need to forward in life. When faced with this relationship upheaval, some individuals employ and find relief in superficial or noncommittal rebound relationships, which act as a means for coping with loss of previous relationship and the several emotional attachment to an ex-partner. In this study data were taken from 120 participants (both from male and female adolescent) with the help of semi-structured interview and standardized tools. Results revealed that there is significant and positive relation between rebound relationship and gender role and men were predicted and found to be more likely to enter rebound relationship in the aftermath of a relation termination based on the lower level of social support and more emotional attachment to an ex-partner. Thus rebound relationships were employed by men as a distraction from their feeling of emotional attachment for their ex-partner but also as a source of support and due to inherent lucid characteristics.

**Keywords:** Rebound relationship, Gender role, Break-up, Coping Style.

**CORRELATION BETWEEN AN ANXIETY DEGREE AND THE COPING MECHANISM LEVEL OF THE CORONARY HEART DISEASE PATIENT AT THE CARDIOLOGY POLY OF RSUD DR.MOEWARDI SURAKARTA**

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**BACKGROUND:**The Prevalence of coronary heart disease has been continuing increases in every year and become the main problem of the society recently. An anxiety is the general psychological problem of the coronary heart disease which is influence to the heart health significantly. The anxiety indication corresponds to coping mechanism that was developed by patient. **OBJECTIVES:**To investigate the correlation between an anxiety degree and the coping mechanism level of the out-patient care coronary heart disease at the cardiology poly of RSUD Dr.Moewardi Surakarta. The Practical benefit: as the development reference of psychotherapy field on the coronary heart patient treatment with psychiatry disorder. The clinical benefit: To provide advantages in terms of better handling of CHD patients both physically and psychologically.**METHODE:**This research is a correlation analytic study with a cross sectional study design. The sampling technique with consecutive sampling was 60 patients. Furthermore, measuring the level of anxiety using the T-MAS (Taylor Manifest Anxiety Scale) questionnaire while the coping mechanism use the brief coping scale instrument questionnaire. The collected data was then analyzed by the chi-square test. **RESULTS:**Based on the data analyst, it shows that the coping mechanism reduces the degree of anxiety in CHD patients.

**Keywords:** Anxiety, Coping mechanism, Coronary heart disease

## ABSTRACT BOOK

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### DISTRIBUTION OF CHRONOTYPES IN HUMAN SAMPLES FROM RURAL, SEMI-URBAN AND URBAN AREAS OF THE WESTERN ODISHA, INDIA

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The sleep requirement of humans varies as a function of the country they live in, and their chronotype, gender, ethnicity, physiological state, and lifestyle. An interaction between the circadian clock (process C) and the sleep-wake homeostasis (process S) regulates sleep in humans. The Suprachiasmatic nuclei (SCN) – the master clock, measures the length of the solar day and through appropriate neuroendocrine mechanisms promotes sleep in the night. Further, all humans are not alike. There are individuals called morning type (MT), who rise early in the morning and go to bed very early, they certainly go to bed before midnight. In contrast, evening type (ET) individuals rise late in the morning and go to bed invariably past midnight. There is also intermediate type (IT) or neither type (NT) individuals, who are neither morning type nor evening type. These phenotypes based on variability in sleep timings are called chronotypes. Popularly, the morning types are called “Larks,” while the evening types are termed “Owls.” In the present study, we recruited 1809 subjects inhabiting rural (603), semi-urban (603) and urban areas (603) of western Odisha, India. We employed MEQ inventory (Horne and Östeberg, 1976) to determine the distribution of chronotype in the target populations. The results revealed prevalence of MT in the following order: 99.0%, 62% and 63% and intermediate type was 1.0%, 32.0% and 31.0% in the populations of rural, semi-urban and urban areas of western Odisha, respectively. No ET types were found in rural areas, whereas 6.0% evening active people were there both in semi-urban and urban areas of western Odisha. The results indicate an increase in eveningness among the people living in semi-urban and urban areas. This could be ascribed to modern lifestyle.

**Keywords:** Circadian; lark type; owl type; intermediate type; human

### EFFECT OF YOGA ON PARASYMPATHETIC NERVOUS SYSTEM OF HUMAN BODY

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**Background:** Psychosocial stress of our modern life precipitates various cardiovascular and other disorders by distorting basic neuroendocrine mechanism and thus autonomic nervous system. The harmful effects of these stress on bodily systems can be reduced effectively by enhancing the adaptive mechanisms of our body that can restore the equilibrium. By giving rest to the mind and body, yoga can shake off many disorders of psychosocial origin.

**Aims & Objectives:** To evaluate the effects of yoga on parasympathetic nervous system in yoga practitioners above the age group of 35 years. To compare the results of parasympathetic function tests in yoga practitioners with that of non yoga practitioners in the same age group. **Materials and Methods:** An observational cross sectional study was carried out in 50 normal yoga practitioners and 50 normal non yoga practitioners above the age group of 35 years. Yoga practitioners were selected randomly from different yoga centers in Shimoga. Non yoga practitioners were selected randomly among non teaching staff of Shimoga institute of medical sciences, Shimoga. The ethical clearance for the study was obtained from the ethical committee. **Results:** In our study, there is significant decrease in the BMI ( $p=0.013$ ), physiological parameters such as heart rate ( $p=0.002$ ), respiratory rate ( $p=0.001$ ) and blood pressure and in parasympathetic tests there is significant decrease in valsalva ratio ( $p=0.005$ ) in yoga practitioners compared to non yoga practitioners. **Conclusion:** Observations from our study suggest that regular practice of yoga can bring significant improvement in the autonomic balance, respiratory performance and wellbeing. It can thus be concluded that these results would justify the incorporation of yoga as part of lifestyle in prevention of hyper-reactivity to stress related disorders and age related cardiovascular complications.

**Key words:** Yoga, Autonomic nervous system , valsalva ratio

### EFFECT OF YOGA ON SYMPATHETIC NERVOUS SYSTEM OF HUMAN BODY

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**Background:** Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is a psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the universal consciousness. **Aims & Objectives:** To evaluate the effects of yoga on sympathetic nervous system in yoga practitioners above the age group of 35 years.

1. To compare the results of sympathetic function tests in yoga practitioners with that of non yoga practitioners in the same age group. **Materials and Methods:** An observational cross sectional study was carried out in 50 normal yoga practitioners and 50 normal non yoga practitioners above the age group of 35 years. Yoga practitioners were selected randomly from different yoga centers in Shimoga. Non yoga practitioners were selected randomly among non teaching staff of Shimoga institute of medical sciences, Shimoga. The ethical clearance for the study was obtained from the ethical committee. **Results:** In our study, there is significant decrease in the BMI ( $p=0.013$ ), physiological parameters such as heart rate ( $p=0.002$ ), respiratory rate ( $p=0.001$ ) and blood pressure and in sympathetic tests there is significant decrease in DBP in yoga practitioners compared to non yoga practitioners.

**Conclusion:** It can be concluded that the regular practice of a set of yoga training blunted the sympathetic drive and lateralised the autonomic function towards parasympathetic control.

**Key words:** Yoga, Autonomic nervous system , hand grip exercise

### YOGIC DIET

#### LIFE ENHANCING DIET TO BALANCE THE BODY AND MIND

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**Introduction:** Diet is the sum of food consumed by a person. Sounds quiet simple but dietary habits and choices play a significant role in the quality of life, health and longevity. A healthy diet provides the body with essential nutrition: Because Nutrition involves more than simply eating a “good” diet—it is about nourishment on every level, physical and mental both. Yoga metaphysics posits two fundamental eternal and ontological categories: consciousness (*puruṣa*) and matter (*prakṛti*). Matter (*prakṛti*) has three qualities known as the *guṇas*: *sattva*, which means balance, harmony, light; *rajas*, which means action, energy passion; and *tamas* which has connotations of darkness and inertia. All of creation, which includes food, can be categorised according to which of these qualities predominate. Yogic diet comprises of one category of “Sattvic food” (fresh fruits and vegetables, grains, milk) which result in a long healthy & disease free lifestyle. “Sattvic foods” are foods that are abundant in Prana – the universal life-force that gives life to all sentient beings in both plant and animal kingdoms. As in the Naturopathy it is said “Food is only the medicine”. Study says, cardiovascular disease and cancer are ranked as the first and second leading causes of death in the United States and in most industrialized countries, but regular intake of plant-based foods, such as fruit, vegetables, and whole grains, which contain significant amounts of bioactive phytochemicals, may provide desirable health benefits beyond basic nutrition to reduce the risk of chronic diseases. Major causes for diseases like Oxidation, acid waste or toxins, dehydration in body are because of inadequate or unhealthy choice of foods in daily consumed diet, contrary to if modified can lead to the prevention of many serious health conditions. Yogic diet also includes a very important aspect of Yogic philosophy which is “Cleansing of internal body” through intake of more quantity of water (flushes out toxins) and eating fruits and vegetables (rich in fibre and water content also are alkaline in nature) helps in

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removing acid waste from body which further aids in detoxifying. **Method:** For validation scientific analytical report is established to closely analyse the effect of Yogic/Sattvic diet on body and mind. Yogic/Sattvic diet for 7 days was followed. Diet included only Sattvik food (fruits, vegetables, milk etc) and intake 8-10 of water on daily basis for a week. Body constituents (Blood count, Lipid etc) which also determine the health condition with their increased or decreased levels from optimum were analysed before and after diet. **Results:** The WHR of the respective person reduced from 0.83 to 0.78 which comes under low health risk range. Biochemical like Glucose, Cholesterol, LDL cholesterol, Triglycerides, VLDL cholesterol, non HDL cholesterol have been reduced, of those higher concentration can cause abnormalities in the body. Psychology of the person during diet was more of towards “Feel good” factor justifying the definition of WHO which says health is not merely absence of disease. **Conclusion:** “If you are not finding time & healthy food for today’s fitness, then you are saving time and money for tomorrow’s sickness”CHOICE IS YOURS!

**Keywords:** photochemical, diet, WHO (World Health Organisation), WHR(Waist/Hip ratio)

ICPMN

### **COMPARATIVE STUDY OF PREVALENCE OF ANEMIA IN SCHOOL CHILDREN DURING IN KARNATAKA.**

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Maternal Anemia has been one of the prime cause for Maternal and Infant mortality. Adverse outcomes in the form of Low birth weight and very low birth weight infants, still birth, pre-term, spina bifida, Intra uterine growth retardation are associated with maternal anemia, which is precipitated by adolescent anemia. This study aims to map the district-wise differences in prevalence of Anemia in public school children obtained by screening and preliminary cutaneous and scleral examination. The study data was obtained from the state school health data base, by obtaining permission from the Programme Officer. Secondary analysis of the routinely compiled screening data of school children from districts for different diseases was carried out.

#### **RECOMMENDATIONS**

1. Health Information System needs to be strengthened.
2. Proper monitoring and evaluation of the services delivered at all levels of Health care is very essential. This not only provides an idea about the hurdles encountered in proper implementation of Health Programmes but also the place where actually the setback has occurred. Not only this Evaluation of Health programmes will also provide insight about the good initiatives taken up by the Government and the scope of improvement in the delivery of Health Services.
3. Government should take Public Health initiatives in terms of bringing awareness in Parents/Guardians of children, Teachers, adolescent girls, expecting and lactating mothers regarding the implications of Anemia on students, adolescents especially girls, mothers as well as on the infant.

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4. From the above study it is evident that Intersectoral coordination between different departments is very essential in achieving holistic positive Health.
5. Monitoring of these schemes by officials of Health, Education, Food and Public Distribution System, Women and Child development etc should be carried out regularly to address the shortcomings in the successful implementation of this Programme.
6. The curriculum for teaching children should include syllabus on nutritive value of foods which can be used to prevent many of the deficiency related diseases in children.
7. General public should be made aware about misleading food fads and to be scrupulous when planning diet of their families esp; for pregnant women.
8. Parents of children should be educated about the causes of Anemia and its effects on physiological and mental health of children. They should be made aware about inexpensive methods for preventing Anemia.
9. The curriculum for teaching children should include syllabus on nutritive value of foods which can be used to prevent many of the deficiency related diseases in children.
10. The School authorities should encourage back-yard farming and gardening in school premises.

**Key words:** Anemia, school children, maternal mortality, pregnancy

### STUDY OF *MARMA* RESPONSE ACCORDING TO LOCATION IN YOGA POSTURES

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**Introduction:** *Marma* in Sanskrit means hidden or secret. In the Siddha system of medicine, they are called Varma. *Marmas* are identified as neurolymphatic points, stimulating the removal of lymph and enhancing the efficiency of body organs. There are 108 *Marma* points in the body. *Marma* points are the points where the veins, ligaments, muscles, bones and joints meet. The focus of *Marma* points activation / massage is primarily to manipulate subtle energy of prana. **Method:** Three people (YIC certified yoga practitioners, healthy individuals) aged between 30 and 50 were instructed to do selected asanas of sitting, standing, prone and supine postures, holding time is given for one minute. The response was also taken in Deep relaxation state. The *Marma* points reading (beats per minute) was taken manually before and after the asana with middle finger of the right hand. **Result:** The asanas performed in all the postures showed activation of *Marma* points in the region where the stretching of muscles is observed. Vakrasana, Paschimottanasana, Supta Veerasana, Dhanurasana, Shalabhasana were found to be the best for the activation of dorsal *Marma* points. The ventral body parts showed the activation in the asanas like Parshakonasana, Chakrasana, Dhanurasana. The calf muscles and thigh muscles *Marma* points were activated in Padahasthasana, Trikonasana. The pelvic region, thyroid *Marma* points were found to be activated in Baddakonasana, Ushtrasana. During Deep relaxed state the brain waves move from higher frequency to lower frequency. Thus, these waves lower the blood pressure and heart rate. Thereby, we could not find the *Marma* points which is a good sign of deep relaxation. **Conclusion:** There are many common practices that can disturb the natural flow of prana through the *Marma* points. The results showed the increase in the beating of the *Marma* points which indicates the activation/stimulation and also, the senses are rejuvenated by this method. Yoga posture affects the energy held in limbs, joints and spine which all contain important *Marma* points. Asanas can be used to stimulate and balance *Marma* points in various ways. This is the promising therapy for stress related body aches, relieving stiff muscles, boosting blood circulation, fatigue, detoxify the body and diseases which are with the disturbed energy centres.

**Key words:** Marma, Varma, YIC (Yoga Instructor Course)

### MUTAGENIC AND GENOTOXIC IMPACT OF SYNTHETIC AND NATURAL FOOD COLOURS

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The color of the food makes it more appealing and appetizing. Considering its importance, number of synthetic food colors are used as food additives, causing potential risk to human health. In this study the mutagenic and genotoxic effect of natural and synthetic colours were studied by using fly as a model and molecular studies were performed on bean seedlings. Larvae of recessive wing hair mutant were used to feed the synthetic and natural food colors at different concentration. The synthetic food colors tartrazine, sunset yellow, amaranth, allura red, brilliant blue induced all mutation types changing the patterns of wing, color of eyes and body color. However natural colours from beet root, carrots, curcuma and spinach did not show any significant morphological changes in *Drosophila*. The genotoxic effect was studied by generating randomly amplified DNA (RAPD) profiles in bean seedling exposed to different concentration of colors. The above nutrigenomic study suggests there is a mutagenic and genotoxic effect of synthetic colors on living cell.

**Key words:** Mutagenic, allura red, *Drosophila melanogaster*

### IOT BASED INTELLIGENT SYSTEM FOR SCIENTIFIC STUDY OF MARMA POINTS

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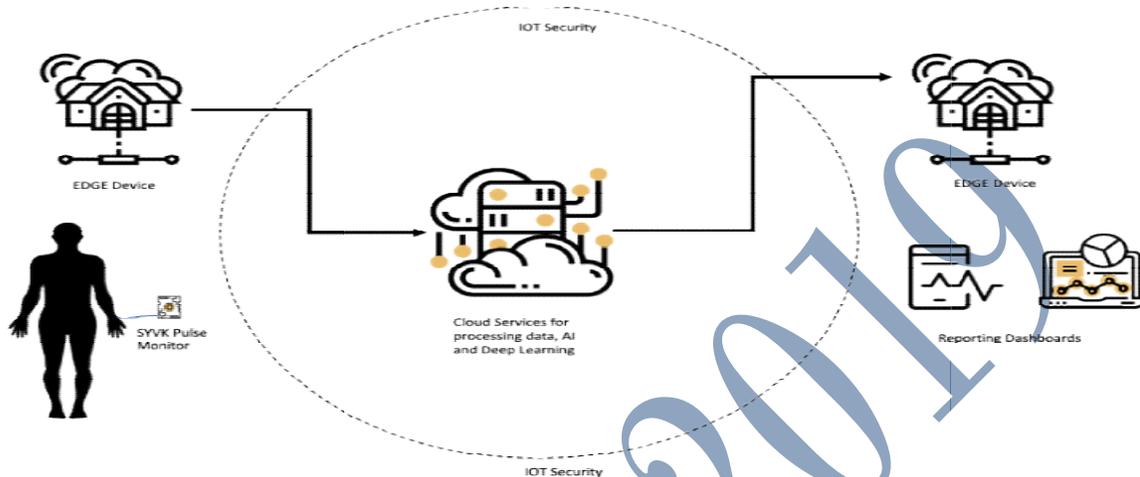
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**Introduction:** Marma in Sanskrit means hidden or secret. By definition, a Marma point is a junction on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. During ancient times, knowledge of Marma was known to intellectuals. This science is available to mankind today and can be used for the well being of the human civilization. Marma therapy technique can be used to treat common ailments to serious neuromuscular diseases. The human anatomy consists of 7 major Chakras or energy centers. Sushruta Samhita describes 107 Marma points in the body. The modern technology and the recent technical advancements provide us with a lot of tools and techniques by which we will be able to build devices that can be used to assist in detection, identification and application of marma points and treatments in a scientific way. Various devices can be used to measure specific parameters on each of the marma point, the data sent to a centralized cloud based system through EDGE devices, analysed on cloud using deep learning techniques and insights derived for scientific observations. The present work done is in line with the above vision and starts with design of a device called the “SYVK Pulse Monitor” which collects metrics from various marma points on human body and transfers the data to a centralized cloud system through EDGE device using the IOT technology.

#### **SYVK Monitoring devices**

This component is the terminal device. This device interfaces with the physical body to collect the metrics when different asanas are performed. The metrics are visible on the device as well as the information is pushed to a local EDGE device. Note that this entire process is offline. Multiple monitoring devices can be used at any given point of time and data pushed

to the local EDGE device over the network.



## EDGE

## Device

## network

The local EDGE devices are placed to receive the data from multiple monitors, optimize the data, perform some processing and push the data to a central cloud service over WIFI network. The system always synchronizes its data to the central server and continuously keeps receiving the data from the local monitoring devices. Also the EDGE devices have capabilities to provide all the information offline as well. The EDGE devices never pushes the identity information of the user keeping it secure on the local machines. The industry standard security measures are taken care to synchronize data between the cloud services and the EDGE devices.

**Conclusions:** Results observed showed that measuring the beats at a marma point and doing asanas and maintaining a healthy lifestyle changes the body's biochemistry and can unfold radical, alchemical change in one's makeup. Marma points are the inner pharmacy pathways signals, stimulation of which the body will produce exactly what it needs, including hormones and neurochemicals that heal the body, mind and consciousness. This deep dimension of marma therapy has the potential to unfold spiritual healing. The valuable data collected will be used to derive various analytical information over a period of time.

**Keywords:** Marma, Sushruta Samhita, EDGE, IOT (Internet of Things)