

3RD INTERNATIONAL CONFERENCE

**HEALTHCARE & WELL-BEING:
CURRENT TRENDS & CHALLENGES**

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Book of Abstracts

Organisers

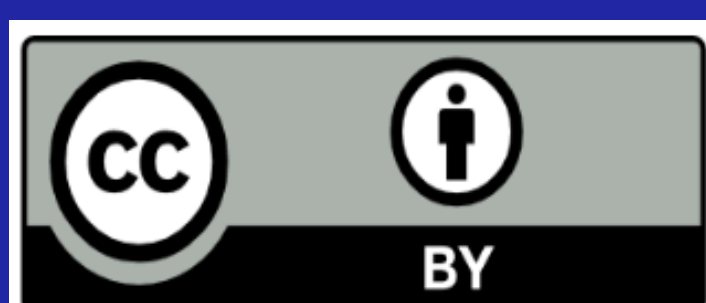


**Indian Mental Health &
Research Centre**



**Shia P. G. College,
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3rd International Conference

Healthcare & Well-being: Current Trends & Challenges

About the Conference:

Healthcare organizations are seeking to provide care in better ways using different medical, organisational, and structural approaches; often, these are facilitated and sometimes induced by digital technologies. Significant changes have been achieved despite tightening budget constraints and increasing operational demand. A range of effects can be observed at several levels and with intended and unintended benefits and consequences. Examples include changes in preventative strategies, consultative methods, and diagnostic procedures; higher levels of patient engagement and involvement; remote advisory and treatment systems, for medical team collaboration and home-based patients; keeping track of patient history and easier access to data for improved wellbeing and quality of life of the patient.

Additionally, during 2020, the world had to face a global health crisis, the COVID-19 related pandemic. The COVID crisis pushed even more healthcare ecosystems worldwide to rethink their local strategies, moving from resilience to anti-fragility. Healthcare ecosystems involve a wide number of actors (patients, doctors, mental health professionals, nurses, companies and government bodies, suppliers etc.) who, as active parts of the ecosystem are pressed from the resolution of global challenges, generating novel knowledge with external actors, like universities, research centres, industries, policymakers, NGOs, and public institutions among others.

Published by: Progressive Publications on behalf of **Indian Mental Health & Research Centre, Lucknow**

Published, 2021

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Event Gallery



**Prof. Syed Akheel Ahmed, VC Glocal University
Chief Guest**



Ms. Nandini Sharma, Moderator

Stress Management

Prof. Abbas Ali Mahdi
Department of Biochemistry
King George's Medical University
Lucknow

1 Stress Management
2 Stress management
3 Can we manage stress?
4 Where is stress?
5 STRESS FEELINGS

Unmute Stop Video Security Participants Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

**Prof. (Dr.) Abbas Ali Mahdi, Dept. of Biochemistry,
King George's Medical University, Lucknow
Guest of Honour**

Community Mental Health & Wellbeing in India

3rd Annual International Conference
"Healthcare and Wellbeing: Current Trends and Challenges"
Organized by
Indian Mental Health and Research Centre, UP, India
31/10/2021 at 10:05 AM

Dr. Rakesh Kumar Tripathi,
Professor Jr. Grade cum Clinical Psychologist,
Department of Geriatric Mental Health,
King George's Medical University UP,
Lucknow, U.P., India

Unmute Stop Video Security Participants Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

**Prof. (Dr.) Rakesh Kumar Tripathi, Dept. of Geriatric Mental Health,
King George's Medical University, Lucknow**

Social Determinants of Health

Dr. Abul Hossain
Associate Professor and Chairperson,
Department of Sociology and Anthropology, Green
University of Bangladesh.

**Dr. Abul Hossain,
Green University, Bangladesh**

DENTON

Located in Denton, Texas, close to Dallas.
In my position at the university, I supervise the clinical training of our graduate students, teach psychopathology, clinical counseling, assessments, etc.

**Dr. Rachita Sharma,
University of North Texas**

About the Organisers:



IMHRC is a specialized unit of IPYF dealing with psychological and behavioural issues of children, adolescents, adults and geriatric population. It is a continuously growing organisation, one of its own kind, aiming at helping individuals lead a happy, meaningful problem free life. It is based on the concept of holistic health aiming at a healthy mind, body and soul. IMHRC is an organization formed by Clinical Psychologists, Counselling Psychologists and Educationists registered with Rehabilitation Council of India (RCI), Government of India to deliver the Quality Mental Health Services.

IMHRC is skill partner of the Glocal University.



Shia P.G. College is an associated college of University of Lucknow. It was started as a school in 1919 and rose to the status of an Intermediate College in 1922, teaching subjects in Humanities and Social Sciences.

Established with lofty ideals, Shia College has grown from a School to a Post Graduate College within nine decades enrolling about 10,000 students per academic session with nearly 200 teachers and almost the same number of non-teaching staff, currently running U.G. and P.G. courses in Science, Humanities, Commerce, Law and Mass.

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Conference Director	Prof. Dr. Sanjay Johri Director Amity School of Communication, Amity University Uttar Pradesh Lucknow Campus
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EMINENT SPEAKERS

Chief Guest



Prof. (Dr.) Syed Akheel Ahmed
Vice Chancellor
Glocal University

Prof. (Dr.) Syed Akheel Ahmed is the founder Vice Chancellor of Yenepoya University, Managlore, Karnataka. He is a great scholar, outstanding academician, able administrator, passionate researcher, excellent orator and a teacher par excellence. He has voluminous achievements and innumerable accolades. He has 42 years of experience in teaching Postgraduate students at the university level. He has to his credit being the one of the longest served faculty across all state universities in India. He is first in Karnataka State to be recognized as International Referee, King Faisal International Prize for Science in Chemistry (US\$ 200,000), KSA, 2011.

Prof. Akheel Ahmed joined University of Mysore as Lecturer in Analytical Chemistry in 1974 at a young age of 20 years. He was selected as Reader in 1986 and Professor of Chemistry in the year 1994. He held many positions in the

University of Mysore as Dean, Faculty of Science and Technology, Member of Syndicate and Academic Council, Director, University Industry Interaction Centre, Chairman, Department of Chemistry, Chairman, Board of Studies in Polymer Science and Board of Studies in Chemistry to mention a few. He has served University of Mysore and other Universities as Chairman or member in over 500 committees.

He has been conferred with several awards and honors including the Young Scientist Award for Chemical Sciences, 1989; Prof H. Sanke Gowda, Research Award for Analytical Chemistry in 1992-93. He received US \$ 500 as an honorarium award from Pergamon Press, Great Britain for his review article published in International Journal 'Talanta'. He has been conferred with Sir Isaac Newton Scientific Award of Excellence in Chemistry, North Carolina, United States of America, 2012. Distinguish Professor conferred by Aligarh Muslim University at 2nd International conference on Chemistry, Industry and Environment, 2019.

Guest of Honour



Prof. (Dr.) Abbas A. Mahdi
King George's Medical University,
Lucknow

Prof. Abbas Ali Mahdi is presently working as Professor & Head, Department of Biochemistry, King George's Medical University, Lucknow. He has also served as Vice Chancellor of Era University, Lucknow.

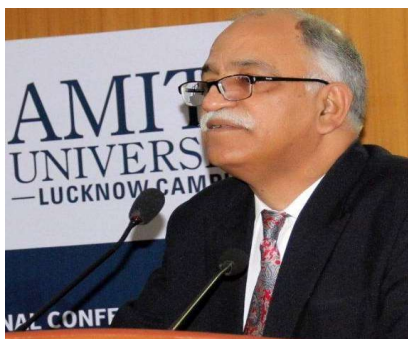
Prof. Mahdi has more than three decades of research and teaching experience with 320 research publications (having over 5000 citations), including 25 book chapters. He has written four books and has been Editor/Member Editorial Board of International and National Journals and reviewer of many national and international journals of repute.

Prof. Mahdi has received several awards for his outstanding academic and research contributions. He has made pioneering contributions in the area of natural products, metal toxicity and Free Radical Biology. His seminal work on protection from free radical mediated cellular injury by herbals in diabetic rats is well recognized.

His in-depth studies related to perturbation of antioxidant levels consequent to oxidative stress in seminal plasma of infertile men showed remarkable amelioration by some herbal preparations. His studies demonstrated significant improvement in sperm count and motility following inhibition of lipid peroxidation in seminal plasma by *Mucuna pruriens* in male sterility. The studies further showed that treatment with *Mucuna pruriens* and *Withania somnifera* significantly ameliorated psychological stress, regulated steroidogenesis and improved semen quality in infertile men.

Also, his extensive studies on possible association of aluminum with Alzheimer's disease have demonstrated that Al may be linked with neuro-lipofuscinogenesis, mitochondrial and endoplasmic reticulum stress and these changes may be responsible for the development of age-related disorders, such as Alzheimer's disease.

Prof. Mahdi is presently President of Indian Society for Lead Awareness & Research (InSLAR) and Vice - President of Society of Free Radical Research (SFRR), India, and former President, Indian Academy of Biomedical Sciences (IABS). He is also the President - Elect of Association of Clinical Biochemists - India.



Prof. S. Z. H. Zaidi
Amity University Uttar Pradesh
Lucknow Campus

Prof. S.Z.H. Zaidi is currently positioned as Professor and Head of the Department of Clinical Psychology & Director Amity Institute of Behavioral and Allied Sciences, Amity University Uttar Pradesh, Lucknow. He is a licensed Clinical Psychologist with more than 42 years of teaching and clinical practice and trained at Central Institute of Psychiatry Ranchi, NIMHANS, Bangalore and Mental Health Department of Strathclyde Council, Glasgow, UK.

He is visiting Faculty of Central Institute of Psychiatry Ranchi, Mumbai University, Tata Institute of Social Sciences, Mumbai and many other National Institutes. He has been appointed as Member, Zonal Coordination Committee of Rehabilitation Council of India, New Delhi for Central Zone. He has many Research publications and book chapters to his credit. He is recipient of National Award in Empowerment of Persons with Disabilities awarded by President of India and C S Kang Oration Award for his contribution in promotion of Clinical Psychology in India.



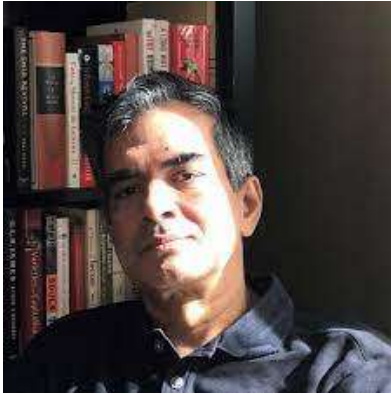
Prof. Dr. Kauser Usman
King George's Medical University,
Lucknow

Dr. Kauser Usman is Professor in Medicine at King George's Medical University, Lucknow with a special interest in Diabetes, Hypertension, Preventive Cardiology, Geriatric Medicine and other life-style diseases.

Dr. Usman has achieved his MBBS and MD (Medicine) degrees from King George's Medical College, Lucknow. Previously he has served at reputed medical institution like Indraprastha Apollo Hospital, New Delhi before joining as a teaching faculty at King George's Medical University.

Dr. Usman is member of various professional organisations viz. Association of Physician of India (API), Indian Association of Clinical Medicine (IACM), Research Society for Studies of Diabetes in India (RSSDI).

In 2015 he was awarded Dr. G B Jain Oration Award during the Annual Conference of Indian Association of Clinical Medicine (IACMCON-15).



Prof. (Dr.) Raza A. Mir
William Paterson University,
New Jersey

Prof. Raza A. Mir is Professor of Management at Cotsakos College of Business, William Paterson University, New Jersey.

He did his PhD (Strategic Management) from University of Massachusetts and PGDM from Indian Institute of Management, India. He received the William Paterson University Award for Outstanding Scholarship (University Wide) in May 2008 and Beta Gamma Sigma Award for Best Teacher, School of Business Administration, Monmouth University in 2001.

Prof. Mir is currently the Editor-in-Chief of Organization, he was Editor, Journal of Business Ethics (Critical Management Studies Section) (2015-2018) and Associate Editor, Qualitative Research in Organization and Management. He also held the position of Division Chair, Critical Management Studies (CMS) Division of Academy of Management (AOM) in 2015.



Prof. (Dr.) Mayura Bijale
MIT ADT University, Pune

Dr. Mayura Bijale is an Assistant Professor at the MIT International School of Broadcasting and Journalism. Prior to MIT ADT University, she was working in brand management in corporate affairs at Bharati Vidyapeeth Deemed to be University.

A Ph.D. holder in environmental communication, Mayura has completed her journalism from Shivaji University. She has worked with renowned Marathi dailies like Sakal, Lokmat, at various positions like correspondent, senior sub-editor. Mayura is a regular contributor for agricultural dailies like Agrowon, magazines like Baliraja, Shetkari.

Dr. Mayura has actively worked with governmental organizations like Yashwantrao Chavan Academy of Development Administration (YASHADA) as an editor, Zilla Parishad Kolhapur as a communication officer.

Her area of interest includes development communication (women, health, water, environmental issues). She is presently working on the project to report the agrarian crisis and the empowerment of widow women affected by farmers' suicide in Maharashtra.



Prof. (Dr.) Abul Hossain
Green University, Bangladesh

Prof. Abul Hossain was awarded his PhD in political sociology from Dhaka University, Bangladesh, in 2004. He is currently an Associate professor & Chairperson of the Department of Sociology and Anthropology at the Green University of Bangladesh (GUB).

He is the author and Co-author of 5 books and about 25 scholarly articles on politics, society, and governance. Dr. Hossain has collaborated on several research projects in rural and urban Bangladesh, worked with Centre for Development Research (CDR), Copenhagen, Denmark, and London School of Economics (LSE).

He has been employed as a research consultant for international development agencies such as the UK Department for International Development (DFID), Swiss Agency for Development and Cooperation (SDC), World Bank, SIDA and Danida.



Prof. (Dr.) Sanjay Johri
Amity University Uttar Pradesh
Lucknow Campus

Prof. (Dr) S M Johri is the Director of Amity School of Communication, Amity University Lucknow. He received his PhD in Journalism from University of Lucknow.

His journey from a researcher at one of Asia's biggest drug research institute, CDRI, Lucknow, to India's premier news agency, Press Trust of India, and then a sure-footed foray into media academics, has been a roller-coaster, but fascinating journey in the last 40 years. While switching over to journalism he presented talks, discussions, interviews and news/features in All India Radio, Lucknow, every week, and presented a weekly programme Vigyan Samachar on Doordarshan, Lucknow.

Prof Johri worked for India's biggest news agency PTI for nearly 20 years and joined Amity university in 2009 where he followed his first love i.e. academics. He has also authored books viz. "Out in the Field" – A Reporters Guide, "Turning Point".



Prof. (Dr.) Rakesh K Tripathi
King George's Medical University,
Lucknow

Prof. Rakesh Tripathi is working in Department of Geriatric Mental Health, King George's Medical University, Lucknow. He has been awarded M.Phil in Clinical Psychology from Ranchi Institute of Neuro-psychiatry and Allied Sciences (RINPAS) in 2003 and Ph.D. from Department of Geriatric Mental Health, King George's Medical University Lucknow in 2013.

Prof. Tripathi is member of several National and International bodies viz. Indian Association of Clinical Psychologists (IACP), Rehabilitation Council of India (RCI), Association of Industrial Psychiatry of India (AIPI), Indian Association for Geriatric Mental Health (IAGMH).

He is also serving as Editorial Board Member, Journal of Gerontology and Geriatric Research and Joint Secretary of UP Chapter of Indian Association of Clinical Psychologists.

Prof. Tripathi has been actively involved in research works in several areas of expertise including Geriatric Mental Health, Neuropsychology, Cognition, Community Mental Health and has been awarded for research works.



Dr. Mustafa Nadeem Kirmani
Amity University Haryana

Dr. Mustafa Nadeem Kirmani is currently positioned as Associate Professor in the Amity Institute of Clinical Psychology (AICP) Amity University Haryana. He is a trained and licensed Clinical Psychologist with more than 10 years of teaching and professional experience till date. He has been awarded Ph.D. in Psychology in 2016 from Aligarh Muslim University, Aligarh and M.Phil. in Clinical Psychology in 2008 from NIMHANS, Bangalore.

Dr. Kirmani has been a member of Subject Expert Committee of Clinical Psychology being regulated by the Rehabilitation Council of India (RCI), a Government of India Council regulating M.Phil & Professional Diploma in Clinical Psychology programs in the Country. Besides, he has been a visiting expert for RCI regulated Clinical Psychology Program in the country.

He is a Professional Life Member of Indian Association of Clinical Psychologists and a Regular Member of American Psychological Association.



Dr. Sanjay Kumar
Oxford Brookes University

Dr. Sanjay Kumar is Senior Lecturer in Psychology, Department of Psychology, Health and Professional Development, Oxford Brookes University.

Dr. Kumar is Assistant Director and the group leader for Cognition and Cognitive Neuroscience research group at the Centre for Psychological Research at Oxford Brookes University. He has a wide expertise in Cognitive and Clinical Neurosciences with specific focus on EEG/ERP and TMS investigations and Neuropsychological assessments.

Dr. Kumar is module leader and key contributor to several undergraduate and postgraduate modules. He is also discharging his services as an academic and tutorial supervisor to undergraduate and postgraduate students. He is an active researcher in the field of Neuropsychology, Clinical Psychology, Cognitive Neuroscience, EEG/ERP, TMS.



Dr. Rachita Sharma
University of North Texas, Denton

Dr. Rachita Sharma is positioned as Department Chair, Department of Rehabilitation & Health Services, University of North Texas, Denton. She has been awarded PhD in Rehabilitation Sciences from University of Texas Rio Grande Valley in 2017. Her research interests lie primarily in Resilience and Positive Psychology in provision of Mental Health Counselling.

Dr. Sharma has keen interest in Mindfulness. As a counselling supervisor she is also interested in looking at the impact of pedagogy on educational effectiveness as it pertains to self-efficacy and competency among counsellors in training. Her extensive research works looked at cultural attitudes and barriers that impact help seeking behaviours in minority communities, and the role of culture on the experience of mental health symptoms among military personnel.



Dr. Leila Flores Teres
University of North Texas

Dr. Leila Flores-Torres obtained a degree in psychology from Universidad Autónoma de Nuevo León in México. She earned her Philosophy Doctor (PhD) degree in Rehabilitation Counseling from the University of Texas Rio Grande Valley. She is a certified 1st – 6th Bilingual Education teacher, a Licensed Specialist in School Psychology (LSSP) in Texas, and a Licensed Clinical Psychologist in México. She has conducted outreach and health education and promotion to underserved communities.

Dr. Flores-Torres currently works as the Special Education Director for the Sharyland Independent School District and as an adjunct faculty at the University of North Texas. She has published academic articles on culturally sensitive interventions in working with Hispanic children and adults, and attitudes towards people with disabilities. She has also co-authored a book chapter on fears and anxiety in children.



Anna Rosengren
Gross National Happiness,
Sweden

Anna is Founder and co-creator of the GNH network in Sweden, GNH Leadership. GNH Sweden is a growing network developing Swedish standards for the values of GNH, Gross National Happiness, which is a method for measuring and cultivating abundance and welfare in a more holistic way than merely living standard.

She is also the founder and CEO of Ethics in Worklife Ltd. and as an ethics consultant initiated many theories, methods and networks around leadership, core values, social sustainability, holistic health, and personal development.



Dr. Sufia Talib
Medical Officer, Dept. of Health
U.P. Govt.

Dr. Sufia Talib is a medical graduate with zeal to help critically ill patients, has vast experience of managing traumatic and critically ill patients at Intensive Care Unit. She is currently working as Medical Officer in the Department of Health, Uttar Pradesh Government. She has previously worked as Junior Resident in the Urology Department at Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow. She is the founder Member of Indian Progressive Youth Forum and has been actively involved with programs related to youth empowerment with special focus on women issues their health and hygiene.

She is actively involved in research work and has published research papers along with an edited book "Traumashastra".

3rd International Conference on Healthcare & Well-being: Current Trends & Challenges

Research Presentation Awards List

Award	Title of Research	Author, Co-authors	Affiliation
DR. SHYAM SWAROOP AWARD FOR BEST RESEARCH PRESENTATION	RELATIONSHIP BETWEEN SLEEP PATTERN AND AFFECTIVE STATES AMONG COLLEGE GOING FEMALES	Dr. Akankshi Srivastava	Vasanta College for Women, Varanasi
DR. AGHA HADI MASIH AWARD FOR BEST RESEARCH PRESENTATION	A VIRTUAL POSITIVE PSYCHOLOGY-BASED INTERVENTION MODEL (C. A. R. E) FOR MANAGEMENT OF MIGRAINE HEADACHES AMONG WORKING WOMEN	Ms. Sudha R., Dr. S. Gayatri Devi	Avinashilingam Institute for Home Science and Higher Education for Women
PROF. MEHDI HASAN AWARD FOR BEST RESEARCH PRESENTATION	RELATIONSHIP BETWEEN BURNOUT, COMPASSION FATIGUE, WORK ENVIRONMENT AND MINDFULNESS IN MEDICAL RESIDENTS	Mr. Pranay Javeri, Mr. Mahesh B. S.	Kasturba Medical College, Manipal Academy of Higher Education
NADEEM AZAM MEMORIAL AWARD FOR EMERGING RESEARCHER	STRESS, ANXIETY AND PERCEIVED SOCIAL SUPPORT AMONG HEMODIALYSIS PATIENTS WITH CHRONIC KIDNEY DISEASE	Sister Soneymol George, Prof S.Z.H. Zaidi, Syed Sajid Husain Kazmi	Department Of Clinical Psychology, AIBAS, Amity University Uttar Pradesh Lucknow Campus
DR. KALBE SADIQ AWARD FOR OUTSTANDING RESEARCH	AMELIORATIVE EFFECT OF RESVERATROL AND HEXADECANOIC ACID FROM MORUS ALBA TWIG EXTRACT IN STREPTOZOTOCIN-INDUCED DIABETIC COMPLICATIONS OF NEUROPATHY AND LEARNING AND MEMORY DYSFUNCTION ON RATS: POTENTIAL ALTERNATIVE FOR HOLISTIC MANAGEMENT OF DIABETES.	Dr. Syeda Shahana Kalimuddin	Kamala Nehru Polytechnic Pharmacy

**PSYCHOLOGICAL IMPLICATIONS OF POLY CYSTIC OVARY SYNDROME:
DEPRESSION, ANXIETY, STRESS, SELF-ESTEEM, BODY SATISFACTION AND
QUALITY OF LIFE**

Devu Rajeev

MA Applied Psychology, University of Delhi

Abstract

Poly Cystic Ovary Syndrome (PCOS) is an endocrine disorder commonly affecting women of reproductive age. Prevalence of PCOS among Indian women is 3.7 to 22.5 percent. Along with a large variety of physical symptoms, PCOS also comes with many psychological issues. This study aimed at developing an overall understanding about the mental health of women suffering from PCOS in India, by comparing it to those without PCOS. The major objectives of the study were to compare depression, anxiety, stress, self-esteem, body satisfaction, and quality of life of women with and without PCOS. Sixty-five women who met the Rotterdam criteria and fifty-nine controls, without PCOS participated in this study. They were asked to fill an online survey form, that contained all the questionnaires. t test was used to compare the scores of PCOS and non-PCOS group. Results showed that women with PCOS had significantly higher scores in depression, anxiety and stress, lower scores in self-esteem, body satisfaction and physical, psychological domains of quality of life, in comparison to women without PCOS. No significant difference was observed for the social and environment domain of quality of life. The results of the study points towards the need for a holistic approach to treatment of PCOS, that involves integration of both physical and psychological aspects of PCOS.

Keywords: PCOS, depression, anxiety, stress, self-esteem, quality of life, body satisfaction

EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG ADOLESCENT GIRLS SUFFERING WITH DYSMENORRHEA

K. Geetha

Ph.D Scholar, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research (Deemed to be University), No.12, Vembuliamman Koil Street, West K.K.Nagar, Chennai-78, Tamil Nadu, India.,

Dr. R. Elangovan

Professor & Head, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research (Deemed to be University), No.12, Vembuliamman Koil Street, West K.K.Nagar, Chennai-78, Tamil Nadu, India.

Abstract

To achieve the purpose of the study, 45 adolescent girls suffering with dysmenorrhea would be identified from Chennai city, and 30 among them would be selected randomly by using random sampling method between 14 years to 20 years of age. The subjects might be divided into experimental group, and control group of 15 subjects each. Experimental Group would be imparted training for 8 weeks, Five days a week for a maximum of one hour in the morning. The control group in active rest. The pre-test and post-test conducted before and after the training for experimental and control group and the scores on Low Density Lipoprotein and Depression were measured. Analysis of co-variance (ANCOVA) used to find out the significant differences among the groups. The result of the study showed that Low Density Lipoprotein significantly improved and Depression. reduced as result of Yogic practices in Experimental Group. Hence the hypothesis was accepted at 0.05 level of confidence. The conclusion was that the Yogic practices helped to improve Low Density Lipoprotein reduce Depression.-Depression adolescent girls suffering with dysmenorrhea.

Keywords: Yoga, dysmenorrhea, on Low Density Lipoprotein and Depression

**EFFECT OF BEHAVIOUR MODIFICATION INTERVENTION THROUGH
PARENTS AND TEACHERS SUPPORT AMONG ADOLESCENTS WITH
MULTIPLE DISABILITIES-2021**

Dr. Blessy Ann Varughese

Assistant Professor (Former)- Department of Psychology- Marudhar Kesari Jain College
for Women-Vaniyambadi- Tamil Nadu- India.

Dr. N. S, Rohini

Professor (Retired) and Former Head- Department of Psychology- Avinashilingam-
Institute for Home-Science and Higher Education for Women- Coimbatore- Tamil Nadu

Dr. R. Subhashini

Dean (Self-Finance) Former Head-Department of Counselling Psychology- Madras School
of Social Work- Egmore- Chennai- Tamil Nadu- India

Abstract

The study 'Effect of Behaviour Modification Intervention through Parents and Teachers Support among Adolescents with Multiple Disabilities' was conducted in Chennai, at the 'National Institute for the Empowerment of Persons with Multiple Disabilities' (NIEPMD) and the 'Spastic Society of Tamil Nadu' (SPASTN) by using Convenient Sampling Method. Initially, 50 adolescents were randomly selected. They were screened for categorization and final selection (n=30). The sample included 19 boys and 11 girls in the age range of 12-18 years. The tools used for assessment were the Case History Schedule (2015) developed by the researcher, Test of Non-Verbal Intelligence (Brown, Sherbenou & Johnsen, 2010), Swassing-Barbe Modality Test (Barbe & Swassing, 1979), the Developmental Behavior Checklist (Parent and Teacher Versions) Einfield & Tonge, 2002. The Behaviour Modification Intervention was applied to the sample with the help of their parents and teachers as support system. After two months, the re-assessment was done using the same tools. The follow-up session was conducted to analyze the sustenance of the outcome. The aim was to manage the problematic behavior in the adolescents with the help of their parents and teachers. Repeated measures- One-Way ANOVA was conducted to obtain the statistical results. The findings indicated a significant reduction in the behavior tribulations. This indicates that the effect of behavior modification intervention show promising result among the sample.

Keywords: Multiple Disabilities, Adolescents, Behaviour Modification Intervention.

MENTAL HEALTH OF RETIRED ELDERLY PEOPLE IN KOLKATA VIS-À-VIS THEIR DAILY ACTIVITIES IN THE WAKE OF SECOND WAVE OF COVID-19

Chandi Charan Das

Adamas University

Abstract

Background and Aims: Though there have been considerable number of studies on the impact of Covid-19 on the geriatric population in general in India and abroad, there is dearth of studies on the mental health of the vast segment of retired elderly people in our country, particularly in the city of Kolkata. Keeping this in view, an attempt has been made to assess the mental health of retired elderly persons aged over 60 in Kolkata, West Bengal, through an online study.

Methods: The study was carried out on 60 public sector retirees, aged 60-80 years. They were selected randomly from Kolkata city areas matching the inclusion criteria through convenience and snowball sampling method. The tools used were Mental Health Inventory (local adaptation by Jagdish & Srivastav,1983) and self-devised activity questionnaire to assess their average daily physical and mental activities.

Results: The study found state of mental health of older retirees to be worse than that of the younger retired group. Also their activity level is lower compared to the latter. Besides, condition of all retirees as a whole has worsened because of remaining confined at home more than their frail health. The covid pandemic has more impact on the mental health of the older group than the younger group, for which they are suffering more from covid induced mental illnesses than the younger retirees.

Conclusion: In view of vulnerability of the retired elderly people in this covid situation, apart from the family members paying more attention to the elders, counselors and health professionals have an important role to play for betterment of mental condition of this segment of population, particularly the older group.

Keywords: Covid-19, mental health, daily activities, retired elderly people

**SELF COMPASSION & RECOVERY FROM DISABLING DYSMORPHOPHOBIA:
A CASE REPORT**

Priyadarshini Pant

Department of Psychology, Punjabi University Patiala

Harprit Kaur

Department of Psychology, Punjabi University Patiala

Abstract

Dysmorphophobia also known as Body Dysmorphic Disorder (BDD) is a mental health condition characterized by repetitive, intrusive and disturbing thoughts about imagined flaws of body's structure or appearance. As a consequence, patients remain distressingly preoccupied with their perceived body defects and constantly attempt to abolish them with various body correction treatments. This disorder is known to cause severe distress, socio-occupational dysfunction and in many chronic cases it hosts other serious co-morbidities. The present paper aims to discuss the self compassion based psychotherapeutic process with Mr. G, a 23 years old, Sikh male, MBBS final year student belonging to an upper middle class joint family of Punjab. Mr. G was suffering from BDD for 4 years and had a continuous deteriorating course of illness, leading to complete socio-occupational dysfunction in last 1 and a half years. The results of the case study provide hope for the management of BDD symptoms through a self compassion based psychotherapeutic approach.

Keywords: dysmorphophobia, body dysmorphic disorder, BDD, psychotherapy, self compassion

NEUROPSYCHIATRIC SYMPTOMS IN PARKINSON'S DISEASE

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Abstract

Objective: The purpose of this study was to assess the neuropsychiatric symptoms in Parkinson's Disease.

Methodology: The study was carried out on a sample of 257 individuals with Parkinson's disease. The UPDRS scale was used to record non-motor symptoms in Parkinson's disease. Binomial logistic regression was used to assess the probability of neuropsychiatric symptoms of depression, anxiety, cognitive impairment, hallucinations, delusions and mood swings occurring as a result of gender, age, compliance to medication and duration of illness.

Results/Discussion: Means and standard deviations were computed for all variables. Binomial logistic regression revealed statistical significance for depression, anxiety, cognitive impairment, hallucinations, delusions and mood swings.

Conclusion: The likelihood of males suffering from depression, anxiety, cognitive impairment, hallucinations, delusions and mood swings was higher than females, with depression being the most significant.

Keywords: Parkinson's Disease, Non-Motor Symptoms, Stages, Neuropsychiatric symptoms

**AMELIORATIVE EFFECT OF RESVERATROL AND HEXADECANOIC ACID FROM
MORUS ALBA TWIG EXTRACT IN STREPTOZOTOCIN-INDUCED DIABETIC
COMPLICATIONS OF NEUROPATHY AND LEARNING AND MEMORY
DYSFUNCTION ON RATS: POTENTIAL ALTERNATIVE FOR HOLISTIC
MANAGEMENT OF DIABETES**

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Abstract

Objectives: Indigenous plant extracts from various geographical areas of world are used in management of diabetes since ages. Nevertheless scientific evidence based on modern techniques of evaluation is still lacking for many plant extracts. They have a potential of being developed as antidiabetic agents for holistic management of diabetes. The study was designed to screen Morus alba methanolic twig extract having resveratrol a stilbene and hexadecanoic acid a fatty acid for antidiabetic and protective activity in long term diabetic complications like neuropathy and learning and memory dysfunction.

Methods: Male wistar rats were made diabetic by streptozotocin in a dose of 65mg/kg i. p. The extract was compared with standard drug Insulin and diabetic control groups. Rats were treated with Morus alba twig extract for 28 days. Biochemical parameters and various behavioral models were used for evaluating antidiabetic activity and efficacy in neuropathy and learning and memory dysfunction. HPLC, GC-MS and docking study was also done to determine active constituents responsible for its antidiabetic activity.

Results: Morus alba twig extract was found to be very effective in controlling blood glucose levels in diabetic rats by the end of 28 days. It had protective effect on kidney and liver profile as indicated by levels of SGOT, SGPT, liver glycogen, urea and creatinine which were significantly elevated in diabetic control groups. Lipid profile and hematological parameters were also maintained within normal levels. Extract exhibited remarkable antioxidant activity. Besides this it was very effective in preventing neuropathy and learning and memory dysfunction in long term diabetes as evaluated by various behavioral models.

Conclusion: Morus alba methanolic extract restored normal levels of biochemical parameters and significant protective activity in neuropathy and associated

complications due to presence of resveratrol and hexadecanoic acid as confirmed with HPLC and GC/MS analysis.

Keywords: Antidiabetic, Morus alba, Resveratrol, Hexadecanoic acid, Aldose reductase.

TRACING EVOLVING FOOD HABITS DUE TO WEIGHT LOSS JOURNEY IN YOUNG ADULTS

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Abstract

Weight loss has been accounted as the most common form of wellness journey in the world. A past study examined the importance of weight loss and the changes that it brings to one's perception of self as well as their dieting experiences. With the focus on young adults, the current study aims to understand the intrinsic reasons that may lead to a change in perception of food when individuals go through weight loss journeys. Perception of food in this study refers to the relationship individuals share with food and their idea of what healthy food means in today's diet culture. The current study employed a qualitative interview method for ten participants to understand their journey of weight loss with questions revolving around diet, relationship with food, labels given to food etc. The interviews codes and an inductive approach was used to run content analysis. The following global categories- negative relationship with food while on a diet, and post healthy eating habits were discovered. The results suggested that through the weight loss journeys, individuals eating attitudes though may not have changed drastically, there was a noticeable difference in their perception of food. Certain key elements found were stated as moderation and quality of food for all. The results have implications in the area of educating individuals, fitness and diet centres to promote healthier conversations about weight loss and help break free from the anxiety that comes with stereotypical diet culture and food labelling of the present times.

Keywords: Weight loss, Relationship with Food, Diet, Food Habits, Young Adults

**A VIRTUAL POSITIVE PSYCHOLOGY-BASED INTERVENTION MODEL
(C. A. R. E) FOR MANAGEMENT OF MIGRAINE HEADACHES AMONG
WORKING WOMEN**

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Abstract

Positive Psychology postulates that the absence of “Negative”, that is the absence of disease, does not ensure Well-being. Applying this construct, an intervention model was constructed and named “The C. A. R. E intervention Model”. C. A. R. E is an acronym that can be expanded as follows:

C: stands for Compassion and Self Compassion

A: stands for Achieving a Purpose in Life

R: stands for Relationship Building

E: stands for Enhancing Positive Emotions

The C. A. R. E intervention consisted of activities and exercises designed to develop compassion and self-compassion, achieve a sense of purpose in life, build relationships and enhance positive emotions.

This intervention Model was administered on a sample of 32 working women who faced migraine headaches selected through snowball sampling. They were assessed initially using the Pain

Catastrophization Scale (Sullivan, 1995), and the Holmes-Rahe Life Stress Inventory (1967). The C. A. R. E intervention was then administered over duration of 28 sessions, four days a week. The assessments were repeated after the intervention. A follow-up was conducted using the same tools after two months. Results indicated that the C. A.R. E intervention was successful in reducing the severity of the Migraines perceived and Stress levels of the working women. The same results were maintained in the follow-up.

Keywords: Migraine, Pain Catstrophization, Stress, Positive Psychology, Intervention

EFFICAY OF COGNITIVE INTERVENTIONS AMONG OLDER ADULTS IN INDIAN POPULATION

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Abstract

Cognitive intervention referred as a form of psychological intervention, a technique given to a sample in the process of treatment or counselling which aims to reduce the impact of deficits in memory, reasoning, learning and thinking. Considering the 2021 annual report from National statistical office (NSO) there will be 41 percent increase of older population over a decade in India and there is a desperate need in study of older health across the country. Cognitive interventions will defiantly show promising results in cognitive functioning in older adults. The purpose of the present review was to update the status on cognitive interventions and effectiveness on Indian older population by considering the account the quality of the intervention's studies. The review clearly indicates some intervention programs can be effective to improve various aspects of cognitive functions such as memory, general cognitive ability and executive functions. However, the issue whether the effects of cognitive interventions generalize to improvement in everyday life activities is still unresolved and needs to be addressed more explicitly in future research.

Keywords: Cognitive interventions, older adults, Indian population

**EFFICACY OF COGNITIVE REMEDIATION TRAINING ON PSYCHOPATHOLOGY
AND NEUROCOGNITIVE FUNCTION IN PATIENTS WITH SCHIZOPHRENIA: A
RANDOMIZED CONTROL TRIAL**

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Abstract

Schizophrenia is a devastating mental illness which affects all aspects of individual life. Treatment of schizophrenia is heterogeneous in nature. Antipsychotic medication help to reduced positive symptoms and less affective for negative and cognitive function. Cognitive remediation training is a kind of non-pharmacological treatment. The program is applied individually, using mainly paper and pencil tasks and is based on cognitive strategy instruction. Current research was conducted in order to find out efficacy of Cognitive Remediation training in patients with schizophrenia. 37 patients with diagnosed with schizophrenia have been selected inpatients department of Institute of mental health and hospital Agra. The final analysis was performed on 20 patients. At base level and after intervention patients were assessed with following scale and psychological tests. Socio Demographic and Clinical Data Sheet, Positive and Negative Syndrome Scale, Cognitive Symptom Checklist, Digit Symbol Substitution Test, PGI Memory Scale, Trail Making Test, Wisconsin Card Sorting Test. The results revealed significant improvement in all domains of psychopathology after receiving 30 days 6 days in week for 60-90 minutes Cognitive remediation training, results also indicating significant improvement in attention, concentration, memory and executive function after intervention. These positive outcomes suggest that such intensive Cognitive remediation training may provide new insight into the treatment of schizophrenia and thus deserves further study to fully examine its scope.

Keywords: Schizophrenia, Cognitive function, Psychopathology, Cognitive remediation training.

ENVIRONMENT AS A KEY FACTOR IN CONTRIBUTING TO DEVELOPMENT OF AUTISM SPECTRUM DISORDER

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Abstract

Autism spectrum disorders (ASD) are a group of very diverse developmental diseases defined by impairments in social interaction, verbal and nonverbal communication, obsessive/stereotyped behaviour, and repetitive motions. The most noticeable problems in ASD are impairments in social interaction. There is also evidence of a lack of social and emotional reciprocity, as well as a significant inability to employ conventional gestures (eye gaze, emotional display) to manage social relationships with others. In affluent nations, 1 percent to 1.5 percent of children have ASD, and the CDC estimates that one in every 45 children in the United States had ASD in 2015. Contrary to earlier decade's strong research emphasis on ASD, the fundamental cause remains uncertain. Environmental variables, in addition to genetic ones, play a substantial role in ASD aetiology, according to genetic research including twins and family studies. Various environmental indicators have been linked to the development of ASD, according to a comprehensive study. Pesticides, phthalates, polychlorinated biphenyls, solvents, air pollutants, perfumes, glyphosate, and heavy metals, particularly aluminium, which is used as an adjuvant in vaccinations, are among them. Importantly, the bulk of these toxins are found in cosmetics and herbicides, and we are all susceptible to them on a daily basis through perfumes, face paint, cologne, air fresheners, food tastes, detergents, insecticides, and herbicides. In this review paper, we would like to focus on the significance of environmental variables in ASD.

Keywords: Autistic disorder/pathology; Fragrances; Glyphosate, Phthalates, Pesticides.

**5,6,7 TRIHYDROXY FLAVONE ARMoured NEURODEGENERATION CAUSED BY
QUINOLINIC ACID INDUCED HUNTINGTON'S LIKE DISEASE IN RAT STRIATUM -
REINSTATING THE LEVEL OF BRAIN NEUROTROPHINS WITH SPECIAL
REFERENCE TO COGNITIVE-SOCIO BEHAVIOUR, BIOCHEMICAL AND
HISTOPATHOLOGICAL ASPECTS**

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Abstract

Huntington Disease (HD), a predominant Neurodegenerative Disorder which might be induced by endogenous neurotoxin called Quinolinic Acid (QA), an N-methyl-D aspartate receptor (NMDAR) agonist, the bilaterally intrastriatal administration (200nm/2µl of saline) offers rise to the toxic events like neuronal death, neuroinflammation by inflicting excitotoxicity and oxidative stress in the striatum of male Wistar rats by exhibiting the behavioural changes which was accessed by rotarod, open field analysis. In this study, the neuropharmacological effect of Baicalein (BC) against QA induced HD was evaluated. Baicalein (BC), scientifically 5,6,7 trihydroxy flavone present naturally in the edible plants like *Scutellaria baicalensis* and *Oroxylum indicum* possess a better neuroprotective effect in the dosage of 10 mg/kg and 30 mg/kg intraperitoneally in the striatum of HD induced rats. This study proved that BC is efficient to revive the level of enzymatic & non-enzymatic antioxidants and mitochondrial complexes by decreasing the number of inflammatory mediators such as MDA, protein carbonyls and Nitric Oxide at the significance of $P < 0.01$ and restores the amount of BDNF and GDNF thereby preventing the neurophysiological changes which were analysed by haematoxylin & eosin staining. Thus finally, the protective effect of Baicalein displays the up-gradation of psychological and behavioural changes induced by QA.

Keywords: Huntington disease; Quinolinic acid; Neurotrophins; Behavioural assessments; Haematoxylin & Eosin staining.

INVESTIGATING END-OF-LIFE EXPERIENCES IN PATIENTS WITH ADVANCED CANCER IN INDIA

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Abstract

Objectives: Understanding each patient's experience and feelings during the process of end of life will help us evaluate the situation better. Hence it will be helpful to conduct a study on such a population in India, to ensure best support for advanced cancer patients during the end-stage of life in terms of understanding cultural elements significant and potentially unique to such population in India.

Methods: Data was collected from 10 advanced cancer patients from Bangalore, India, using purposive sampling and semi-structured interviews. The interviews were audio-recorded and transcribed. Themes were generated using thematic analysis.

Results: The prevalent themes were views on life, goals, expectations in End-of-life care and concerns with approaching death.

Significance of Results: From this research we understood the experience of how the patients felt when they were nearing death. The research also highlighted that patients had high expectations and concerns regarding their mental health, as they expressed the need for mental support from the professionals, family, and loved ones. This research shows potential uniqueness when it comes to cultural significance and understanding that will help the professionals in providing better support and constructing cultural fair interventions.

Keywords: End of Life, Terminal Ill Cancer Patients, Dying and Death, India, Better Care.

THE RELATIONSHIP BETWEEN SELF-ESTEEM AND QUALITY OF LIFE IN INFERTILE FEMALES OF GUJARAT

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Abstract

Infertility has been recognized as a public health issue worldwide by World Health Organization. Infertility refers inability of a couple to achieve conception or to bring a pregnancy to a term after a year or more of regular unprotected intercourse. Infertility affects an estimated 15% of couples globally. In vitro fertilization (IVF) is a complex procedure used to help with fertility or genetic issues and assist with the conception of a child, in which a mature egg is fertilized by the sperm outside the body. Infertility harms women's self-esteem and quality of life. self-esteem refers to an individual overall positive evaluation of the self. Quality of life refers to individuals perception of their life in the context of the culture and the value systems in which they live and about their goals, expectations, standards, and concerns. The present research is to study the relationship between the infertile female with IVF and self-esteem and quality of life. The objectives are the study of the infertile women with the marital status (Love or Arrange), family type (joint and nuclear), and occupation (working or not working). The tool used is the self-esteem scale by Dr Santosh Dhar and Dr Upindar Dhar, which has 23 statement and the second tool is the world health organization quality of life, which has 26 statement. We observed that infertility with IVF negatively affected both self-esteem and quality of life. We determined that the infertile female who were married by arranged and those couples who were living in joint family had higher self-esteem and good quality of life.

Keywords: Infertility, IVF, Self-esteem, Quality of life.

EMOTIONAL REGULATION AMONG BREAST CANCER PATIENTS AND HEALTHY FEMALES: A COMPARATIVE STUDY

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Abstract

Breast Cancer is the most common Cancer worldwide, representing 25% of all Cancers in women. The Females diagnosed with Breast Cancer have to undergo through various treatment procedures including Chemotherapy and in doing so their Emotional Regulation gets affected adversely. It has been indicated by researches that their Emotion Regulation gets affected because of this illness and treatment procedures especially after Chemotherapy. Purpose of this study was to assess Difficulty in Emotional Regulation in Breast Cancer Patients and Healthy Females. In this study 60 females from two groups i.e., 30 in Breast Cancer/Study Group and 30 in Healthy Control Group in the Age range of 25-45 were selected as participants using Purposive Sampling method.

For the study of Difficulty in Emotional Regulation Scale developed by Dr Rakesh Pandey (2005) were used. For the Statistical Analysis, SPSS Version 28.0 was used. t-test was used to assess the Significant Difference in Difficulty in Emotion Regulation among Breast Cancer and Healthy Control Group.

The Results of the Study indicate that Significant Difference was found in Breast Cancer Group and Healthy Control Group in relation to Difficulty in Emotional Regulation ($P=0.001$) at 0.01 level.

Keywords: Breast Cancer, Chemotherapy, Emotional Regulation, Healthy females and Chemotherapy.

MARITAL ADJUSTMENT AND HOPE IN WOMEN WITH INFERTILITY

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Abstract

Infertility is a major health problem that affects approximately 8-10% of couples around the world. About 15-20 million couples worldwide suffer from infertility each year, out of a total of 60-80 million (25percent). Infertility affects about 10-14% of the Indian population, according to the Indian Society of Assisted Reproduction, with higher rates in urban areas, where one out of every six couples is affected. Infertility being the commonest health problems that many young couples have been dealing with in recent years. Sedentary lifestyles with little physical activity, increased stress, and erratic sleep patterns are only a few of the causes. India is a nation with a huge diversity. Customs, practices, quality of life, access to health-care services, and climatic conditions are all different. Infertility rates vary widely not only among states, but also among tribes and castes in the same area of India, due to these factors. Birth of a child is one of the most significant events in a couple's life. Infertility issues are now taken more seriously.

Aim: To assess relationship of Marital Adjustment and Hope in women with infertility.

Tools and Method: A sample of 30 females diagnosed with infertility in a private hospital of Lucknow were included in the study. The sample was selected by purposive sampling and Ex post facto research design was used. Marital Adjustment Scale (Kumar and Rahatgi, 1999), Snyders Adult Hope Scale (Snyder, 1991).

Results: On the basis of statistical analysis i.e Pearson's correlation it was concluded that there was no relationship between Marital Adjustment and hope in women with infertility.

Conclusion: The results revealed that there exists a negative relationship between Openness and Marital Adjustment and also between Openness and Hope. A person's optimistic point of view toward desired outcomes in life might sometimes open them to vulnerabilities with regards to disagreements with significant others as others might share contradictory opinions. Such opposite personality factors create discord in an

individual's interpersonal facets and require adequate attention in terms of building intervention strategies that promote acceptance of each other's viewpoints.

Keywords: Marital Adjustment, Hope, Infertility.

MENTAL HEALTHCARE: BARRIERS, VARIANCE AND HOLISTIC MODEL OF MANAGEMENT

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Abstract

The need of mental health care has increased across the globe and in India it ranges from 9.5 to 370/1000 population. The purpose of the study is to explore the possible factors, which analyse the gap between the demand of mental healthcare professionals and the barriers. Also, a suggestive model is discussed, of how to lessen the differences by creating a bridge between the two for a holistic development, implementation and continuation of mental health services in India. The descriptive research design is used for the study. W.H.O. estimates approximately 7.5 percent population of our country suffers from mental health disorders, but a few approaches for an actual treatment which keeps on worsening the condition. The barriers, variance and holistic model of mental healthcare is an attempt to provide maximum benefit to the majority of population.

Keywords: Mental Healthcare, barriers, variance, holistic model

OBSESSIVE COMPULSIVE DISORDER: A GENDER BASED OVERVIEW OF EPIDEMIOLOGY AND PSYCHOPATHOLGY

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Abstract

Obsessive Compulsive disorder was rarely spoken about decades ago. It is a form of anxiety disorder which disrupts an individual's functioning with repetitive, intrusive and irrational thoughts. A lifetime prevalence of 0.6% has been found in India. Males have significant earlier age of onset than females (Hollingsworth et al., 1980). Early onset featured the presence of sexual obsessions, hoarding and repeating rituals (Narayanaswamy et al., 2012). Males and females were almost equally represented among compulsive checkers. Women more often have compulsive washings (66%) and avoidance (26%) (Noshirvani et al., 1991; Torres et al., 2000). Higher percentage of bachelorhood/celebrity was found in OCD patients in comparison to the matched controls (Ingram, 1961). Males have a higher prevalence of symmetry/religious obsessions, miscellaneous compulsions, and co morbid attention deficit hyperactivity disorder (ADHD) whereas; females had higher prevalence of cleaning compulsions and co morbid trichotillomania (Jaisoorya et al., 2008). However, an extensive work is required to know more about the gender differences and epidemiology of OCD.

Keywords: Gender, Anxiety, Obsessions, Compulsions and Psychopathology.

IMPORTANCE OF MENTAL HEALTH EDUCATION AMONG STUDENTS

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Abstract

“Mental health is not a destination, but a process. It’s about how you drive, not where you are going.”

Noam Shpancer

Mental health issues are common and have an impact on a variety of developmental outcomes. Children and adolescents can suffer from a variety of mental health issues. It can have an impact on not only academic achievement and success but also social connections and physical health. Children with mental diseases are more likely to have adult-onset physical health issues like heart disease, diabetes, and cancer. They are also more likely to be involved in criminal proceedings. There is no such thing as physical health without mental wellness. That is, if our children are not mentally healthy, they will not be physically healthy, and their ability to constructively impact society will be harmed. Despite an increase in the availability of mental health facilities such as counselling and a variety of treatment options, rates of anxiety and depression continue to climb. Thus, it is the need of the hour to pay attention to various mental health-related issues among students. In the present paper, we shall discuss various mental health problems, their causes and impact on students, and suggestions to overcome mental health crisis.

Keywords: Mental health, students, adolescents, academic achievement, and anxiety.

STRESS, ANXIETY AND PERCEIVED SOCIAL SUPPORT AMONG HEMODIALYSIS PATIENTS WITH CHRONIC KIDNEY DISEASE

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Abstract

Hemodialysis Patients face an emotional challenge due to several modifications required in their lifestyle and the impairments in physical and role functioning. Therefore, it is essential to find out resources that buffer them from the adverse effects of stress and anxiety. Purpose of this study was to examine the level of Stress, Anxiety and Perceived Social Support among Haemodialysis Patients with Chronic Kidney Disease, and to assess the relationship among the three variables using Cross Sectional Study design. The sample of the study consisted of 50 haemodialysis patients with Chronic Kidney Disease, within the age range of 35 to 55 years who were purposively selected from two private hospitals in Uttar Pradesh.

Data was collected using Depression Anxiety and Stress Scale (DASS-2, 1995) and Multidimensional Scale of Perceived Social Support (MSPSS, 1988). The descriptive statistics were applied to describe the level of Stress, Anxiety and Perceived Social Support among Hemodialysis Patients. Spearman's Rank-Order Method was applied to assess the correlation between the variables.

The results showed severe level of Stress and Anxiety, and moderate level of Perceived Social Support among the Hemodialysis Patients. The results also revealed significant negative correlation between Stress, Anxiety and Perceived Social Support ($p= 0.01$).

It can be concluded from the results that Hemodialysis Patients suffer from a severe level of Stress and Anxiety. The significant and strong relationship found between Stress, Anxiety and Perceived Social Support highlights the need of adequate psychosocial interventions to reduce the negative impacts of the disease condition.

Keywords: Stress; Anxiety; Perceived social Support; Chronic Kidney Disease; Hemodialysis.

MENSTRUATION: A TABOO

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Abstract

Menstruation is a phenomenon unique and natural to girls. However, it has always been surrounded by various taboos and myths which often leads to the exclusion of women from social, domestic, and educational activities. Even discussions on menstrual hygiene are considered a taboo in our society. Many girls and women are subject to restrictions in their daily lives simply because they are menstruating. They are normally viewed as impure and unclean by the society. The taboos associated with the subject make it difficult for young girls experiencing menstruation to access information. This makes girls and women more vulnerable to health problems. Menstruation has influence on a female's physical as well as mental state. Illiteracy, unawareness and the inhibition to discuss women's' health are the main hurdles in confronting the long prevalent belief system of the society. The objective of the study is to focus on different myths and taboos prevalent particularly in the Indian society. We discuss the various ways which could help tackle these issues in order to enhance the well-being of girls and women.

Key words: Adolescents, females, puberty, menstruation, Indian societies, taboo, myths.

Mindfulness and Emotional Dysregulation among Adolescents

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Abstract

Adolescence has often been considered a challenging period owing to the developmental, physical and emotional transformations taking place, leading to escalation of numerous behavioural and emotional challenges in the individuals during this phase. Emotional Dysregulation is understood as frequent and intense experience of emotions combined with an inability to cope with their occurrence. It encompasses lack of awareness, clarity and non-acceptance of emotional responses, limited access to effective emotion regulation strategies, difficulties in controlling impulses as well as problem in engaging in goal-directed behaviours when experiencing negative emotions. Mindfulness as an element of consciousness has been acknowledged to promote well-being. It is defined as mental state achieved by focusing one's awareness on the present moment, and simultaneously acknowledging and accepting one's feelings, thoughts, and bodily sensations. Mindfulness based interventions are based on the notion that mindfulness helps individuals effectively employ and modulate awareness to effectively manage a range of psychological concerns including emotional regulation, aggression, anxiety, depression and other conditions.

Aim: The paper aimed to analyse the relationship between Mindfulness and Emotional Dysregulation.

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Result: The present paper infers the applicability of Mindfulness based techniques for Emotional Dysregulation among adolescents and provides a future direction for effective management.

Keywords: Mindfulness, Emotional Dysregulation, Adolescents, Anxiety, Depression.

**TO ASSESS THE EFFECTIVENESS OF EMPTY CHAIR TECHNIQUE ON
PERCEIVED SOCIAL SUPPORT, SENSE OF ISOLATION AND PSYCHOLOGICAL
WELL-BEING AMONG TRANSGENDERS**

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Abstract

Transgender is remorselessly neglected community in India who faces discrimination, bullying and trauma (Mal, 2015) leading to lack of social support and social isolation (Beemyn & Rankin, 2011). Additional to this they lead to disturbed Psychological Well-Being and mental health issues arising from family, peers and society (Patten & Juby, 2008). Interventions could benefit in terms of trauma, abuse, lack of self-confidence and awareness. The current study aimed to assess the effectiveness of Empty Chair Technique on Perceived Social Support, Sense of Isolation and Psychological Well-Being. A sample of 4 Transgender individuals with low Perceived Social Support, between the age of 20-40 years was taken. The sample was selected using purposive sampling technique and Quasi-experimental study with a between group pre-test and post-test without control group research design was used. The data was analysed using Mann Whitney U test using SPSS version 22.0. The results showed that there was a significant difference between pre and posttest of Sense of Isolation ($p = 0.05$), Perceived Social Support ($p = 0.05$) and Psychological Well-Being ($p = 0.05$) after Empty Chair Technique.

Keywords: Empty Chair Technique, Sense of Isolation, Perceived Social Support, Psychological Well-Being, Transgender

EXPLORING BODY SHAPE CONCERN, SELF-CONSCIOUSNESS AND LIFE SATISFACTION AMONG COLLEGE STUDENTS ACROSS GENDER AND DIFFERENT BMI

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Abstract

Background: "Adolescence" is a period of rapid physical and psychological development. Because most of the physical changes take place during this period of development, adolescents become focused on the physical appearance, and any deviation from the ideal figure can result in psychological consequences. With strong influences from media, adolescents develop an obsession with their body image; with girls desiring a thin body frame, and guys desiring muscular physiques.

Objectives: Keeping in view the earlier literature the present study was planned with the objective to study the relationship between Body shape concern, self-consciousness and life satisfaction among college going students and to further study the differences on these variables among normal weight and overweight and male and female college students.

Methods: The sample comprising of 120 college going students (60 males & 60 females) with varying weights selected from 2 colleges of district Kathua (Jammu & Kashmir) using convenient sampling method. Body Shape Questionnaire (BSQ-34), Self-consciousness Scale Revised and Brief Multidimensional Students' Life Satisfaction Scale were the tools used. Mean, SD, t-test & Pearson product moment correlation (r) are the techniques used for analysis. Results, Implications and limitations of the study will be presented during the conference.

Key words: Self-consciousness, life satisfaction, Body shape concern.

MANAGING TEXTING ADDICTION WITH GRADUAL REDUCTION PROTOCOL

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Abstract

Internet and social media have become part and parcel of the present-day life. It has its vested pros and cons. It connects with social and technical world, gives avenues for exposure but at the same time it isolates individuals from the other people. People sitting at their home chatting with people at the other end of the globe but are aloof from their family members. This piece of research paper is a case study of texting addiction and gradual reduction as treatment protocol. Normally the concept of complete abstinence as applied by the practitioners but it is suggested that gradual reduction can also work well for the same. Moreover, it reduces the risk of side effects of psychiatric medicines and the chances of withdrawals.

Keywords: Texting; Addiction; Treatment; Gradual Reduction; Complete; Abstinence

OCCUPATIONAL STRESS AMONG MIDDLE AGED PROFESSIONALS: A POST COVID-19 PERSPECTIVE

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Abstract

Occupational stress or workplace stress is considered as one of the leading contributing factors to the healthcare concerns among working professionals. Due to the COVID-19 pandemic and sudden lockdown organisations have shifted to online mode of working leading to gradual stress in the employees. After the decrease in cases i.e. post COVID-19 the organizations again shifted to their conventional way of working i.e. offline mode. The current study aimed to investigate the level of occupational stress among middle aged working professionals in the state of Uttar Pradesh. The study aimed to find the difference and relationship between occupational stress in relation to gender, income, marital status. A cross sectional study was conducted by using Occupational Stress Inventory to draw conclusion. The sample comprised of 100 professionals from Banking and Marketing sector. Multiple Regression and Pearson Correlation was used to draw conclusion. The study concluded that there is a significant level of occupational stress among the working professionals.

Keywords: stress, occupational stress, health, COVID-19, employee, organisation

REPERCUSSIONS OF LEGAL AND CONSTITUTIONAL RECOGNITION OF LGBT IDENTITY ON THEIR VICTIMISATION

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Abstract

Background: The instances of implicit and explicit biases and discrimination projected against sexual minorities including lesbian, gay, bisexual and transgender individuals have been pervasive and entrenched in our society for long. The attitudinal transference of explicit homophobic activities to implicit mindset has been largely due to legal recognition of identity status for sexual minorities in India. Over the past decade, India has witnessed a major turnaround in the acceptance and recognition of LGBT rights by the mainstream society.

Aim: This study bridges the interplay of such legal and constitutional mandates in the recognition, acceptance, and tolerance for sexual minority individuals in Indian scenario.

Methods: This is a review-based enquiry into the domain of legal recognition and its implications for the status of LGBT community in India.

Findings: The collates of research and enquiries into the domain of constitutional and legal recognitions of rights of sexual minorities have impinged on the fact that the legal and constitutional recognition and acknowledgment play a vital role in societal outplay of various implicit and explicit reactions to compromised and controversial issues. The provision for addressing and legalizing the entitlements of gender diverse community is requisite for embarking on the mental health status of people.

Policy implications and role of researcher

The progression in the domain of acceptance for gender variance could be largely attributed to the constitutional recognition of legal rights of sexual minority individuals in India. Along with this, various legal statues passed by Constitution of

India for safeguarding the right of transgender persons including mandates for identity documents registration in favour of their identified gender identity status, legalisation for approaching medical treatments like Gender Reassignment Surgery, Hormone Therapy, and other protocols; paved way for improving the wellbeing and quality of life of sexual minority individuals.

Keywords: LGBT, Victimization, Legal, Constitutional, Gender Identity.

**ACADEMIC STRESS AMONG HIGH SCHOOL STUDENTS POST COVID-19
PANDEMIC**

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Abstract

Academic stress is defined as a state of distress caused by a student's evaluation of extreme academics demands (e.g., overburden of assignment, assessments), which often results in negative impact on mental and physical health of students, as well as their academic output. It is necessary to keep a check on the level of stressors for optimal functioning of the students. This study aimed to analyse the level of academic stress post COVID-19 Pandemic among high school students and compare it from two different cities. Data was collected using the Scale for Assessing Academic Stress developed by Dr. Uday K. Sinha, Dr. Vibha Sharma and Dr. Mahendra K. in 2001. Sample comprised of 200 students from Lucknow and Agra. Statistical analysis of data indicated that there is a significant difference among the high school students of these two cities.

Keywords: stress, academic stress, students, school, India.

MOTIVATIONAL ENHANCEMENT THERAPY: AN EFFECTIVE TECHNIQUE FOR INTERNET ADDICTION AMONG ADOLESCENTS: A CASE REPORT

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Abstract

Internet has become a basic requirement for livelihood at present time. Its growing impact on adolescents can be easily seen these days. Adolescents are using different electronic gadgets for educational purpose, gaming and entertainment. Whereas there is a strong desire to be free and communicate easily even to strangers is the most attracting thing in Internet. Adolescents spends plenty amount of time in social media too, which used to further deteriorate their Academic performance. We present a case of an 18 years old male, who used to spend around 8 to 9 hours in online Gaming and watching pornography. As reported by his parents his academic performance was also deteriorated since last two years. He was facing moderate level of anxiety and stress since last 3 months. Motivational Enhancement therapy is based on the principles of motivational interviewing (MI). It is a person-centred strategy. It is used to bring out patient's motivation to change for particular target behaviour. MI engages clients, elicits change talk and evokes patient motivation to make positive changes. In this case, the planned sessions were 12 and in each sessions agenda was predefined. In first session after taking detailed case history the Internet Addiction Test by Dr. Kimberly S. Young (1998) was administered. The client scored 64 in Internet Addiction Test which showed moderate level of Severity in Internet Usage. The anxiety and stress were also in moderate level in first session. After completion of all the MET sessions the score of Internet Addiction Test was 18 which indicate normal level of Internet usage. The anxiety and stress scores were also reduced to mild level and the client's feedback was taken. To conclude the study, it was seen that the MET sessions were very helpful in IA and related co-morbid issues.

Keywords: MET, Internet Addiction, Pornography Addiction, Adolescents, Anxiety

WEB-BASED APPLICATIONS IN MENTAL HEALTH; A SYSTEMATIC REVIEW

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Abstract

Background: The reported use of technology in mental health is expanding with the expanding need of categorising them. Artificial technology has taken its seat in the needs list of today's generation which is constantly increasing with the passing of time. This emergence creates the call for highlighting the processing of mobile web based applications which are designed with the aim of promoting and enhancing well-being.

Objective: This review paper aims at bringing in light the possible threats that accompany with the increasing number of launched applications in mental healthcare unit; and points onto the need for considering laws and ethics to bind the unforeseen challenges of the applications.

Methodology: A thematic analysis was done for papers selected in the review under the titles such as artificial intelligence, mental health applications, technological mental health care, ethical considerations of AI in mental health care, etc under various databases such as PubMed, JMIR, etc. these terms were then used to frame themes for analysis of the content available and draw implications out of them. Highly used applications in mental health care were identified and reviewed for future reference.

Conclusion: The resulted analysis of the reviews states the growing emergence of involvement of artificial intelligence in mental health sector, highlighting onto the lack of laws and policies in practicing online psychotherapies via various modulators of technology, and especially web-based applications.

Keywords: artificial intelligence, mental health applications, e-mental health, technological mental health care, mental well-being.

EMOTIONAL INTELLIGENCE IN FEMALES WITH PREMENSTRUAL SYNDROME

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Abstract

Premenstrual disorder consists of a group of physical, cognitive, affective, and behavioural symptoms that occur cyclically during the luteal phase of the menstrual cycle and get resolved in just a few days of the onset of menstruation. Paying attention to the problems and diseases in women threatening their mental and physical health including premenstrual syndrome (PMS) is one of the health priorities. It is also one of the most prominent problems which prevail among women. The purpose of the current study is to assess the relationship between Premenstrual Syndrome and Emotional Intelligence among females. The sample consists of 30 females within the age range of 18-25 years and was selected from different colleges of Lucknow. The sample was collected by using purposive sampling technique. Tools used were Socio-Demographic Form, Premenstrual Syndrome Scale (PMSS) and The Quick Emotional Intelligence Self-Assessment. The data was analyzed using parametric statistics Pearson Correlation Method.

The result of the study indicates a positive correlation between Premenstrual Syndrome and Emotional Awareness ($p=0.32$, $p=.944$, $p=.694$ and $p=.451$). Also, a weak negative correlation was found between premenstrual syndrome and the Social Emotional Awareness domain.

It can be concluded from the results that there is a significant positive relationship between Emotional Awareness and Premenstrual Syndrome among female. Thus, it can be concluded that Premenstrual Syndrome has a substantial impact on Emotional Awareness. The finding of the study can be used as a guideline for psychosocial intervention of Premenstrual Syndrome.

Keywords: Premenstrual Syndrome, Menstruation, Emotional Intelligence, Emotional Awareness, Social Emotional Awareness.

ROLE OF HOME ENVIRONMENT ON EATING HABITS AMONG ADOLESCENTS

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Abstract

Introduction: Adolescence is a phase of development when a child's body transform into an adult. Along, with other things, during adolescent there is an increased need for nutrients. It is a stage when individuals decide to start dieting or skipping meals etc. due to influence of family members, social media, peer pressure or emotional issues etc. This can impact the eating habits resulting in either over-eating or under-eating. Eating habits is why and how an individual eat, which foods they eat, and with whom they eat, also, the ways they acquire, store, utilize, and remove the food. Home environment, plays a vital role in growth and development of any individual. Positive home environment allows the child to grow as a strong individual emotionally, physically and psychologically, whereas disrupted home environment brings negative effect on the development of the child. During this transformation period, individuals get influenced from their home environment what, when, and how much to eat and what to eat based on the family beliefs, attitudes, and practices surrounding food and eating. Positive experiences related to food and eating habits reinforces the individual to develop healthy eating habits and better mental health, whereas diverted eating habits can give rise to various mental health issues.

Aim: The paper aimed to analyses the role of Home environment on the eating habits of adolescents.

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Result: The current paper infers that home environment has impact on the eating habits of the adolescents; it further focuses on the importance of cordial home environment.

Keywords: Home Environment, Eating Habits, Adolescents, mental health

HOW DOES SOCIAL MEDIA AFFECTING THE MENTAL HEALTH AND PROMOTE THE CRIMINALITY?

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Abstract

Too much of usage of networks not only improves knowledge but gives rise to anxiety, depression and loneliness in children's mental health and may lead stepping out for Crimes.

According to National Crime Records Bureau (NCRB) Data: Crimes committed by juveniles in 19 metropolitan cities, Mumbai had 12% cases, 7.5%, Bengaluru 2.8% and Kolkata only 0.5%.

The top networking sites such as FACEBOOK, WHATSAPP, INSTAGRAM, LINKEDIN, WECHAT, SNAPCHAT, TWITTER, etc. has undergone a tremendous growth in recent years. The users of such sites has been replicating day-by-day. The viewpoint of the authors gives a clear-cut effect of media influencing the children and it should be held responsible for increasing incidences of violence and crimes among youth. Cyber bullying is deliberately using digital media to communicate false, embarrassing, or hostile information about another person. "Facebook depression," defined as depression that develops when child and teens spend a great deal of time on social media sites, such as Facebook and then begin to exhibit classic symptoms of depression. Frequent checking on the media feeds is because of the quick reactions to the post they are forced to give, as commenting or liking first is also a trend nowadays. It leads to depression. Child Sexual Abuse refers to any kind of mental or physical violation of a child with sexual intent usually by a person of trust.

As per legal provisions in India, according to Section 21 of the Juvenile Justice (Care and Protection of Children) Act, 2015 No child in conflict with law shall be sentenced to death or for life imprisonment without the possibility of release, for any such offence, either under the provisions of this Act or under the provisions of the Indian Penal Code or any other law for the time being in force. It can be averred that if a juvenile between 16–18 years of age commits a crime which is classified as heinous offence, then he/she can be sentenced to a maximum jail term of 14 years.

Keywords: Social media, Mental Health, Criminality, Juvenile, Delinquency

MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS: ISSUES AND CHALLENGES

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Abstract

The secondary school stage is considered a crucial stage of life. It is the transition phase from childhood to adulthood, stage of storm and strain, crisis of identity or role confusion, sudden changes in the bodies of adolescents and mental abilities. During this period, students are facing a number of problems like physical, social, mental, family, educational, and personal. In this context, mental health can play a very important role and help to deal with these types of problems in a very effective way. Therefore, the paper assumes significance, being a genuine effort to study the issues and challenges in the mental health of secondary school students. The present paper is a review paper and is based on some research studies related to mental health directly or indirectly. The results of the study revealed that the status of mental health in India is in severe condition and students are facing various issues and challenges in terms of misconceptions about mental health, lack of awareness and resources, social, personal, financial, eco-system or environment and technology-related problems also found the treatment gap and non-availability of treatment-related resources and facilities. Prevention and cure are the essential requirements of mental health. Proper orientation and awareness about mental health issues and challenges at the secondary school level will be very helpful for students to cope up with the tense situations and also help in being well-adjusted in family and society. Thus, the findings of the present study are very useful for teachers, parents, administrators and guidance workers to provide a conducive environment at home and school so that the mental health of secondary school students can be improved.

Keywords: Mental Health, Secondary School Students, Issues and Challenges.

EFFECTIVENESS OF GROUP SCHEMA THERAPY ON DEPRESSION, ANXIETY AND STRESS OF CHILDREN IN NEED OF CARE AND PROTECTION

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Abstract

Schema Therapy is an innovative, integrated therapy well known for its effectiveness for personality disorders and chronic psychological disorders. The Children in Need of Care and Protection have a high tendency to develop Psychological Distress involving Depression, Anxiety and Stress due to the adverse life experiences of their past. Awareness on the Effectiveness of Group intervention involving Schema Therapy on these psychological variables is helpful in promoting Psychological Well-Being among the institutionalized population. The aim of this study was to assess the Effectiveness of Group Schema Therapy on Depression, Anxiety and Stress of Children in Need of Care and Protection. 16 institutionalized 'Children (male) in Need of Care and Protection' between the ages of 14 to 18 years were selected using purposive sampling method from Lucknow, Uttar Pradesh. A quasi-experimental research design without control group was employed for the purpose of this research. The Hindi version of Depression, Anxiety and Stress Scale-21 (DASS-21) by Kumar et al. (2019) was administered on the participants to assess their Psychological Distress involving Depression, Anxiety and Stress pre and post intervention. The results indicated a significant reduction in Depression ($p < 0.01$) post intervention. Additionally, there was a significant reduction in Anxiety ($p < 0.01$) as well as Stress ($p < 0.01$) among the participants post intervention of Group Schema Therapy. The Group Schema Therapy was Effective in working with Children in Need of Care and Protection to reduce Depression, Anxiety and Stress leading to Psychological Distress and deteriorated Mental Health among institutionalized Children.

Keywords: Group Therapy, Schema Therapy, Children in Need of Care and Protection, Depression, Anxiety, Stress, Psychological Distress, Institutionalized Children.

MENTAL HEALTH STATUS AMONG I.T AND NON-I.T PROFESSIONALS

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Abstract

Mental Health is the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance. According to World Health Organization good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. When we are mentally healthy we can form positive relationships, use our abilities to reach our potential, deal with life's challenges. The present study aimed to mental health inventory among IT and NON-IT professionals. The objective of the present paper is to focus to examine whether there are any significant differences between IT and Non-IT professional people in their mental health. The sample consists of 60 (30 male and 30 female) among IT and Non-IT professional people. The standardized Mental Health Inventory developed by Dr. Jagadish and Dr. A.K. Srivastava was administered to the subjects of I.T and Non- I.T subjects. The finding of the study clearly indicate that here are no gender-wise differences but professional wise differences are statistically significant. Results indicate presence of poor mental health among IT professionals compared to Non-IT professions.

Keywords: Mental health, I.T and Non-I.T professionals

RESPECTFUL MATERNITY CARE (RMC) SERVICES RENDERED AMONG WOMEN DELIVERED IN A TERTIARY CARE CENTRE: A CROSS-SECTIONAL STUDY

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Abstract

Background: Nature of woman's relationship with maternity care provider is really important as childbirth is a memorable and key event in the life of a woman. Women should feel respected and valued during each and every point of exposure between herself and the healthcare providers. Childbirth is a life transforming event and has deep roots in her personal life. Respectful maternity care (RMC) is a key component that determines the quality of care and it is like a basic human right. Every woman has the right to enjoy the highest conceivable standard of health care throughout pregnancy and childbirth. Women's negative encounters with health workers during delivery may result in long-lasting damage, emotional trauma and may predispose the women to postpartum blues and depression episodes. The ambition of this study was to assess respectful maternity care services rendered among woman delivered in a tertiary care centre, Thiruvananthapuram.

Methods: An institution based Cross- Sectional study design was used. A structured and pretested interviewer administered questionnaire and 5 point Respectful Maternity Care (RMC) scale was used to collect the data from 300 postnatal mothers, undergone Full Term Normal Vaginal Delivery. All the consecutive cases till the sample size was met were taken.

Result: The overall prevalence of respectful maternity care experienced was 92 %. Respectful Maternity Care services rendered based on its components are as follows: physical abuse free care 94%, consented care and preferred choices 99.34%, confidential care 98%, dignified care 98%, discrimination free care 99.34 %, neglect

and abandonment free care 98.33% and care rendered with no inappropriate demands for money and detention in facility as 99.34%.

Conclusion: About 92% of woman undergone Full Term Normal Vaginal Delivery had reported that they were rendered with Respectful Maternity Care services. Managers and policy makers in childbirth facilities should reinforce delivery of Respectful Maternity Care services to improve women's child birth experience. Training can be given to nursing personnel regarding its concept and prevent potential adverse effects of negative childbirth experiences. It is every woman's right to give birth in a context free from disrespect and abuse. Understanding the prevalence and status of RMC services is very crucial in developing interventions in different levels of the health facility and to encourage clients' for future use of the health facility during the childbearing time. Furthermore, it will help to come up with substantial reduction in maternal mortality and morbidity, thereby achieving the Sustainable Development Goals (SDG) at a faster rate.

Keywords: Respectful Maternity Care, confidential, discrimination free, dignified, abandonment free care.

SEX EDUCATION OF PERSONS WITH INTELLECTUAL DISABILITY

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Abstract

Sex education is an important but inadequately addressed topic for individual with intellectual disability. Families and care givers are often concerned about the growing sexual behavior in young individuals with intellectual disability because it is generally not accompanied by a corresponding growth in the field of social know-how which often leads to socially embarrassing behavior. People often falsely believe that these individuals are sexually immature or do not experience sexual attraction, are unaware of their sexuality and uninterested in intimacy.

Adolescents with intellectual disability have the same sexual desires and fantasies as people who do not have intellectual disability Sex education requirements of individuals with intellectual disability are unique and are seldom adequately addressed in existing educational programs. Unfortunately, intensive sex education at the level required by individuals with intellectual disability may not occur until after a person has been the victim of a sexual crime or has (often unknowingly) committed a social error that meets the criteria for a sex offense.

Aim: The paper aimed to analyse the importance of sex education of persons with intellectual disability

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Conclusion : The current paper infers the importance of Sex Education for the persons with intellectual disability and provides future direction for providing sex education to them.

Implications: It has implications for the policy makers in the field of special education

Keywords: Individual with intellectual disability, Sex education, literature review.

UNDERSTANDING THE TRENDS IN HEALTH COMMUNICATION: MOBILE HEALTH APPLICATIONS AND ACCREDITED SOCIAL HEALTH ACTIVISTS (ASHA)

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Abstract

The spread of Mobile technology in health care domain has created a new field of e-health. eHealth has customized and tailored services for less privileged people. This paper discusses mHealth applications that uses mobile technology to disseminate health information to the patients. The government of India launched mHealth Applications that run in certain states under various health programmes. The paper analyzes about rapid advancements in mobile health technology have made it possible to quickly monitor health through the use of mHealth applications. mHealth Applications are used by Accredited Social Health Activists (ASHA) to counsel women in context to Reproductive Health. The study examines the Health Applications launched to aid ASHA's especially for counselling, point-of-care services, health information provision and data monitoring. The paper presents the trends in context to health communication and widespread use of mHealth applications to cater to women health issues. The trends in health communication involve patient health monitoring through application, increased patient and healthcare provider interaction and 24x7 healthcare support. The analysis shows Healthcare through mobile Applications has improved communication, transparency and healthcare services dissemination across boundaries. Digital Empowerment to health workers has brought a sea change in primary and tertiary care. It is found that that Real time data sharing has digitally empowered ASHA workers and reduced their burden of data related work.

Keywords: Health Communication, mHealth, Accredited Social Health Activists, Reproductive Health, Digital Healthcare

RESTORING HEALTH BY HOLISTIC APPROACH AND ALTERNATIVE MEDICINE

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Abstract

An individual can be considered to be healthy when optimum state of Physical, Mental, Social, Emotional and Economical wellbeing is achieved and all the functions are believed to be working harmoniously and in synergism. In the phenomena of restoring and establishing a complete well being, 'Holistic Approach' has its own efficacy and an emerging trial in the current era. The term Holistic denotes treating and adopting an individual as a whole, giving consideration to the physical, psychological, social and spiritual well being and not just merely its disease growing in any part of the body. Holistic care focuses on patient centric approach whereby even a non verbal gesture towards patient gives a deeper impact on the health outcomes and it is proved to be an art of developing rapport with patients and to recognise, understand those ailments which the patient usually never expresses. Approaches to treatment should be multidirectional as the focus should always be on individual and not on disease. Henceforth, adapting all the available rational pathways of treatment should be a priority of healthcare professionals. Alternative Medicine term stands for all the available products, systems and practises which are currently not integrated into existing conventional system of medicine and treatment. This includes traditional Chinese medicine practise (acupuncture), Ayurveda, Homoeopathy, Naturopathy, Mind- body interactions like hypnotherapy, energies-based approach like Reiki, massage, Cognitive Behaviour Therapy (CBT) etc. that heals and deals with person as a whole. The objective of this review is to understand the relationship build up of holistic trials with patients and the approach to balance life in all aspects-body, mind and emotions in order to get optimal health and well-being. Moreover, our review will also be focusing on to give a new perspective towards treatment of disease with the involvement of alternative medications and overcoming all the drawbacks by combining it with mainstream traditional medical care to improve life of a person. From this congruency, it is concluded that well being of an individual is the point of priority and it can be accomplished by partnership approach of adapting alternative medicine along with holistic patient care as basis of health restoration.

Keywords: holistic, alternative medicine, health, psychological, treatment, well being

A CORRELATIONAL STUDY OF COMPASSION FATIGUE, MINDFULNESS AWARENESS AND WELL-AMONG MENTAL HEALTH PROFESSIONALS

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Abstract

Objectives: The aim of the research is to assess the relationship of compassion fatigue, mindfulness awareness, compassion satisfaction, well-being in mental health care professionals practicing in different regions of India.

Background: Mental health care professionals' plays an important role in taking care of issues related to mental health of general population. During the Covid-19 epidemic, majority of the mental health care providers provided counselling, psychotherapy and psychological support to people in need that lead to psychological and psychosocial burden on them. Compassion fatigue refers to disruption in psychological functioning, interpersonal functioning, emotional exhaustion and other physical problems. On the other side compassion satisfaction refers to a sense of satisfaction and pleasure that derive from helping other individuals. Previous researches indicated that mental health professionals reported higher level of compassion fatigue and lower level of compassion satisfaction during the epidemic. Therefore, we assess relationship between mindfulness awareness, compassion fatigue, compassion satisfaction, well-being in mental health care professionals.

Material and methodology: 101 mental health care professionals participated in the research. ProQoL Version V (Professional Quality of Life Scale; Stamm 2005), Mindful Attention Awareness Scale (MAAS) by Brown & Ryan (2003), and Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was conducted on mental health professionals. Analysis was done using SPSS software version 19.0. Pearson's correlation coefficient and Descriptive analysis was used.

Results: The results revealed that mindfulness awareness, well-being and compassion satisfaction act as a safe guard against burnout and secondary traumatic stress in mental health care professionals. Mindfulness awareness, well-being and compassion satisfaction is positively correlated and these three are negatively correlated with secondary traumatic stress and burnout.

Conclusion: Mental health care professionals reported average level of compassion satisfaction, high level of well-being and mindfulness awareness work. Compassion satisfaction, well-being and mindfulness awareness work as a buffer against secondary traumatic stress and burnout in mental health care professionals.

Keywords: Mental health care professionals, epidemic, well-being, mindfulness awareness, compassion fatigue, compassion satisfaction.

FISH COLLAGEN: PROMISING BIOMATERIAL FOR OSTEO-CHONDRAL REGENERATION

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Abstract

Fish collagen can be obtained from various fish processing wastes such as fish bone, scales, skin and air bladder. A variety of fish species are consumed daily in different parts of the world, leading to the generation of a large amount of waste. This fish processing waste serves as a promising and cost-effective source for value-added products like collagen, which is otherwise considered an environmental pollutant. A highly purified collagen, consisting of hydroxyapatite and type I collagen, could be extracted from the fish waste. Type-I collagen is the most abundant structural protein present in skin, bone, tendon, ligament and cartilage. It plays a vital role in the differentiation of osteoblasts, resulting in enhanced bone mineral density, bone mineral content and increased amount of type-I collagen in the bone matrix. Recent studies have suggested that collagen extracted from fish is shown to have direct cell adhesion ability, biocompatibility, low antigenicity, high biodegradability and cell proliferation potential, thus making it suitable for various therapeutic and biomedical applications, including wound dressing and healing, drug delivery and tissue engineering and regeneration. Various studies suggest that fish collagen and its biomaterial exhibit regeneration by modulating the differentiation fate of bone marrow stem cells and promoting chondrogenesis and osteogenesis. Gene expression studies suggest that fish collagen scaffold significantly induces regeneration of cartilage and sub-chondral bone through chondrogenic genes SOX-9, ACAN and osteogenic specific genes RUNX2 and OCN (Osteocalcin). Fish collagen promotes calcification related gene expression, viz. ALP (Alkaline phosphatase), OPN (Osteopontin) and BSP (Bone SialoProtein). The findings of these studies suggest that fish collagen serves as a promising biomaterial for bone and cartilage regeneration.

Keywords: Fish collagen; Bone; Bone regeneration; Chondrogenesis; Gene expression.

QUALITY ASSURANCE PERCEPTION BY CLIENTS TOWARDS HEALTH CARE PROVIDERS IN SELECTED HOSPITALS OF GOA

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Abstract

The introduction of quality assurance program is fundamental to captivate the clients to comply to treatment. Components such as privacy, client interactive skills/information, confidentiality of clients, control of and interference in care and respect is vital. Security in terms of Care Assurance (person-centered care approach) will have an effective and respectful relationship between clients and Health Care Providers (HCPs). Primary data was collected from Health Care Receivers (HCRs) from selected hospitals of Goa to assess their perception towards the quality of health care services provided by the HCPs through a five point Likert Scale instrument. A simple random technique was used to obtain a sample of 350 clients. However, a total of 194 clients participated in the study. This paper used logit model to establish the relationship between socio-demographic variables and the perception of clients on selected parameters. namely doctors' grooming/neatness, nurses' grooming/neatness, doctors' expertness in service provision, ordering unnecessary investigations by doctor/s, allowing clients to take another doctor's opinion & explanation of laboratory report. Private owned hospitals appears to have better performance than the public run hospitals in Goa. HCRs Age, education, religion insurance and language of clients did not have a significant role in explaining satisfaction level pertaining to HCPs assurance towards them. Therefore the quality assurance component need to be considered on these parameters. Clients who trust their HCPs will have improved clinical outcomes. Security related to care assurance will ensure respectful relationship between HCRs and HCPs.

Keywords: Assurance, laboratory reports, Perception, Healthcare receivers (HCRs), Confidentiality

EMPATHY PERCEPTION BY CLIENTS TOWARDS HEALTH CARE PROVIDERS IN SELECTED HOSPITALS IN THE STATE OF GOA

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Abstract

The introduction of quality assurance program is fundamental to captivate the clients to comply to treatment. Components such as privacy, client interactive skills/information, confidentiality of clients, control of and interference in care and respect is vital. Security in terms of Care Assurance (person-centered care approach) will have an effective and respectful relationship between clients and Health Care Providers (HCPs). Primary data was collected from Health Care Receivers (HCRs) from selected hospitals of Goa to assess their perception towards the quality of health care services provided by the HCPs through a five-point Likert Scale instrument. A simple random technique was used to obtain a sample of 350 clients. However, a total of 194 clients participated in the study. This paper used logit model to establish the relationship between socio-demographic variables and the perception of clients on selected parameters. namely doctors' grooming/neatness, nurses' grooming/neatness, doctors' expertness in service provision, ordering unnecessary investigations by doctor/s, allowing clients to take another doctor's opinion & explanation of laboratory report. Private owned hospitals appears to have better performance than the public run hospitals in Goa. HCRs Age, education, religion insurance and language of clients did not have a significant role in explaining satisfaction level pertaining to HCPs assurance towards them. Therefore, the quality assurance component need to be considered on these parameters. Clients who trust their HCPs will have improved clinical outcomes. Security related to care assurance will ensure respectful relationship between HCRs and HCPs.

Keywords: Assurance, laboratory reports, Perception, Healthcare receivers (HCRs), Confidentiality

PARENTING STYLE AND EMOTIONAL INTELLIGENCE AMONG LATE ADOLESCENTS

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Abstract

Adolescence is a period of change in one's personal, emotional, cognitive and social growth. The Descriptive Correlation Research Design examined the relationship between Parenting Style and Emotional Intelligence among late adolescents.

The Data were collected from 100 late adolescents (40 males and 60 females) from Irrity Taluk, Kannur district in Kerala who were selected using Non-probability convenient sampling method. The Emotional Intelligence Scale (EIS) and Parental Authority Questionnaire (PAQ) were administered to assess Emotional intelligence and phenomenological appraisal of the parents' authority by the adolescents.

Results showed that there is no significant difference in Self- awareness and Empathy across gender. But there is a difference in the level of Value Orientation across gender. There is a significant weak positive relationship (.334**) between the Authoritative parenting style of the mother, and the Emotional Intelligence, significant weak positive relationship (.209*) between the Permissive parenting style of the mother and Emotional Intelligence of late adolescents. There is a significant weak positive relationship (.321*) between the Permissive parenting style of the father, there is a significant weak positive relationship (.199*) Authoritarian parenting style of the father and Emotional Intelligence, there is an inverse insignificant relationship (-.144) between the Authoritative parenting style of father and Emotional Intelligence among late adolescents.

Keywords: Parenting Style, Emotional Intelligence, Late adolescence

PROCESS OF EMOTION REGULATION IN INDIAN COUPLES DURING GOTTMAN COUPLE INTERVENTION: A PILOT STUDY

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Abstract

The intervention of Dreams-within-Conflict (DWC) in Gottman Couple Therapy (GCT) aims for the partners to work through unresolvable issues that are perpetual sources of conflict. The intervention facilitates the expression of beliefs, values, feelings, purpose, and childhood experiences for the partners. In the process, their stand on the gridlocked issue softens as they get a deeper understanding of each other. The current experimental study micro examines the process of emotion regulation during a single session of DWC intervention. The pilot study aims to evaluate process change in emotion regulation during DWC using multiple data collection methods such as self-assessment reports, feedback reports, observation coding of video recording by the raters, and experience rating of video recording by the couple. Preliminary results indicate that the intervention can promote emotion regulation, especially extrinsic affect worsening actions are significantly decreased in partners, irrespective of the values observed at intake. The findings also show significant experiencing (in-counseling experience of emotions) for both partners. The pilot study confirms the validity and feasibility of methods for detailed primary research to follow.

Keywords: GCT, marital therapy, couple intervention, technique, emotion regulation, process study

RELATIONSHIP BETWEEN SELF-DISCLOSURE AND PERCEIVED PARENTING STYLES AMONG INDIAN ADOLESCENTS

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Abstract

One of the most critical changes that occur in the parent-child relationship is reduced self disclosure by adolescents during puberty. Self-disclosure refers to the process of intentionally revealing personal, intimate information about oneself to a target individual (parents) in a verbal manner. Adolescents' targets for self-disclosure shift from parents to peers during this period and they are seen to make strategic decisions about what to disclose based on their personal benefits as they are apprehensive of the parents' reactions. Even so, parental knowledge of adolescents' activities and life events has been observed to produce positive outcomes for the adolescents as it enables parents to provide guidance in high-risk situations that may be harmful to the adolescent. Many research studies have pointed out that parental warmth, responsiveness and parental control have a significant impact on adolescents' decision to reveal information. The present study aims to study perceived parenting styles and self-disclosure among Indian adolescents. The Parental Authority Questionnaire and Self disclosure Inventory for adolescents was employed on 92 late adolescents between 18-20 years of age. Perceived parenting styles were measured across three subscales i.e., permissive, authoritarian and authoritative and their relation with self-disclosure across eight different parameters was studied. Correlational analyses revealed a significant relationship between parenting styles and the self-disclosure among adolescents. It has been found that adolescents' perceptions of parenting styles play a huge role in self-disclosure. Therefore, it is crucial to consider perceived parenting styles while studying adolescent self-disclosure in order to ensure positive and healthier adolescent outcomes.

Keywords: Adolescent Self-disclosure, Perceived Parenting Styles

REHABILITATION AND WELLBEING OF ORPHANS IN THE SOS CHILDREN'S VILLAGES

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Abstract

Every child on this earth deserves to live in a safe place, be cared by his parents and other family members. Unfortunately, this is not true in all cases. Many children become parentless at an early age and thereafter they face numerous challenges and complexities in their lives. Though, there are various governmental and non-governmental organizations working for orphans and destitute children. SOS Children's Village organization is one such non-governmental organization which is working all over the world and rehabilitating orphans and abandoned children almost in 136 countries of the world. This organization is providing homely atmosphere to children with appointed SOS Mothers and nurtures children as per their own cultural and religious background. The children who are accommodated in SOS Care are known as SOS Children and they live under SOS Care till a prescribed age criterion. The present study focused on the historical emergence of the idea of SOS Children's Village Organization, its structure and functions in the lives of orphans and abandoned children. This is a conceptual paper and the data for the present study is collected from the various research papers, articles, journals, books and government sites. In this study, it is found that SOS Children's Villages are playing a crucial role in the orphans and abandoned children's lives as well as preparing them for their future life. These Children's Villages taking care of children's good health and wellbeing, giving them proper education, familial atmosphere with a mother, brothers and sisters.

Keywords: SOS Children's Village Organization, SOS Mothers, SOS Children, Orphans, Abandoned Children.

**SOCIAL SUPPORT AND MENTAL WELL-BEING: A CORRELATIONAL STUDY
AMONG PEOPLE OF KASHMIR VALLEY**

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Abstract

In present study, the correlation between social support and mental well-being among people of Kashmir valley has been studied. 30 participants were taken as a sample. Researcher used Multidimensional Scale of Perceived Social Support and Warwick-Edinburgh Mental Well-being scales in order to collect the data. Pearson's product moment correlation coefficient was used to analyze the data. The results revealed that there is a significant correlation between social support and mental well-being among people of Kashmir valley.

Keywords: Mental Well-being, Social Support, People of Kashmir Valley

EMPATHY, COMPASSION AND PEACE BEHAVIOUR AMONG JUVENILE DELINQUENTS

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Abstract

Research studies have proven that fostering positive socio-emotional skills is vital to reduce violence in school environment and beyond. This study tries to establish the correlation between empathy, compassion and peace behaviour among juvenile delinquents.

Though literature reports that there is an importance of inculcating positive emotional responses to adverse life situations, still there is a poor understanding between empathy, compassion and peace behaviour among juvenile delinquents. So the present study aims to understand the relationship between empathy, compassion and peace behaviour. The research objectives are to assess empathy, compassion and peace behaviour among juvenile delinquents and find out the relationship between these variables. The researcher has used a correlational design with the variables being empathy, compassion and peace behaviour. A total of 45 participants were chosen from a government juvenile home using purposive sampling method. The survey instruments used for the present study includes Basic Empathy Scale (Jolliffe & Farrington, 2006) and Compassion Scale (Pommier, 2011), Peace Behaviour Questionnaire (Henry & Romate, 2015),

The data were analysed by using descriptive statistics and Pearson product moment correlation. The findings revealed that there is a significant relationship between empathy, compassion and domains of peace behaviour- thinking positively, non-aggressive behaviour, understanding inner peace, working in groups, human rights, understanding self, critical thinking, conflict resolution, community living and environment. Empathy, Compassion and Peace behaviour are significantly correlated among total 45 juvenile delinquents. Both empathy and peace behaviour have a positive relationship with each other. Likewise, compassion and peace behaviour also share a positive relationship with each other.

Further this study attempts to aid the teaching methods by adding inputs to various strategies of human values, conflict resolution, nonviolence in personal interactions of juvenile delinquents. In future, there is a need to plan appropriate intervention strategy to enhance empathy and compassion to bring peace behaviour among juvenile children which further leads to bringing down the crime rate.

Keywords: Empathy, Compassion, Peace Behaviour, Juvenile Delinquents, Violence

**WELL-BEING OF ABANDONED, ORPHANED AND STREET CHILDREN
IN INDIA: A REVIEW**

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Abstract

Childhood is a delicate stage which shapes up an individual's personality and prepares him for the future. Family dynamics, parenting styles and peers play an important role in giving a healthy environment. But what about those under-privileged children that don't have these? Abandoned children are often abandoned by their families due to multiple reasons like homelessness, poverty, poor social welfare systems, single & unwed mothers, physical disability, mental illness, congenital disorders, and the unwanted sex of the child.

Abandoned children are either rescued by institutions or they grow up to be street children. Those who do grow up as street children see an increase in delinquency, conduct disorders, separation anxiety, social alienation, guilt and resentment towards parents. They may also develop reactive attachment disorder and disinhibited social engagement disorder. Such children grow up with poor self-esteem, low confidence, attachment issues, eating disorders, they succumb to substance abuse (Singh & Sekar, 2021; Navpreet et al, 2017; Tadesse, 2014). The present study reviews the work of SOFOSH, UNICEF, WHO and CARA in India working towards the well-being of orphans. Under privileged children are vulnerable, hence their well-being can work as a preventive measure. Those with a higher well-being will have better resilience, emotional intelligence, and social adjustment. This protective factor can enhance the child's adjustment in the society.

Keywords: Abandoned children, orphaned children, street children, well-being, resilience, delinquency, reactive attachment disorder, social alienation

THE IMPACT OF SELF-STIGMA OF SEEKING HELP AND PERCEIVED SOCIAL SUPPORT ON BURNOUT AMONG CLINICAL PSYCHOLOGISTS

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Abstract

Self-stigma of seeking support, perceived social support and burnout have wide implications on the well-being of a mental health professional. This study aimed to evaluate the impact of self-stigma of seeking help and perceived social support on burnout among clinical psychologists in India. Indian clinical psychologists who were currently practicing were asked to participate in this study through purposive sampling. The study included 111 professionals (80.2% female; mean age=31) from all over the country. They filled socio-demographic detail sheet and then completed self-reported measures like Self-Stigma of Seeking Help Scale (Vogel, Wade & Haake, 2006); Social Support Scale (Caplan, Cobb, French, Van Harrison & Pinneau, 1980); and Job Burnout Questionnaire (Surana and Singh, 2009). The main findings from the results indicated a significant negative correlation between self-stigma of seeking help and perceived social support; a significant positive relationship between self-stigma of seeking help and burnout; and a significant negative correlation between perceived social support and burnout. Further, regression analysis was carried out to establish the impact of self-stigma of seeking help and perceived social support on burnout independently. Self-stigma of seeking help was found to have a positive impact whereas perceived social support had a negative impact on burnout among clinical psychologists. The results from this study can be used for development of training modules which incorporates battling burnout in work-places by focusing on stigma and social support.

Keywords: burnout, clinical psychologist, stigma, social support, mental health, India

**POLICY EVALUATION: A SOCIO-DEVELOPMENTAL PERSPECTIVE ON CHILD
AND ADOLESCENT LABOUR (PROHIBITION AND REGULATION)
AMENDMENT ACT, 2016**

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Abstract

Child labour is a dominant social issue in India. Despite laws, the country has seen a rise in the economic employment of a child, under the age of 14. This comes in contradiction to the Right to Education Act, 2009, which makes primary education compulsory. With this as a genesis, to combat child labour, the 1986 Act was amended into the Child and Adolescent Labour (Prohibition and Regulation) Amendment Act in 2016. The present study aims evaluate this act from a socio-developmental perspective through secondary data and a pilot study with primary data. Secondary data is derived from evaluative research papers and newspaper reports. Bronfenbrenner's ecological systems theory is used to contextualize the act. To accentuate the findings, a pilot study with primary data has been conducted through qualitative interviews with three types of stakeholders (N = 5) – an officer from the Child Labour Division in the Ministry of Labour and Employment, a founder of an NGO working for rescue and rehabilitation of children, and three children who work as street vendors in North Delhi. Policy evaluation has been undertaken by taking out viewpoints from the interviews of the first and second stakeholders and comparing them to the secondary data. For the third stakeholder (participants 3, 4, and 5), themes are culled out from their interviews to examine the feasibility of the act on ground. Results show certain discrepancies in the formulation and implementation of the act. Some themes found are: normalization of harsh working condition, precedence of work over education, loss of a childhood and the missing child in 'childhood'. The themes seem to point towards the social dynamics of the country which makes it close to impossible to completely eradicate child labour, without systemic changes. The conclusion evaluates the act in terms of its value, merit and worth.

Keywords: child labour, adolescent labour, economic employment of children, policy evaluation, Bronfenbrenner's ecological systems theory, eradication of child labour.

WORK LIFE BALANCE AND ORGANIZATIONAL IDENTIFICATION AS PREDICTORS OF PSYCHOLOGICAL WELL-BEING OF PRIVATE SCHOOL TEACHERS

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Abstract

The present investigation was aimed to study the Work Life Balance and Organizational Identification as Predictors of Psychological Well-Being of Private School Teachers. It was a novel and challenging task because having gone through the sources of literature, it has been found that only few research studies related to organizational identification have been studied in relation to Work Life Balance of school teachers.

With the above reasons, this topic was chosen and tried out to do some addition in the previous research already conducted by other researchers in the past. Moreover, work life balance and organizational identification seems to be a very significant and necessary aspect in each and everyone's life with especial reference to teachers in the school, whose lifestyle is most likely to be highly influenced and determined by psychological well-being. Work life balance and organizational identification in conjunction with psychological well-being of teachers in the school may give more positive effect in determining their lifestyle. For this purpose, the sample of the present investigation was randomly drawn from the various schools of Aligarh i.e., Aligarh Public School, Delhi Public School, Blue Bird School, etc. The sample size consists of N=500 school teachers. The scales already available viz., psychological well-being scale developed by Shahnawaz and Ansari (2016), Work life balance scale was adopted by Hayman (2005) which was originally developed by Fisher (2001) and Organizational Identification was measured with a six-item scale developed by Mael and Ashforth (1992). On the basis of Simple Linear Regression Analysis statistic finding of the present study revealed that work life balance and organizational identification is significantly influencing the psychological well-being of school teachers. Results will be discussed in a bit detail with logical explanations along with the relevant suggestions.

Keywords: Work life balance, Organizational Identification and Psychological well-being.

BEHAVIOURAL SCIENCES HOSPITAL IN INDIA

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Abstract

In healthcare planning, human interaction with built and open spaces should create experiences for users and service providers with a humane approach. In this paper, an attempt has been made to understand the experience of all providers and stakeholders by understanding the evolution of planning from the Vedic era to the present times. In the Vedic period, Ayurveda recognised the problem of mental health and provided inclusive healthcare treatment by allocating small areas in one's homes and religious buildings.

The present approach to design needs to create an interface of formal and informal spaces for the healing process of patients. The environment of the behavioural science hospitals needs to respond to physical, psychological, and experiential quality of well-being for its users and stakeholders. Integrating landscape and natural environment into the built fabric provides for the holistic well-being of its users in accordance with a safe and secure environment.

Keywords: human(e), healing, inclusive, behavioural science hospital, secure environment, experiential

EDUCATION AND WELL-BEING: A STUDENTS'-BASED CASE STUDY

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Abstract

Well-being is the stage when people feel healthy, happy, safe, satisfied, and comfortable in their life. Education is the learning process and it's bringing a change in human being life. The research topic is Education and Well-being: A Students'-Based Case Study. Education in human life can bring actual well-being and, this is the question of the present study. Recent researches and studies show that human well-being, declining around the world. The research work is qualitative, and the case study method technique has been used for the collection of information. The ten students have been select from different classes and different institutions in Lucknow city. The objectives of the study are- 1) To explore the positive relationship between education and well-being. 2). To find out the higher-level competition adversely affected the student well-being. 3) To know the family support towards the student education is improving the well-being. The findings of the research are 1) Education and well-being both are positively related. 2) The study research shows competition and college work pressure students make confident and laborious, so there are fewer adverse effects of education on student well-being. 3) It is also found that family support is necessary and significant in the well-being of students. At last, the research shows that education can improve the well-being of those students who are conscious, aware, and passionate about their studies.

Keywords: Students, Well-being, and Higher Education

THE ROLE OF AFFECTIONATE COMMUNICATION ON RELATIONSHIP SATISFACTION AMONG UNMARRIED COUPLES

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Abstract

Trust, passion, commitment, communication, affection and dependency have been found to be connected with romantic partnerships characterized by feelings, thoughts and behaviors inside a relationship. Recent research has shown that there is a significant positive correlation between different types of love and relationship satisfaction. The present study is based on the role of romantic relationship and affectionate communication on relationship satisfaction among unmarried couples. Seventy-five unmarried couples (total-150 individual participants) in the age range from 18 to 35 years responded to the Relationship Assessment Scale and the Affectionate communication scale. Results revealed that relationship satisfaction was significantly and positively correlated with three aspects of affectionate communication- verbal affection, non verbal affection and social support. Stepwise regression analysis indicated that social support explained 18% of the relationship satisfaction. The present findings are discussed in the context of the importance of an affectionate communication in order to maintain relationship satisfaction among unmarried couples for leading a healthy life whether at home, at business and in society.

Keywords: Relationship satisfaction; Affectionate communication; Verbal affection; Non verbal affection; Social support; Unmarried couples

**RELATIONSHIP BETWEEN SUBJECTIVE HAPPINESS AND SOCIAL MEDIA USAGE:
SELF ESTEEM AS A MEDIATOR**

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Abstract

Social media usage has increased over the period of time among adolescents and young adults. There have been incidents where people start subjective comparison of their reality with the reality that has been formed by social media usage. It has been observed by past research that this impacts the self esteem of the person. Keeping this in mind, the present study is trying to explore the relationship between use of social media, self esteem and subjective happiness in young adults. Indian Population was used as a sample through the method of convenience sampling. Age range of 18 to 30 years was considered for this study. English proficiency and absence of clinically diagnosed mental illness was taken as a control variable. It has been hypothesized self esteem would work as the mediator for the relationship between social media usage and subjective happiness. In addition to this the secondary aim was to understand the difference between the subjective happiness of males and females. The data collection is in process. The statistical tool of regression will be used in order to analyse the result.

Keyword: social media usage, Self-esteem, subjective happiness, young adult, mediation

MORBIDITY LEVEL AND WOMEN EMPOWERMENT: AN EVIDENCE FROM MANIPUR

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Abstract

This study is aimed at identifying the role of women empowerment in determining the morbidity level among women and their children in Manipur. The analysis is based on a primary survey conducted among 300 married women having children with less than 5 years of age, in two districts of Manipur, covering one hill district (Chandel) and one valley district (Kakching). Proxy indicators of women empowerment and socio-demographic characteristics of the respondents were collected. The study used a composite women empowerment index (WEI) as an independent variable and measured it as a simple average of standardized scores of the indicators which were identified based on five dimensions of women empowerment: women's household decision making, women's participation in economic decision-making freedom of movement, women's autonomy and attitude towards gender relation. The univariate analysis showed that 84% of the respondents make decisions about their own health, 57% of them were empowered to participate in children health related matters and 32.7 % participated in family planning. Binary logistic regression analysis found that WEI is a statistically significant factor in determining the illness level of both women and children (OR=0.28, $p<0.001$ and OR=0.003, $p<0.001$) indicating 72% less chance of illness among women and 97% less chance of child's illness with women with one unit more of WEI. Further, multivariate logistic regressions were performed to assess the effects of other factors on morbidity, by including more predictors which include husband education, age at marriage, region, district and WEI. The results showed there is less chance of child's illness for mother with more WEI (OR=0.002, $p<0.01$), father with graduate education (OR=0.334, $p<0.01$) but higher chances of child's illness in hill district (OR=2.308, $p<0.05$), indicating 2.308 times more likely for children in Chandel district to get ill. However, WEI (OR=0.008, $p<0.001$) is found to be the only statistically significant factor for illness among women, the rest factors included in the model are not found to be significant at $\alpha=5\%$ confidence level. These findings highlight the instrumental functions of women in improving the health conditions of the household.

Keywords: Manipur, Women empowerment, Decision Making, Autonomy, Freedom, Education, Morbidity

HILL AGRICULTURAL SYSTEMS AS A POTENTIAL SOURCE OF AGRITOURISM LEADING TO WELL BEING

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Abstract

Being well doesn't only concern with being disease-free, but it integrates both of our physical and mental well being which is beyond mortality and economic status. Every year many tourists visit Uttarakhand hills for mental refreshment where they stay in hotels and visit the nearby charismatic places like eco-parks, lakes, temples, meditation centres, etc. due to which these places sometimes become overcrowded and less peaceful. As a result, the purpose of mental refreshment is not fulfilled. Also, the people don't get acquainted with the ground realities or the natural environment of the places. Hence, there is an urgent need to identify a sustainable mode of tourism where tourists can properly get familiar with the ecological and cultural diversity of the place along with providing additional income to the farming communities of hills. With this purpose, a village level survey was conducted in the Gewarh valley of Almora district, Uttarakhand, India.

Hill agriculture systems of Uttarakhand have immense diversity and scenic value. Hence, they can serve a source of sustainable tourism, i.e., agritourism, which is a combination of natural environment and products of agricultural operations with tourism, in which the tourists visit and stay in an working agricultural farm, ranch or winery for leisure, refreshment, recreation, meditation and educational purposes and get involved in farm-based recreational activities like shopping, dining, fishing, lodging and celebrating the agri-festivals with the farmers. In the state of Uttarakhand, there is huge economic gap between the hills and plains due to unemployment and low per unit agri-productivity. As a result, the rate of emigration is increasing per year turning many villages into ghost villages. The door to door survey and discussion with farmers led to the conclusion that developing the area into an agritourism hotspot will not only enhance the quality of livelihood of the hill farmers, but also bring the urban people close to the environment. Along with this, making the facilities for agri-gym (working in the field with the farmers), harvesting the vegetables, fruits, tubers, forest roaming, etc. will help in maintaining the physical as well as mental well being.

Keywords: Agriculture, Well-being, Uttarakhand, Tourism.

ROLE OF INTERPERSONAL INTERACTION AND EMOTIONAL INTELLIGENCE IN PSYCHOLOGICAL WELLBEING

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Campus

Abstract

Psychological wellbeing (PWB) is a multidimensional concept that inculcates emotional wellbeing, social wellbeing, workplace wellbeing, etc. over a prolonged period. Existing literature suggests PWB be influenced by a variety of factors since it encompasses multiple domains. The present study aims at identifying the impact of interpersonal interaction within the society (including social network (SN), parental control (PC) and parental responsiveness (PR)) and emotional intelligence (EI) on PWB, and the extent to which these variables are associated to enhance and expand current understanding of the concept of PWB. For this purpose, different measures including the Psychological Wellbeing Scale, Scale of Parenting Styles, Lubben Social Network Scale, and Assessing Emotions Scale were administered on 106 college-going students ranging from 20 to 26 years of age. The result from Pearson correlation indicates a weak to moderate, but a highly significant relationship of PC, PR, SN, and EI with PWB. Stepwise regression produced two models for estimating PWB. First model includes PR, contributing for about 22.3% of total variance in PWB ($p < .001$). The second model includes PR and EI which indicate 6.2% of unique variance explained by EI in estimating PWB ($p < .005$). Additionally, PC and SN were excluded from the regression model in explaining overall PWB. The findings suggest that the presence of secure and positive PR, as well as high EI, can significantly benefit PWB. These variables should be targeted while developing psychological interventions, especially for medical (cancer, type 1 diabetes, etc.) and special (intellectual disability, autism, etc.) populations for enhancing their PWB, and their effectiveness should be explored by future researchers.

Keywords: Psychological wellbeing, social network, emotional intelligence, parental control, parental responsiveness.

EVERYDAY MEMORY PERFORMANCE AND LIFE REVIEW AMONG OLDER ADULTS

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Abstract

Life review is a technique that can be helpful to older persons in clarifying their roles as family members. While older people are usually thought of as fully socialized, research on aging and the family life cycle clearly indicates that as people mature, they must continually learn to play new roles. Reminiscing is an active process of recalling past events. In general people in their old age feel happy to memorize their past through reviewing rather than their apprehensive future. Researches indicate that people who use life review for self-understanding show the greatest ego integrity and positive mental health. The sample of the present investigation were 400 community living elderly men and women, where random sampling technique was used to draw the subjects from rural and urban areas of Rayalaseema region of Andhra Pradesh. Life Review questionnaire used to assess life review and Memory performance assessed by Everyday memory Questionnaire. Results were discussed in the light of psychological interventions. Some reminisce for self-understanding, which will help to resolve the past problem and find meaning in life. Very few people reminisce to solve present problems and cope with losses. Life review process helps account for the increased reminiscence in the aged that it contributes to the good memory performance.

Keywords: Life review, older adults, Memory

LONELINESS AND ITS RELATIONSHIP TO FAMILY ENVIRONMENTS AMONG SCHOOL-GOING ADOLESCENTS OF SIKKIM

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Objectives: To study the relationship between loneliness, socio-demographic variables and family environments among school-going adolescents of Sikkim.

Background: Loneliness is a mental health threat all over the world. It was known to affect mainly old age people or those who are alone due to separation/divorce from partner or death of the partner. So, the focus of the study about loneliness was among the geriatric age group and people who have faced loneliness due to the sudden demise of a partner and people with relationship issues. With the growing times and changing environment, the effect of loneliness could be seen among the school-going adolescents as well. The family plays an important role in every sphere of life especially in taking decisions about the steps that an adolescent has to take so as to face the world when they are out of the house in near future.

Methodology: The study was conducted among 280 (124 boys and 124 girls) school-going adolescents of Sikkim. The self-made socio-demographic questionnaire was prepared and standardized scale of loneliness and family environment was used for the data collection. The data was collected and evaluated with correlation methods in SPSS to see if there is any relationship between some selected socio-demographic variables, loneliness and family environment among school-going adolescents of Sikkim.

Results: The prevalence of loneliness was found out among school-going adolescents and it was higher in girls than in boys. The loneliness was observed among school-going adolescents who have lost one or both the parents as well as who has both the parents. The School-going adolescents whose parents were working in a non-government sector earning around Rs 5000 has been found to be lonely more than the higher-income group. Loneliness is negatively correlated to acceptance & caring at a significance level of 0.05. The positive correlation was observed between almost all the variables of the family environment at a significance level of 0.01.

Keywords: Loneliness, school-going, adolescents, family environment.

A STUDY ON PSYCHOLOGICAL WELLBEING AMONG COLLEGE STUDENTS

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Abstract

The present study is to analyse the Psychological Wellbeing among college students during in Madurai district and also to determine the socio demographic profile of the college students. Psychological well-being is about life is going well. The concept of functioning effectively (in a psychological sense) involves the development of one's potential, having some control over one's life, having a sense of purpose (e.g., working towards valued goals), and experiencing positive relationship. In this study the researcher examined the psychological wellbeing among college students with the help of structured tool with 18 items was invented by Ruff which includes socio demographic profile of the students. Convenience sampling technique was used for data collection and 30 respondents were selected. Google form was created to collect data from the respondents through online mode. The survey questionnaire link was shared via Whatsapp stating the objective of the study and requesting to fill the given link. SPSS (Statistical Package for Social Sciences) software was used to analyse the collected data. The result of this study is that most of students are having high level of psychological wellbeing.

Keywords: Psychological, wellbeing, students, college and emotions

**सेवा क्षेत्र और व्यावसायिक क्षेत्र के व्यक्ति के व्यक्तिमत्व पर चिंता, तनाव एवं अवसाद कारकों
का कार्यस्थल पर असर एक तुलनात्मक अभ्यास
वृषाली पंडित**

काउंसलर, टाटा मेमोरियल कैंसर हॉस्पिटल, नवी मुंबई

COVID – 19 महामारी ने पूरे देश में अरबों लोगों के जीवन को विकृत कर दिया है। हम COVID-19 महामारी के जोखिल के तहत जी रहे हैं, और वित्तीय संकट का सामना कर रहे हैं। चिंता, भय, अवसाद, अकेलापन जैसी मानसिक स्वास्थ्य समस्या का सेवा क्षेत्र और व्यावसायिक क्षेत्र के व्यक्ति के व्यक्तिमत्व पर असर दिखाई दे रहा है। काम का बोझ, पारिवारिक और सामाजिक संचार की कमी, मानसिक और शारीरिक स्वास्थ्य के मुद्दे पर अधिक थकान महसूस कर रहे हैं। प्रतिगमन विश्लेषण का उपयोग कर के विविध स्तर के सम्बन्ध का निरीक्षण करते हैं। अध्ययन में देखा जाएगा की व्यक्ति के व्यक्तिमत्व सुखकारी मानसिक स्वस्थ से सम्बंधित है। वर्तमान नमूना ($n = 50$) के अवसरवादी नमूनाकरण का उपयोग करके शामिल किया गया था। जिनमें इच्छुक प्रतिभागियों ने शोध अध्ययन में भाग लेने के लिए प्रश्नावली का संगणक अनुसरण किया था।

i) चिंता, तनाव, अवसाद (ADSS) प्रश्नावली

ii) रॉबटय मॅक्रेर और पॉल कस्टा गुणतत्व दृष्टिकोण पर आधारित व्यक्तिमत्व के पंचघाटाक सिद्धांत प्रश्नावली तथ्य प्रश्नावली सामग्री का उपयोग किया गया। टी परिक्षण का सांख्यिकीय विश्लेषण किए लिए उपयोग किया गया।

इस अध्ययन परिणामों का सेवा क्षेत्र और व्यावसायिक क्षेत्र के वर्ग के व्यक्तिमत्व का मानसिक स्वास्थ्य के मुद्दों को व्यक्तिमत्व पर चिंता, तनाव अवसाद कारकों का कार्यस्थल पर प्रभाव जांचना है।

मुख्यशब्द : स्वास्थ्य, चिंता, तनाव, अवसाद, व्यक्तिमत्व, सेवा क्षेत्र के व्यक्ति, व्यावसाय क्षेत्र के व्यक्ति

BLENDED CLASSROOM A TOOL FOR STUDENT WELL-BEING

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Abstract

The Covid-19 pandemic that raged across the world in 2020 and 2021 disrupted life in all its intricate facets. Be it the vocational sector or the household front, various new novel behavioural techniques had to be acquired and implemented, to present a semblance of “normal” mundane life. The educational field also witnessed a major revolution in its operation, with the traditional form of classroom teaching being substituted for online teaching. Various forms of new teaching learning mediums rose to the surface, in order to meet the current demands. Blended form of teaching learning style became highly popular and has proven to be an effective means of imparting curriculum instructions. The aim of the paper was to explore the various ways in which this tool has proven useful for the students. Unstructured interviews were conducted on a sample of 20 under-graduate students. Basic themes were analysed and interpreted. The results of the study revealed that blended form of teaching methodology was strongly appreciated by students as the e content which was uploaded by their teachers on Whatsapp and Google Classroom could be accessed at any time the student so desired. They could watch or listen to the lecture as many times they needed to, giving them more clarity and developing in them the ability to self study and focus. The study has powerful implications in current situation, especially where many educational institutes have reopened after the pandemic has slowed, and traditional classes are again on the rise. Blended classes could be kept in utilisation and not be totally replaced.

Keywords: Blended classroom, Covid-19, technology, student wellbeing.

PANCHAYATI RAJ INSTITUTIONS (PRIS) ROLE IN ADDRESSING RURAL HEALTH CARE SERVICES IN UTTAR PRADESH

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Abstract:

As all know, PRI's robust commitment is the only available and accessible instrument to attain community participation and reach the program's margins, poor and vulnerable sections of rural society. Nevertheless, key issues like empowerment of different level panchayats through timely grants, autonomy, manpower, and capacity building are very critical, vital, and need-based. Confining NRHM functions within the gramme panchayats and implementing through various health committees more precisely through gramme sabhas' may speed up the process and reach the margins at the earliest. Because this tier will have ground-level data, and this will be useful for the planned mapping and programme designing. Community participation plays a major role in global health policy after acceptance of primary health care as the policy of WHO and it is one of the major components of the health system to facilitate health care services. In view of this, the national rural health mission has designed the village health, sanitation, and nutrition committee as an intervention approach to address rural health care services at the community level. The committee is known as Swasthya Evam Kalyan Samiti in Uttar Pradesh. Participatory approaches are required to attain sustainable development of goals. Both the national health policy 2017 and the population policy 2000 advocate the involvement of the community in addressing health care services. The national vector-borne disease control programme highlights the importance of community participation in addressing vector-borne diseases. The 73rd and 74th constitutional amendment acts, 1992, guarantee panchayats' responsibility for health and create awareness about health care services. In the health sector, there are four kinds of intervention strategies: preventive, promoting, curative, and rehabilitative. All three factors of preventive, promotive, and rehabilitative health care are accountable for all three factors, with the exception of the curative role, which primarily involves treatment. Gram Panchayats' systematic planning is critical for the long-term improvement of health in the Gram Panchayat region. NRHM has expanded into a multi-layered, multi-dimensional, broad-based health database that encompasses a wide range of techniques and valid indicators for rural health care programmes, including the role of PHCs, CHCs, and healthcare providers. The Gram Panchayat planning process differs from state to state, depending on the state's guidelines or manual for planning, but a significant role may include setting a planning environment, evaluating priorities, assigning responsibilities depending on necessity and resources available, and adopting the final plan.

Keywords: Panchayati Raj Institutions, Health Care Service, Gram Panchayat Village NRHM, Primary health Care, Public health.

PSYCHOLOGICAL CHALLENGES OF ORPHANS – AN EXPLORATORY STUDY

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Abstract

Hundred Biological Orphans, hundred Legal Orphans and Hundred Non-Orphans were selected for the present study. Each group was divided on the basis of sex (fifty males and fifty females) and even intelligence groups (children with average intelligence and children with below average intelligence) were separately taken for clearer picture of the study. The selected sample was assessed on selected psychological variables namely –Impulsivity, Aggression and Depression. The main objective of the study was to determine if there are significant differences in Impulsivity, Aggression and Depression among/between subgroups of three sets of samples [i.e. (a) orphans (biological orphans and legal orphans) and non-orphans; (b) sex (both males and females); and (c) intelligence groups (children with average intelligence and children with below average intelligence)]. Statistics in the form of descriptive statistics (mean and standard deviation) and inferential statistics [(322) Analysis of Variance (ANOVA) and Post Hoc Tukey Test] are done. Results indicated a significantly higher between group scores for all the dimensions of the selected variables. Orphans scored low in intelligence scale as compared to their non-orphan counterparts whereas females scored lower in case of the above mentioned. Higher trend of scores were observed in orphans (biological and legal) / females / children with below average intelligence in almost all the dimensions of the selected variables when compared with their counterparts. Among orphans, Biological orphans scored highest in innate aggression, trait aggression dimensions, anger control, and almost in all the dimensions of depression except Anhedonia. Whereas, Legal orphans scored highest in extrinsic aggression, state aggression dimensions, not planning impulsiveness and anhedonia. Intelligence was obtained to be highest in case of Non-orphans. Between sex, Females scored higher in almost all the dimensions of the selected variables except not planning, extrinsic aggression, Anhedonia and intelligence. Between intelligence groups, Children with below average intelligence scored higher in all the dimensions of the selected variables i.e., impulsivity, aggression and depression.

Keywords: Psychological Challenges, Orphans, Non-Orphans, Intelligence, Impulsivity, Aggression, Depression.

HAPPINESS AND WELL BEING: INTERCONNECTED YET INDEPENDENT

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Abstract

“Happiness is a choice, and when repeated it beautifies your well being”

Happiness is being inspired since a long span of time but the contemporary lifestyles and the obstacles resist oneself from reaching it. It's a subjective perspective which has been provided with several views. Happiness and well being are simultaneous and at times used interchangeably in the vocabulary. One of the first concept studied by Seligman (1991) that contributed to the development of these notions on happiness was that of learnt optimism.

When defining well-being, Seligman (2011) started from the classic definition of health proposed by World Health Organisation in 1946. To the absence of illness, Seligman adds the presence of positive emotions leading to a situation of effective well being.

This review paper shall include the determinants and correlation of happiness with well being, the old definitions to the changing perspectives of it. Thereafter, fostering the concepts of happiness and well-being in our lives.

Keywords: Perspective, Happiness, Well being, Correlation, Foster

PROMOTIVE FACTORS AMONG CHILDREN IN ORPHANAGES

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Abstract

The recent research in psychology realized the need to broaden the spotlight from problem focused perspective to strengths of an individual. Research on positive mental health highlights resilience as a key variable to improve well-being. Exposure to some trauma can act as a steeling event for better coping and resistance. A substantial number of research reveals that children living in the orphanages are at risk for variety of challenges with greater frequency and intensity. When children are provided with adequate insight into their own competence and resources available, it can more likely to promote resilience and accomplish well-being. Having high resilience and well being will empower the child to adapt to life challenges with much more confidence and optimism. The resilience doughnut model also highlights the importance of focusing on promotive and risk factors to understand the effect of trauma. The researchers thus realized the need to explore the strengths of these children. A qualitative study was conducted to explore the promotive factors among vulnerable children living in the orphanages of Kerala. The children within the age group of 8 to 15 years were selected through purposive sampling technique from Thiruvannanthapuram district of Kerala. Using a semi- structured interview, the factors that can enhance resilience is explored. Thematic analysis was used to analyse the data transcribed. The result concluded two kinds of promotive factors such as Assets and Resources that can strengthen the resilience of children. The individual capabilities and other policies of the institutions and governments were some of the themes derived. Highlighting these factors will ameliorate competence in children by training them to give meaning to traumatic event and find benefit in such challenge. The research will enrich the policymakers the need to develop programs and interventions that can stimulate these resources and assets within the children to promote their well- being and accelerate positive outcome in the face of adversity.

Keywords: Promotive Factors, Strength, Vulnerable Children, Orphanage, Resilience

EFFECT OF KETTLEBELL TRAINING WITH SPECIFIC RECREATIONAL ACTIVITIES ON SELECTED STRENGTH VARIABLES AMONG VOLLEYBALL PLAYERS

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Abstract

Background: The purpose of the study was to find out the effect of Kettlebell Training With Specific Recreational Activities (KTWSRA) on selected strength variables among volleyball players.

Methods: Data were analysed from thirty collegiate volleyball players who were selected from Chennai, Tamil Nadu. The age of the selected subjects was between 17 to 25 years. Further they were classified at random in two equal groups of 15 (n=15) subjects each. Group - I (Experimental Group) underwent Kettlebell training with specific recreation activities (KTWSRA) thrice in a week for six weeks, and each session lasted for 45minutes and the Group – II - that was a control group (CG) did not undergo any special training apart from the regular exercises. The explosive strength and strength endurance were measured and tested for both the group members before and after the training session. The Analysis of variance (ANOVA) which has a set value of $p < 0.05$ was performed to find out the significant mean differences.

Results: The study revealed that the selected criterion variables of explosive strength and strength endurance significantly improved in the six weeks duration of KTWSRA among VP.

Concluded: It was concluded that KTWSRRA significantly increased explosive strength and strength endurance among volleyball players (VP).

Keywords: Kettlebell Training, Specific Recreational Activities, Explosive Strength (ES), and Strength Endurance (SE).

IMPORTANCE OF WELL-BEING FOR SENIOR SECONDARY SCHOOL STUDENTS

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Abstract

Globally, depression is the fourth leading cause of illness among adolescents aged 15–19 years (WHO). Anxiety is the ninth leading cause for adolescents aged 15–19 years (WHO). Suicide is the third leading cause of death in 15-19-year (WHO). These mental health problems may be because of Parental Expectations, Peer Pressure, Academic burden or High competition among students. As a result, students lost their well-being and further struggle to gain overall well-being or positive mental health in their lives. Therefore, well-being is important for students to adjust at home as well as in the society. Because it is protective against suicidal behavior, academic impairment, and the incidence of future mental illness (Keyes,2012). Well-being is all about satisfaction, health, happiness and prosperity. World Health Organization (2001), defined well being as, ‘a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community’.

The main objective of present study is to discuss the importance of well-being for Senior Secondary School Students. Because Senior Secondary level occupies a highest place in the ladder of Indian School Education System which prepare all students for higher studies and determines their future. So, it is a current need to study and understand the importance of well

being among students at senior secondary level. Another focus of present study is to discuss the importance of different types of well-being for Senior Secondary School Students. Present study is an outcome of reviews of past studies conducted in this area. Present study is based on secondary information collected from different sources such as books, journal, articles, magazine, newspapers and so on.

In last, researcher concluded that well-being plays a vital role in student’s current and future life. Because it helps the students to obtained high grades in the exams, to cope up with negative emotions, to develop self-confidence, to develop sound personality, to achieve future goals, to develop inner peace, to adjust in the society and so on. Therefore, Senior Secondary School Students required a high as well as overall well-being in order to get entry into a Higher Education System and job market in the future.

Keywords: Mental Health Problems, Well-Being, Students, Senior Secondary level, Indian School Education System, World Health Organization (WHO).

ROLE OF POSITIVE PERSONALITY TRAITS IN FOSTERING FORGIVENESS IN INDIAN ADOLESCENTS

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Abstract

The current study was conducted to examine the relationship between positive personality traits and forgiveness in Indian adolescents. A sample of 200 adolescents (107 boys and 93 girls) randomly selected from various schools of Lucknow participated in the study. Positive Personality Trait Questionnaire (PPTQ) and Heartland Forgiveness Scale (HFS) along with a demographic schedule were administered. Results suggested a positive correlation between positive personality traits and forgiveness among girls, but not among boys. Moreover, positive self-image in girls significantly predicted forgiveness in them.

Keywords: Positive Personality, forgiveness, Personality, Adolescence, PPTQ, HFS

RELATIONSHIP BETWEEN FORMAL EDUCATION, PSYCHOLOGICAL WELL-BEING AND LIFE SATISFACTION AMONG EDUCATED INDIVIDUALS

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Abstract

The current study focuses on comparing the strength and stability of the 'education effect' on a wide range of outcomes over time. To examine higher education levels are associated with higher levels of political interest, social trust, self esteem, attitude, lifestyle, psychological wellbeing and life satisfaction. The study is to understand how Education can help people to shape their 'social identity' framing their understanding of themselves and their relationships with other people. The study does not focus and says that education necessarily brings about happiness as the happiness of an individual is as well affected by the way he or she feels, including the health factor. The study is to show that people who have received formal education say that they have the satisfaction in life and that they carry out worthwhile activities.

The study is trying to understand numerous justifications for considering the promotion of well being legitimate in education. Apart from being desirable in itself, it has a positive view on the future and a feeling of one's ability to control his life are crucial to further, on-going successful learning. Most importantly, well-being creates a focus on the emotional and social features of effective learning including managing feelings, empathy, self-awareness, social skills, and motivation.

In this normative survey, the researcher has selected a sample of 50 educated and 50 uneducated individuals between the age group of 25 to 45 by convenient sampling technique.

The instruments used will be perceived Education scale, psychological well-being scale and life satisfaction scale

Keywords: Formal Education, psychological well being, life satisfaction, self esteem, social identity, self awareness and Empathy.

A COMPARATIVE STUDY OF PSYCHOLOGICAL WELL BEING AMONG LATE ADOLESCENCE

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Abstract

The purpose this Study the Psychological well-being on Male and Female Late Adolescence.

Objectives: To Study the Male and Female Late Adolescence with dimension Psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation. **Hypotheses:** There is no significant difference between Male and female with dimension psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation.

Methodology: Sample: Total sample of present study 100 Late Adolescence, in which 50 were (Urban and Rural) Late Adolescence and 50 Female (Urban and Rural) Late Adolescence. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non-probability purposive Quota Sampling was used.

Variables- The independent variables are Gender (Male and Female Late Adolescence) and Dependent variables are Psychological well-being (Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation). **Research Design:** 2x2 Factorial research designs used. **Research Tools-** Psychological wellbeing scale (2012) by Devendra Singh Sisodia and Pooja Choudhory. **Statistical Treatment:** Mean SD and ANOVA.

Conclusions: 1) Female Late Adolescence high Life satisfaction, Efficiency, Sociability, Interpersonal Relation ad Psychological well-being than Male Late Adolescence. **2)** No significant difference between Male and female late Adolescence on Mental health.

Keywords: Late Adolescence, Male, Female, psychological well-being on Life satisfaction, Efficiency, sociability, mental Health, Interpersonal relation.

THE PENSIVE ISSUE: EFFECT OF POSITIVE PSYCHOLOGY INTERVENTIONS ON HAPPINESS OF INDIVIDUALS

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Abstract

The present study experimentally investigated the effect of Positive Psychology interventions on the happiness of individuals. The study was done on a group of 40 students between the ages 17 and 21. A fourteen-day long intervention was done where the participants (N=40) were given various activities involving positive psychology, such as positive affirmations, gratitude interventions, a feel check, mindfulness interventions, self-awareness and happiness activities. Participants were given these interventions every night and their progress was measured using a check-in form for each day. Happiness according to this study is defined as a state of well-being and contentment. The happiness levels of the participants were measured at the beginning and end of the fourteen-day period using online platforms, in order to see if there was a difference from the beginning and to check the effectiveness of the intervention. They were asked a series of questions in order to measure the same using the 'Oxford Happiness Questionnaire (OHQ)'. Pre and Post test results were compared using tests of significance. The results display an obvious effect, with the levels of happiness taken after 14 days higher than that of the beginning. This study has great implications, taking into account that a person's happiness levels might increase to great levels if positive psychology interventions are effectively carried out on a regular basis. It necessitates the need for psychoeducation of the masses and for establishing ways in order to help foster more happiness as a community. The exact statistical findings for the same will be shared upon acceptance of the paper.

Keywords: Happiness, positive psychology, interventions, personal wellness, well-being

ATTACHMENT STYLE AND EMOTION REGULATION AMONG LESBIANS, GAYS AND TRANSGENDERS: A COMPARATIVE STUDY

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Abstract

The LGBTQIA+ population experiences a magnitude of mental health issues because of their constant struggle with identity formation and sexual orientation along with discrimination, rejection and restricted access to opportunities owing to non-acceptance of their gender and orientation. An individual's formative years of life encompass the development of gender and orientation along with their Attachment styles as a result of the interaction with their caregivers. Emotion Regulation in turn not only gets effected by but also effects this Attachment Style leading to differences in mental health of individuals. The similarities in the LGBTQIA+ populations are immense but it is important to recognise and understand the features which make them different from each other apart from the accountability of individual differences. The current study aims to assess the relationship in Attachment Style and Emotion Regulation among Lesbians, Gays and Transgenders. A sample of 45 individuals (15 Lesbians, 15 Gays, 15 Transgenders) of the age range 18 – 28 years was collected from Lucknow through purposeful and snowball sampling to be used in a cross-sectional research design. The Attachment Style of participants was assessed using the Measure of Attachment Style (Ahmed, Jahan & Imtiaz, 2016) and Emotion Regulation using The Emotion Regulation Questionnaire (Gross & John, 2003). The results were analysed using Spearman's Rank Order Coefficient. The results indicate that a significant positive relationship was found between Avoidant Attachment Style and Cognitive Reappraisal ($p < 0.05$) as well as Avoidant Attachment Style and Expressive Suppression ($p < 0.01$) and a significant negative relationship was found between Secure Attachment Style and Expressive Suppression ($p < 0.01$). It can hence be concluded that in spite of having an insecure Style of Attachment, adopting a healthy Emotion Regulation strategy is possible.

Keywords: Lesbians, Gays, Transgenders, LGBT, Attachment Style, Emotion Regulation

ASSESSING STUDENTS' AWARENESS OF TRANSFORMATIONAL TEACHING IN THE CONTEXT OF ONLINE CLASSES

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Abstract

The educational field and teaching professionals alike had not anticipated the vicissitudes of the covid-19 pandemic. Owing to the massive spread of covid-19, physical classes were discontinued. The teaching fraternity switched to an online mode of teaching. Teachers not very well-versed in digital technology were compelled to adapt to this unfamiliar and only available resort. With the online mode of teaching, the teachers tried their level best and various techniques to engage their students, marking the beginning of the transformational teaching process. The paper seeks to assess the awareness about a relatively new concept of transformational teaching in the context of online classes. Results state students considered their teachers transformational in spite of the major transitions in the teaching methodology.

Keywords: Covid-19, teaching methods, online classes, transformational teaching, online teaching.

HAPPINESS AND WELL-BEING AMONG ADOLESCENTS IN RAPIDLY CHANGING SOCIAL SYSTEM

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Abstract

Happiness and well-being are basically related to each other and have different connotations based upon the age group. In recent years, we've witnessed many changes in the social system like rise in the nuclear family system, both parents working or single parent raising kids, adoption of kids by LGBT community and the most recent one; the drastic change in lifestyle and daily routine of people, hindering their normal life due to Covid-19 pandemic. All these gradual and drastic changes are creating impact in the state of mind and well-being of people. Teenagers or adolescents are the most affected one due to change in their physical, physiological and emotional expressions, and it is a matter of great concern. Adolescence is the period following the onset of puberty during which a young person develops from a child into an adult. It describes the teenage years between 13 and 19 and can be considered the transitional stage from childhood to adulthood. Happiness as said is a state of mind and well-being is related to emotional, physical and mental health, and teenagers are very much vulnerable at this state. I have acknowledged the need of making teenagers aware of the happiness and fostering in them the aspects of well-being. My relevance of study is to find out what a teenager is experiencing at physical, emotional and mental level during the current scenario. Aim of my study is to understand the change in physical, psychological and emotional changes during the puberty and how it is affecting their emotional and mental well-being apart from happiness in the current scenario. My paper will study the observable changes among teenagers due their lifestyle, family and societal influence, and help teenagers in fostering healthy way of living and well-being. For the present study, a convenient random sampling of 50 adolescents was done. Data was gathered using questionnaire and later, a workshop was conducted for creating awareness. Secondary data included online blogs, newspapers and websites. Limitation of the research included limited sample size and small area of urban region.

Keywords: Adolescence, Healthy development, Changing social system, Happiness, Well-being

ATTACHMENT STYLES, GRIT AND FLOURISHING AS PREDICTORS OF WELLBEING AMONG COLLEGE STUDENTS

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Abstract

Research has suggested that achievement is not solely based on the cognitive abilities of the learner, but rather on the combination of cognitive ability and personality traits. Theoretically, these attachment styles influence how well a person can be living within an optimal range of human functioning, one that connotes goodness, generativity, growth, and resilience. Personality variables such as grit could help shed light on academic success and wellbeing. Having high level of positive emotions, positive psychological functioning and positive social functioning can also contribute to a better system and experience of higher education. This study attempts to find out how these factors are related and how it varies as the educational level progresses. The present study attempts to study the relationship between these variables. The objective of the present study is to determine whether a relationship exists between attachment styles, grit and flourishing and how these variables can predict wellbeing among college students. The study will determine whether there is a difference between grit and flourishing among undergraduate and postgraduate students. The sampling method used was convenient sampling. A sample of students from five colleges in Chennai participated in the study. The recruitment of the samples and the study's procedure was in accordance with ethical requirements. In total, N = 300 (150 undergraduate and 150 postgraduate) female students participated in the study. Participants' age ranged between 18 and 24. Participants completed the WHO-5 Wellbeing Index, Flourishing Scale, the Grit scale and Relationship Questionnaires. The research will use t-test and multiple regression to analyze the data. The results will help to understand how grit, flourishing and attachment styles can predict wellbeing and can help in designing interventions to enhance wellbeing of college students based on these variables.

Keywords: Grit, attachment style, well-being, resilience, growth

IMPACT OF SELF OBJECTIFICATION ON ACADEMIC ACHIEVEMENT OF SCHOOL GOING ADOLESCENT GIRLS

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Abstract

Fredrickson and Roberts (1997) proposed that the social act of sexual objectification prompts self objectification. This sexual objectification leads to self-observation and appearance anxiety. Sexual objectification theory propagates that females are comprehensively seen as sex objects by males and the society in general. This objectification occurs in social or relational encounters and media representations. "Social or relational encounters include whistles, staring at women's bodies, sexual comments and goading. Media highlights women's bodies and body parts and depicts women as the target of a lustful male gaze. Adolescents in the present times are overly concerned about their outer appearance and lose focus on their inner abilities. They are transcendently stressed over their actual appearance and believe that they can control their appearance. This is particularly relevant to the female sex as they are raised in a world which over emphasizes upon beauty of the females. The present study was undertaken to measure the level of self-objectification of 100 adolescent school going girls using Objectified Body Consciousness Scale by McKinley, N.M., and Hyde, J.S. (1996). The subscales utilized in the OBC scale are (a) surveillance (seeing the body as an external spectator), (b) body shaming (feeling disgrace when the body doesn't adjust), and (c) appearance control belief. The Objectification score was the total of the score obtained on these three sub scales. The second objective was to assess whether self-objectification affects their academic achievement.

Keywords: Sexual Objectification, Self Objectification, Academic Achievement

EDUCATIONAL INTERVENTIONS FOR STRENGTHENING CHILDREN'S WELL-BEING

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Abstract

Massive technological advancement owing to extensive industrial revolution leading to rapid pace of human development no doubt has elevated us to great heights and had made our living easier but at a very high cost of our health and wellbeing. People nowadays are more stressed, anxious, isolated and distressed than ever before. Unfortunately, the pandemic period of covid 19 has further aggravated the problem to an alarming level. Studies show that anxiety and depression has not even spared our young children. According to the results of a meta-literature review published in JAMA Paediatrics children's depression and anxiety rates around the world have doubled since the start of the COVID-19 pandemic. The results show that before the pandemic, the rate of children's depression and anxiety were estimated to be 8.5% and 11.6%. and now one in four children is reporting depression and one in five is reporting anxiety.

Researchers suggest an urgent need for intervention and recovery efforts in the direction of improving child and adolescent well-being. Well-being is concerned with the development of mental, emotional and social determinants of individuals personality. Equipping the individuals with measures by which they can cope up with the stresses of everyday living and perform their work efficiently is the need of the hour. Quality education provides a strong psychosocial support to students and contributes to the well-being of learners by providing them caring and supportive learning environment, helping them to develop knowledge and skills. In this context the present paper is an attempt to analyse educational interventions in fostering psychosocial wellbeing of students.

Keywords: Psychosocial Wellbeing, Quality Education, Interventions.

HAPPINESS, GRATITUDE AND WELL-BEING: ASSESSING THE MENTAL HEALTH OF UNIVERSITY STUDENTS IN RAMPUR

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Abstract

Happiness is a subjective experience and evidence suggests that it comes from giving, not getting. If we make enough efforts for making others happy, it is certain and probable that part of it would reach us in some or the other way. Happiness radiates and travels from one person to another, provided individuals are not holding themselves back. In order to experience joy, we must first think about how to give it to others, and to keep joy for a longer time, we must learn to distribute and share it. The word “gratitude” has a number of different meanings, depending on the context. The aim of this study will to investigate happiness and gratitude on study habits on college students. The current study has been situated in Rampur, a city in Indian state of Uttar Pradesh. The sample was drawn from the students studying in regular mode at Mohammad Ali Jauhar University, Rampur. The study has made use of cluster sampling method, by which 100 students were selected as the research sample. Tools used in the study were Subjective Happiness Scale by Lyubomirsky, & Lepper, (1999), Gratitude Questionnaire-Six (The GQ-6) by McCullough, Emmons, & Tsang, (2002) and Well-Being Scale by Nagarathna and Vimla (2007). The data was analyzed by statistical package for social sciences. The results of the study indicated a strong correlation between all variables. Future research ideas were discussed.

Keywords: Happiness, Gratitude, Well-Being, University, Mental Health

IMPACT OF COVID-19 LOCKDOWN: A CASE STUDY OF A PERSON WITH SCHIZOPHRENIA

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Abstract

Objective: The purpose of this case report is to bring out the challenges and behavioral outcomes of the COVID-19 lockdown for a person with schizophrenia.

Description: A 38-year-old male client with diagnosed schizophrenia, with no history of substance abuse or other comorbidity.

Results/Discussion: The face-to-face interview with the client and his guardians revealed an increase in hallucinations of hearing four/five voices to hearing seven voices post the Covid-19 Lockdown. Affective flattening, avolition and alogia have increased tremendously. Unable to engage in conversations, socially withdrawn, does not follow simple routine tasks and needs constant reminders.

Conclusion: The case reports the impact of covid-19 lockdown on clients with schizophrenia and how the telehealth model of care is not beneficial as compared to face-to-face model of care.

Implications: Persons with schizophrenia would benefit with monthly home visits from therapists to check on progress following complete social distancing protocols of wearing PPE kits, masks and sanitization procedures.

Keywords: Schizophrenia, Covid-19, Impact

PSYCHOLOGICAL IMPACT OF COVID-19

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Abstract

Objective: The study aimed at assessing the psychological impact of COVID-19 on the individuals.

Research Methodology: The sample consisted of 180 respondents. Data was obtained through an online survey after due consent from all respondents.

Results: Results indicated a positive correlation was found between depressive behavior and obsessive-compulsive behavior; and between depressive behavior and comorbidities in health. A negative correlation was found between coping mechanisms during COVID-19 and changes in behavior; coping mechanisms and obsessive-compulsive behaviors; and between changes in behavior due to COVID-19 and obsessive-compulsive behaviors.

Conclusion: The psychological impact of depression and increase in obsessive compulsive behaviors needs attention and community-based strategies to build resilience and psychological support for individuals in distress needs to be implemented.

Keywords: Psychological Impact, Depression, COVID-19, Psychological support, community.

EMERGING CHALLENGES OF COVID 19 AND ITS IMPACT ON THE MENTAL HEALTH OF ADOLESCENTS: A THEORETICAL PERSPECTIVE

Dr Saima Hafiz

Abstract

Covid 19 is becoming a major factor contributing to many mental health problems among adolescents. Factors like isolation, social distancing, economic hardships; fear of contracting disease has the potential to disturb the psychosocial environment of individuals. This study is an attempt to review the studies and highlight the mental health problems of adolescents pertaining to the pandemic. There are increasing rates of internalizing disorders in adolescents and previous life experiences are other contributing factors among adolescents that are making them more vulnerable to mental health problems during covid 19. These factors are increasing threat reactivity, emotional dysregulations, and use of maladaptive coping strategies among adolescents and can be a cause of distress. Loneliness, isolation, distancing are the major determinants of mental health problems. There is a need to elaborate the perspective on covid 19 and the role of psychosocial factors in preventing the mental dilemmas so that proper intervention strategies should be adopted for the better well being of adolescents.

Keywords: Covid 19, Adolescents, mental health, psychosocial risk and protective factors.

WELL-BEING OF COVID-19 SURVIVORS: ROLE OF DEATH ANXIETY AND PSYCHOLOGICAL RESILIENCE

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Abstract

The COVID-19 virus has become a fearful pandemic for people all over the world. Due to the rapid infection and significant impact of the COVID-19 virus, many psychological effects were observed among different sections of society, such as among young people, ageing people, and active workers. Due to fear caused by the COVID-19 virus, it is believed that level of depression, stress, and anxiety have increased significantly. It is now evident from different studies that there are much more psychological issues for people with poor health and others whose friends or family became ill or have died because of COVID-19. To explore the situation mentioned above this study aims to examine the role of psychological resilience, and death anxiety among psychological, social and emotional well-being survivors of Covid-19. The study was carried out on 140 Covid-19 survivors who lives in Rewari and Mahendergarh district of Haryana. Age range of the survivors was 28 to 45 years and they were residing the urban and rural areas of Rewari and Mahendergarh. Participants were given the Resilience scale, Death anxiety scale and mental health continuum scale short form. Analysis reveal that significant difference was found on death anxiety, resilience and mental health between and female representing urban and rural demographic areas. Correlation analysis shows that dimensions of resilience was found positively correlated with the social, emotional, psychological and total well-being of corona survivors on the other hand death anxiety was found negatively associated with well-being of the corona survivors. Finding of this study has been explained in result section and implications are pointed out.

Keywords: Covid-19, Resilience, Death Anxiety, Psychological Well-being, Social Well-being, and Emotional Well-being.

LIVED EXPERIENCES OF CHILDREN IN THE TRANSITION FROM OFFLINE TO ONLINE SCHOOLING DURING THE COVID-19 PANDEMIC.

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Ananya Shukla

Meghna Rath

Neha Elizabeth Eldho

Neha Nimbale

Shruti Yadav

Dr. Reshma N.S.

Abstract

With the advent of the Covid-19 pandemic, there has been a formative influence on living styles across the globe. A vastly ignored aspect of this has been the pandemic's effect on the upbringing and socio-emotional development of children. According to UNESCO, the education of nearly 1.6 billion students across 190 countries has so far been affected. The following paper seeks to explore lived experiences of children in their transition from offline to online schooling and the perceived effects of the same. The qualitative study employed an interpretive phenomenological approach for the analysis of data collected through unstructured in-depth interviews of 10 children between 5 to 12 years of age of Indian origin. Results demonstrated, among other aspects a deep sense of loss with respect to social interaction with peers and reconnection to the earning parent due to the lockdown. The paper brings to the forefront the need to identify and respond to emotional needs of young members of the household in order to create a resilient generation.

Keywords: Child Psychology, COVID-19, Online education, Interpretive phenomenological approach

ADAPTIVE INTELLIGENCE: SURVIVING AND THRIVING DURING COVID-19

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Abstract

Intelligence is the aggregate or global capacity of the individual to act purposefully, to think rationally and to deal effectively with his environment (Weschler, 1944). Intelligence plays a major role in various aspects of our life . In a similar way intelligence has also played a major role and portrayed various dimensions in these covid times. The purpose of this study was to explore various dimensions of intelligence that evolved in these covid times. It was explored through a qualitative approach. The data was then collected, the content was analyzed thereafter the percentages were computed and graphically represented. The results brought to fore that **interpersonal skills** emerged to score the highest out of various responses derived from the respondents with the frequency of 10 and a percentage of 17.86%. It was found that **flexibility** scored the least with the frequency of 1 and 0.89%. Hence, the probable reasons for various outcomes have been explored and discussed in this study.

Keywords: Intelligence, Gardner, Adaptive, COVID-19, Interpersonal Skills

DEPRESSION, HOPELESSNESS, STRESS AND ANXIETY ACROSS HEALTHCARE PROFESSIONALS AND NON-HEALTHCARE PROFESSIONALS DURING THE COVID-19 PANDEMIC

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Abstract

The control of Covid-19 disease is perhaps impacted mainly by the intervention of psychological problems faced by healthcare professionals and non-healthcare professionals. The associated uncertainty has been increasingly testing the psychological resilience of the general public and medical workers. While the main focus is on laboratory testing, all individuals undergo many psychological problems while adjusting to their current lifestyle and disease fear.

In the current study, two hundred participants in the age range of 19 to 53 years ($M = 28.68$; $SD = 7.02$) responded to online mode of Beck Depression Inventory, Beck Hopelessness Scale, State-Trait Anxiety Inventory, and Perceived Stress Scale during the second wave of Covid-19 pandemic in June and July 2021. The healthcare professionals comprised of doctors, nurses, ambulance drivers and pharmacists. The non-healthcare professionals included students, teachers, businesses, and other non-specified employed people. Analysis of variance among forty healthcare professionals and seventy-two non-healthcare professionals who did not report any Covid-19 symptoms revealed that healthcare professionals reported higher state anxiety and perceived stress levels but lower trait anxiety. There was no significant difference in depression and hopelessness across the two groups. Pearson correlation among the two hundred participants of both healthcare and non-healthcare professionals showed that depression was positively and significantly associated with the presence of fever, other Covid-19 symptoms, and close interaction with Covid-19 infected person. Both state and trait anxiety were positively correlated with the presence of fever, but only state anxiety was related to the experience of other Covid-19 symptoms and close contact with Covid-19 infected person. Hopelessness was positively associated with the experience of fever, other Covid-19 symptoms and close interaction with Covid-19 infected person. Perceived stress was positively related to fever, other Covid-19 symptoms, and close interaction with Covid-19 infected person.

Keywords: Depression; anxiety; stress; hopelessness; healthcare professionals; Covid-19 pandemic.

IMPACT OF COVID-19 PANDEMIC ON LIVES OF ADULTS DURING LOCKDOWN IN ANDHRA PRADESH

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Abstract

The corona virus pandemic has changed life as we know it. People across the world have been asked to stay in their homes to prevent the spread of the virus. There is great uncertainty around what the future looks like and for many, this can lead to stress, anxiety and feelings of loneliness. Keeping this in view, an attempt was made in this study to examine the impact of Covid-19 pandemic on lives of adults with age group of 60-80 years. The data was collected through the Google form and the link was shared to e-mails and what's app group. Google form consists of two parts-Part. A deal with different areas and Part. B deals with the health problems. The data was received from the 145 subjects. Results reveal that majority of the subjects are affected during Covid-19 pandemic. The obtained results were analyzed and discussed in the light of psychological implications.

Keywords: Covid-19, Adult life, A.P.

PERCEPTION OF STRESS, INTOLERANCE OF UNCERTAINTY AND RESILIENCE IN ADOLESCENTS, WORKING ADULTS AND NON WORKING ADULTS DURING THE COVID 2019 LOCKDOWN

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Abstract

The lockdown due to the Covid 19 pandemic, had put forth a very challenging situation for people of all age groups. The adolescents, adults and elderly experienced considerable stress and uncertainty. With news pouring in from all around the world and the ambiguity about the cause and spread of the virus, people who are moderate or high on resilience came out better of this uncertainty by the end of the lockdown. During the Covid-19 lockdown, people had been confined to their homes with total uncertainty about the period for which the lockdown would continue. Business and other economic activities came to a standstill and people faced apprehension regarding the end of the lockdown and starting normal life again. The study was conducted with the aim to determine the correlation between Perceived Stress, Intolerance of Uncertainty and Resilience. Also, to find out the predictors of Resilience and to assess gender, adolescent and working type differences on Perceived Stress, Intolerance of Uncertainty and Resilience. Results of the study indicated that Intolerance of Uncertainty was a predictor of resilience. Perceived stress has stronger correlation with intolerance of uncertainty than with resilience. Also, resilience has stronger correlation with intolerance of uncertainty than with perceived stress. Perceived stress was significantly highest amongst adolescents followed by non-working adults and the perceived stress was lowest among working adults. There was a non-significant association between gender and working type with resilience. Though, females and non -working adults showed higher resilience scores, the mean intolerance of uncertainty was found to be significantly higher among females than males. Also, it was found to be significantly highest among adolescents followed by non-working adults and working adults.

Keywords: Perceived Stress, Intolerance of Uncertainty, Resilience, gender, working type

COVID-19 AND POST-TRAUMATIC GROWTH: A FEW CASE STUDIES

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Abstract

The current Covid-19 pandemic has had major consequences on every aspect of our lives. Stressful, overwhelming emotional situations along with the financial challenges are the new struggles for everyone around the globe in one or other way. Actions taken by the governments to curb the spread of this highly infectious disease like, social distancing, lockdown etc. has slowed down the life to a great extent. Despite the trauma and subsequent situations, to which majority of people have given up, there are certain people who have shown tremendous growth after the event. For the present research, the researcher has selected five case studies, that were widely presented in Indian media, to understand the factors that can contribute to enhance post-traumatic growth. PTG is a positive change in an individual resulting from learning that an unforeseen misfortune brings to their lives, it's the positivity in their personality and outlook that leads them to see the opportunities for growth in every situation they encounter. Based on cases taken up, it is evident that positive psychological factors like altruism, resilience, hardiness, hope, self-efficacy, optimism and social support act as determiners of post-traumatic growth.

Keywords: Post-traumatic Growth, Covid-19, positive psychological factors.

HOW PANDEMIC IMPACTED WELLBEING OF CHILDREN WITH SPECIAL NEEDS ?

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Abstract

COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. The coronavirus disease 2019 (COVID-19) pandemic—and the social distancing measures that many countries have implemented—have caused disruptions to daily routines. As of April 8, 2020, schools have been suspended nationwide in 188 countries, according to UNESCO. Over 90% of enrolled learners (1.5 billion young people) worldwide are now out of education. Several months into the COVID-19 crisis, the questions above remain largely unanswered. However, evidence is beginning to emerge that points to increased risks for children with disabilities as well as reduced access to services. Children with special needs are the most vulnerable to the drastic and unprecedented impact of it, as they are forced to study remotely and stay at home for a long period due to COVID-19-related measures and school closures, resulting in the least possible interpersonal interactions with classmates, alongside changes in sleeping patterns, unhealthy diets, too much screen exposure, and insufficient physical activities. The current study investigated the psychological impact of the contact restrictions and lockdown regulations during the COVID-19 pandemic on families and young children with special needs. The findings shed light on the psychological well-being of children with special needs and their families during lockdown and school closure.

Keywords: COVID 19, Pandemic, Wellbeing, Children with special needs.

Grit and Sense of Duty: Understanding the Lives of Indian Civil Servants during the Covid-19 pandemic

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Abstract

Despite the challenging times faced by the country during the Covid pandemic, there were some sections that were continuously pushing forward to keep the country running and one of them were the officers of the Indian Civil Services. This study seeks to understand, qualitatively and quantitatively, stress and other related variables such as age, changes in life, physical presence, etc. affecting the participants. To quantify the stress levels, an adapted version of the Perceived Stress Scale by Cohen et al. (1983) known as PSS-10-c, and for the qualitative portion, certain short and long questions were administered. Variables of age and physical presence proved to be significant beyond 0.01 and 0.10 levels, respectively. The statistical difference reflects that the stress levels are significantly higher for those who are 49 years or older and for officers who were physically present for their duty more than 5 days a week. Results clearly depicted how these individuals showed a sense of duty and resilience which led to lower levels of stress during a pandemic period.

Keywords: COVID-19, Indian Civil Servants, stress, sense of duty, motivation

**PSYCHOLOGICAL WELLBEING AND LIFE SATISFACTION ACROSS THE
FRONTLINE WORKERS AND NON-FRONTLINE WORKERS DURING COVID-19
PANDEMIC**

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Abstract

The objective of the present study was to compare psychological wellbeing across the frontline workers and non-frontline workers during second wave of Covid-19 pandemic in June and July, 2021. Forty-eight frontline workers and fifty-seven non-frontline workers in the age group of 23 to 60 years ($M = 34.18$; $SD = 9.03$) responded to Ryff's Psychological Wellbeing Scale (1989; PWS) and Satisfaction with Life Scale (Diener et al., 1985). The frontline workers included in the study were nurses, health multi-purpose workers (MPW), and ambulance drivers. Non-frontline workers were businessmen, private tutors, and others employed in non-public sector organizations. Analysis of variance indicated that non-frontline workers reported higher autonomy, personal growth, and purpose in life but there were no significant differences on environmental mastery, positive relations with others, self-acceptance and satisfaction with life. Pearson correlation revealed that satisfaction with life was significantly and positively correlated with autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.

Keywords: Psychological wellbeing; life satisfaction; frontline workers; non-frontline workers

THE IMPACT OF MENTAL WELL-BEING ON SATISFACTION WITH LIFE: GENDER DIFFERENCES DURING THE COVID-19 PANDEMIC

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Abstract

The novel COVID-19 pandemic has created chaos around the globe. To curb its spread, the Government of India announced a nationwide lockdown on March 24th 2020 for 21 days, which extended further. This long period of lockdown disrupted the routine of all citizens, affecting their psychological well-being. This research is an attempt to understand gender differences in terms of the impact of mental well-being on satisfaction with life, during the COVID-19 pandemic. The Warwick-Edinburgh Mental Well-being Scale and Satisfaction with Life Scale was used to measure the variables of the study. A total of 168 respondents answered the questionnaire of which 62 were males and 106 were females. The age of the respondents ranged from 15 –70 years. There was a significant positive correlation between satisfaction with life and mental well being scores.

Significant gender differences were observed for satisfaction with life, however, in terms of mental well-being, there was no significant gender differences observed.

Key words: COVID-19 pandemic, Mental well-being, Stress, Satisfaction with life, gender differences

PERCEIVED THREAT, EMOTION REGULATION AND BURNOUT AMONG HEALTH CARE PROFESSIONALS IN GOVERNMENT AND PRIVATE SETUP DURING COVID-19: A COMPARATIVE STUDY

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Abstract

COVID-19 virus has impacted the whole world to a great extent resulting in millions of people losing their life battling the spread of the virus in their bodies. To combat the situation frontline workers played a crucial role by extending their services in terms of working for long hours than usual, working in day and night shifts on rotational basis, living away from their own families and more. The current study aimed to assess and compare Perceived Threat, Emotion Regulation and Burnout among Health Care Professionals in Government and Private setup during COVID-19. A sample of 60 Health Care Professionals (30 Government and 30 Private setup between age range of 23 years to 55 years) was included in the study. Purposive sampling was used in cross sectional study. The results were analysed using t-test for difference between the two groups. SPSS version 22.0 was used.

The results indicated that both the groups had moderate level of Perceived Threat however there was no significant difference in Perceived Threat. Both groups had Mild level of difficulties in Emotion Regulation however there was no significant difference in both the groups. Both the groups had Moderate level of Work, Personal and Client-Related Burnout however there was no significant difference in both the groups.

Keywords: COVID-19, Perceived Threat, Emotion Regulation, Burnout, Health Care Professionals.

A COMPARATIVE STUDY OF PERCEIVED STRESS BETWEEN URBAN AND RURAL YOUNG GIRLS DURING COVID-19 PANDEMIC

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Abstract

Background- Stress plays an important role in causing mental health issues. When stress level is high, there is chance to increase mental health problems in young girls' life. Perceived stress is the thoughts or feelings of a different person has about how much stress they are under at a current situation.

Purpose- The present study was aimed to find out the perceived stress between urban and Rural young girls during Covid-19 Pandemic.

Method- The study were conducted with a sample of (N = 311), age range between 12 to 24 years, Urban area adolescent girls (N=192) and Rural area Adolescent girls (N=119) using perceived stress scale developed by Sheldon Cohen (1988). Random sampling technique was used to collect the data.

Results- The results will be statistically analyzed using descriptive statistics (Mean, SD), and t-test. The results of the present study indicate that there was no significant difference between Urban and Rural adolescent girls on perceived stress.

Keywords: Perceived Stress, Adolescent girls, Location, Covid-19 Pandemic.

IMPACT OF COVID-19 PANDEMIC ON PSYCHOSOCIAL WELL-BEING OF PARAMEDICAL STUDENTS

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Abstract

Background: After discovering the first cases of COVID-19 on 30 January 2020 in three towns of Kerala, brought by the Indian medical students returning from Wuhan, the entire country shut down on 25 March 2020. During the subsequent two waves, many people lost their family members & their loved ones in this pandemic which has given a remarkable shock to them resulting in mental illness like stress, anxiety and depression. Especially among students, the effect has been seen through activities like suicidal thoughts, depression, negative outlook towards life, addiction to substances, anger, insomnia, social reclusion, etc.

Objective: This study evaluates the impact of COVID-19 pandemic on the students of paramedical and healthcare institution. We hypothesize that the students of paramedical branch suffered psychosocial crisis due to many underlying factors which are evaluated in this study. **Methodology:** The assessment was carried out by collecting responses from more than 250 paramedical students through a web-based questionnaire. The questionnaire contained questions on many aspects of student's life including evaluation of their health and psychological well-being and subsequent self-addressed coping mechanisms based on PHQ-9 and COPE-28 guidelines.

Results: Our study finds significant impact on certain behavioral and social aspects of the students which can be directly correlated to certain factors related to their personal life. Whereas, only less than 15% of all students were themselves infected with COVID-19, but more than 45% have witnessed COVID-19 infection in their direct family members and more than 35% lost any of their closed ones during the pandemic. A significant 30% of all our respondents admitted of having suffered a mental trauma as a result of COVID-19 infection or related deaths. Admittedly, more than 30% of the students got addicted to excessive usage of internet per day. Almost 45% of all respondents found it difficult to maintain a healthy relationship with their family or friends post pandemic. Many of these reflected different aspects of psychosocial responses. Moreover, our study also reveals some inclination of students towards different coping mechanisms and highlights the needs of active intervention in managing the physical and psychosocial well-being of these paramedical students.

Keywords: Covid-19, paramedical students, psychosocial, health, well-being.

IMPACT OF ONLINE EDUCATION ON PARENTS WITH LOW LEVEL OF EDUCATION DURING PANDEMIC

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Abstract

The present study investigates the impact of online education during Pandemic on parents who did not study beyond secondary level of education or were illiterate. Much work has been done on impact, attitude and challenges faced by students, teachers and academicians with reference to online education. However there is a serious dearth of research on impact of online education on parents, who are one of the significant stakeholders and play important role in education of child, right from funding to teaching, monitoring and mentoring. While transition of education from classrooms to screens have challenging for students and academic fraternity, parents are equally affected and more so parents who are not highly educated or illiterate.

The investigators conducted a qualitative research through semi-structured interviews for 25 parents who were either illiterate or did not study beyond class tenth and had children taking online classes from grades 6th-10th standard, These included both mothers and fathers. The interviews were then transcribed and themes extracted. They were asked about their experiences related to transition to online education, disciplinary issues, monitoring their children, privacy issues, dialogs with teachers, what kind of challenges they faced and what were solutions and coping strategies. The major themes that came to fore were, confusion related to operating software, lack of or insufficient communication with teachers regarding performance of their children, conflicts with children regarding checking over them whether they are attending classes or surfing net and chatting with their friends, setting time table for children and majorly getting into arguments with children being disrespectful regarding their lack of exposure and extent of education.

The findings reflected upon the experiences of the parents, their complexes, challenges and help academicians, policy makers, parents and students to be sensitive to the requirements of the parents who are not highly educated and will be helpful in future for devising strategies for academic improvement of children with less educated parents, improve parent child relationships for over all well being of parents, teachers and students.

Key Words: Qualitative Research Online Education, Transition, Parents ,Parenting

**CONSUMER ATTITUDE TOWARDS GREEN MARKETING IN COVID-19 PERIOD
WITH SPECIAL REFERENCE TO DELHI-NCR**

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Abstract

In the Covid-19 phase, where everyone has been imprisoned inside the four walls of their brick-and-mortar houses, online platforms are the only mode for marketing the products. Hence the best way of green marketing. These Green Marketing platforms play a crucial role in preserving the environment. In adverse conditions of pandemics, when oxygen decreases with an increased death rate, the consumers are more concerned about the environment. These Green Marketing platforms attract the customers and make a perception about the product in the mind of the customers and force them to look at the features of the product. In this study, the effect of various green marketing strategies during Covid-19 that affected the consumer's attitude and the customer's attitude in context to green marketing will be discussed.

Keywords: Consumer's attitude, Green Marketing, Marketing, Awareness, Covid-19.

SELF-ESTEEM AND WELL-BEING AMONG ADOLESCENTS AFTER COVID-19

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Abstract

Covid-19 has severely attacked households and families all over world. Students never faced such situations wherein family members and people in neighborhood were either suffering and dying. Adolescents years are otherwise also considered to be stressful and facing such conditions around made adolescents more vulnerable to various issues. Being adolescents they have to achieve developmental milestones of this stage too. 416 adolescent females aged 15-17 years were contacted for the present study when schools opened in Delhi, India during January, 2021 from an area considered under hot spot for Covid cases. This study aims to find out status of students on parameters of Self-esteem and Well-being in relation to their socio-economic conditions. Data was collected during first two weeks when students started coming to school after reopening for students for the first time after Covid-19. Results indicated students under risk zones having lower Self-esteem and Well-being which was found to be significantly related to each other too. Implications were discussed for preventive measures to be taken and need of intervention for students at school level to take care of students who have gone through any traumatic event or having low levels of well-being or self-esteem. This might be linked to provide better mental health services to adolescents at school level.

Keywords: Adolescents, Self-esteem, Well-Being, Covid-19

A COMPARATIVE STUDY ON SELF-ESTEEM AND COVID-19 ANXIETY AMONG HIGH AND LOW RESILIENT PEOPLE

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Abstract

Covid-19 is the most recent pandemic affecting the whole world for more than one and half year now. Many researches were conducted focusing on Covid-19 and to the interest of the present researcher it came that resilience and Covid-19 were somehow related. Therefore, research was aimed to investigate Self-Esteem and Covid-19 Anxiety in people with high and low Resilience. Two group research design was conducted on both male and female between the age group of 18 to 65 years residing in Jaipur City. Tools: Connor-Davidson Resiliency Scale-10 (Laura & Stein, 2007), Fear of COVID-19 Scale (Ahorsu et al., 2020), The Rosenberg Self Esteem Scale (Rosenberg, 1965). The data was analysed using SPSS-22 and it was found that the low resilient people were significantly high on Covid-19 Anxiety and significantly low self-esteem and high resilient people showed significantly higher self-esteem and lower Covid-19 anxiety. It can be concluded that while some people struggle with mental health difficulties, others are more resilient and able to go on with their life.

Keywords: Covid-19 Anxiety, Resilience, Self-esteem.

Virtual Community Mentoring Models for Middle School Underachievers Psychosocial Development and Well-Being During COVID-19: A Conceptual Framework

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Abstract

Recent studies highlight the outcomes of COVID-19 on the psychosocial skills of early adolescents. It shows the unavailability of virtual community mentoring models for teenagers and individual and interpersonal growth in the virtual scenario. Hence, there emerges a need to explore and apply the available virtual communication resources by facilitators, families, and other community professionals for teenagers' self-development. This article explores the application of virtual resources like WhatsApp app, graphic design platforms (CANVA and Adobe), graphic interchange formats (GIPHY App), all-in-one visual content editing forums (InShot App), and memes (Meme Generator App) in engaging and supporting community mentoring capacities leading to psychosocial development and well-being for eighth-grade teenagers during COVID-19. It aims to further understand the integration of virtual community tools on adolescents' psychosocial developmental outcomes of self-esteem and well-being through the ongoing DREAMS Intervention Program 2021, Bengaluru Chapter, India. Studies show that digital learning models need to be innovated in combating the psychosocial trajectories of early adolescents. These personal and social repercussions are existent among early adolescents that can be strengthened in this virtual mode of functioning. Hence through this article, contemporary virtual models are explored and executed with community guidance to integrate the personal developmental skills of middle school underachievers. There is also a need to work with community interventions by using virtual mentoring skillsets for positive youth development. Therefore, it necessitates that, policymakers, schools, families, practitioners, and other community stakeholders work towards creating positive integrated interventions that are culture-specific blended with artificial intelligence, simulation models, and other software-based programs that incorporate sensory-driven methods in molding psychosocial capacity building. Further experimental research needs to be conducted by incorporating and analyzing the outcomes of these virtual models on the self-esteem and well-being of middle school underachievers.

Keywords: COVID-19, Virtual Community Models, Psychosocial Development

ANXIETY AND COPING STYLE AMONG WORKING MOTHERS AND NON-WORKING MOTHERS DURING COVID-19 PANDEMIC

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Abstract

The pandemic has not only aggravated the dual share of responsibilities shouldered by women but also intensified need for providing adequate mental health advocacy in the midst of disrupted mental well-being as one of the most severe outcomes of COVID-19. It will be interesting to assess Anxiety and Coping Style across two distinct populations of women with children in terms of their employment status, especially, with the on-going lockdown and quarantine phases across communities. The aim of the current study was to assess the relationship between Anxiety and Coping Style among Working Mothers and Non-Working Mothers during COVID-19 pandemic. A total sample of 80 individuals (40 Working Mothers and 40 Non-Working Mothers) between the age range of 25-40 years was taken from Lucknow, Uttar Pradesh using purposive sampling technique. A cross sectional research design was employed. The Hamilton Anxiety Rating Scale (Hamilton, 1959) was administered to measure Anxiety among Working Mothers and Non-Working Mothers. The Brief COPE (Coping Orientation to Problems Experienced) Scale (Carver, 1989) was administered to assess the Coping Style among Working Mothers and Non-Working Mothers. The results were then analyzed using Mann-Whitney U test and Spearman Rank Order Correlation. The results indicated that there was no significant difference in Anxiety among Working Mothers and Non-Working Mothers and no significant difference in Coping Style among Working Mothers and Non-Working Mothers. Additionally, a significant positive relationship was found between Anxiety and Avoidant Coping ($p < 0.05$) among Working Mothers and Non-Working Mothers. The study advocates the need for adequate intervention strategies to reduce Anxiety and enhance adaptive Coping strategies among Working and Non-Working Mothers.

Keywords: Anxiety, Coping Style, Working Mothers, Non-Working Mothers, COVID-19, Avoidant Coping.

MORAL INJURY AMONG HEALTHCARE PROFESSIONALS DURING THE COVID-19 PANDEMIC

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Abstract

The current COVID-19 pandemic has led to an exponential rise of morally conflicting situations. Exceptionally challenging situations, when mediated by the biopsychosocial factors of an individual, can foster unintended negative mental health issues. In ethically difficult scenarios with enforced changes like lockdown and quarantine, there is a violation of moral codes and deeply held moral beliefs leading to an increased risk of moral injury. Immediate challenges are reshaping human behaviour which will have a long-lasting impact on the experience of moral injury. Considering the unpreparedness and low-resource setting of the world as a whole, it becomes important to shed light on the potentially morally injurious events and their far-reaching consequences during and after this pandemic.

Keywords: COVID-19 pandemic, moral conflict, moral dilemma, moral injury, civilians.

ELDERLY DURING COVID-19 PANDEMIC: IMPACT AND COPING

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Abstract

Background/ purpose: COVID- 19 pandemic has influenced the people worldwide with high mortality rate. Elderly population has been found to be at the highest risk especially the ones with comorbidity with other diseases. This study examines the difficulties faced by elderly during pandemic period on three domains including physical immobility, social constraints and psychological distress. The study also explores the resilient behavior of elderly by seeking the coping strategies used by them in dealing with pandemic.

Method: The sample for the present research is 168 elderly participants (age range 60-85 years) comprising of 80 females and 88 males residing in Uttar Pradesh (India) in different living setup like living alone; living with spouse only; living with children and living in old age home. The data collection is done online using Google Form questionnaire due to COVID lockdown. The questionnaire assessed physical, social and psychological problems and coping mechanisms employed by elderly. SPSS is used for data analysis.

Results: The findings showed gender and living status differences among the elderly on these domains. Males are found to be significantly distressed on physical domain and females on psychological domain. Elderly living alone are found to be significantly distressed on all three domains and elderly living in old age home faced higher social constraints. Females and elderly living with children are found to be doing significantly well on employing coping mechanisms. The study also reported that religious- spiritual practices were better coping tool than recreational- community activities.

Conclusion: Based on the findings, it was concluded that elderly faced a great deal of negative impact of COVID-19 during lockdown. Their physical mobility and social engagement were restricted which led to psychological distress. Positive role of family and children staying together was noted. Engagement with religious and spiritual practices were highly appreciated as a coping technique.

Keywords: Elderly, COVID- 19 pandemic, physical- social- psychological difficulty, Resilience, Coping strategies

GOOGLE DOODLE COVID 19 PANDEMIC: A CASE STUDY

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Abstract

Google is a company that requires no introduction with over 70% of the search market share. It is the most popular search engine where more than billions of people all over the globe turn to Google search when it's time to seek any information. To make their users' searches more interesting, Google successfully introduced the doodle as one of the outstanding innovative leveraging widely accepted untouched content marketing techniques that hasn't been used by any other search engine. Let's begin with a simple definition of the doodle from Wikipedia: "A Google Doodle is a special, temporary alteration of the logo on Google's homepage that is intended to celebrate holidays, events, achievements and people." Google as a brand hasn't changed its logo design. Google customarily renovates their simple logo into an imaginative exhibit that showcases birthdays, anniversaries, holidays, tributes to famous people, major days of historical significance, and highlights of current events etc. In year 2020, the whole globe was struck by a pandemic, just after WHO declared Covid-19 as a pandemic. Google came up with the doodle on April 4, 2020, globally with the message "Stay Home. Save Lives" and information "Learn more about the latest ways we're responding, and how our products can help people stay connected during this time", on its homepage. Hence, afterward, continuous appeals, accurate knowledge, preventive measures, and guidance about personal behaviour that can minimize the exposure to coronavirus are among the most essential elements to mitigate the spread of SARS2 or coronavirus 2019 (Covid19) disseminated through Google doodle. At the time of this study, there were no published studies investigating the Google doodle content related to Covid19. The aim of this study is to check how Google through its doodles disseminates knowledge about the COVID-19 pandemic and also check the impact of its information on its consumers.

Keywords- Covid 19, Pandemic, Google, Google Doodle, Knowledge.

HELPLESSNESS AMONG DOCTORS DURING COVID-19 DUTIES

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Abstract

In more ways than one, the pandemic of 2019 has affected everyone. In general, it is upon the scientific community to comprehend the lacunae regarding the effects of Covid-19 on mental health. It is of crucial importance to understand its effects on those doctors who have been on Covid-19 duties for a long period of time. This study was undertaken with the aim to understand the feeling of helplessness faced by the competent doctors while executing their medical duties in the Covid-19 ward. This study is quantitative research, for which two groups of 30 participants each were chosen through snowball sampling in order to collect data. After the data was collected, it was analyzed and the following was found:

Aim: To understand the feeling of helplessness faced by the doctors while executing their medical duties in the Covid-19 ward. **Design:** A quantitative research study of which aims to study the sample cross-sectionally. Two samples of 30 medical professionals each, were chosen through snowball sampling. The age range of both samples was 18-60 have been chosen. One of the samples named Group (A) consisted of medical professionals who were on Covid-19 duty in the past 6 months and the other sample named Group (B) consisted of 30 medical professionals who were never on Covid-19 duty in the past 1 year. They were asked to fill the Learned Helplessness Scale. The data was collected from September 1st to September 30th (2021). After their data was compiled, it was scored and analyzed. **Results:** After the data was collected, through the analysis it was found out that total scores on the LHS can range from 20 to 80, with higher scores indicating increased perception of learned helplessness. The scores in this study ranged from 29 to 70 for Group A and 20-59 for Group B. The mean has been calculated as 50.3 and 41.4 respectively. This suggests that a majority of participants in Group A reported more learned helplessness as compared to Group B. **Conclusion:** From the analysis we were able to observe that most of the participants who were on Covid-19 Duty scored higher on the Learned Helplessness Scale. This suggests that there is a general sense of helplessness among doctors who were on Covid-19 duty as compared to those doctors who were not.

Keywords: healthcare, doctors, pandemic, helplessness, professionals

COVID-19 & PSYCHOSOCIAL CHALLENGES OF CHILDREN WITH SPECIAL NEEDS (CWSN) AND THEIR CARETAKERS: A SYSTEMATIC REVIEW

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Abstract

COVID-19 pandemic poses a significant mental health effect among children with special needs. March 2020 has been marked as an unprecedented year for the entire spectrum of the population, especially the children who have been affected the most. COVID-19 lockdown restrictions resulted in reduced access to educational, professional, and social support systems for children with special needs and their caretakers. The study aims to understand the psychosocial challenges faced by CWSN and also how their caretakers cater to their needs.

Since children with special needs were not getting regular therapies that were needed for them so because of that they were facing lots of challenges in their day-to-day life and their caretakers were also facing challenges to deal with their problems because they were not equipped to handle their needs. This paper will focus upon various psychosocial challenges which they have faced during this pandemic outbreak like anxiety, stress, difficulty in getting sleep, boredom, low span of attention, expressing anger, hyperactivity, and many more. During this scenario, caregivers need to be patient with children and understand their emotions. Through this paper, the researcher will present a systematic review to present various psychosocial challenges faced by them.

Keywords: Psychosocial Challenges, mental health, Covid-19, caretakers, lockdown

IMPACT OF COVID-19 ON PSYCHOLOGY, HEALTH AND WELL-BEING OF WORKERS FROM RURAL AREA

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Abstract

COVID-19 has badly affected the whole world as well as India in every field. This has brought our country in a state of imbalance and disorder. With the imposition of lockdown, migrant laborers and workers got stuck in different parts of the country. Unable to return home and being deprived of their wages, they had to go through lots of difficulties. With nothing to earn and due to lack of proper nutrition. They faced many health complications, some even died due to COVID-19 or even due to some incurable diseases. Corona virus was more like a curse to their lives than just a simple biomedical disease. Today they are wandering from door to door even for basic needs and facilities. The pandemic has given rise to many challenges which are forcing all the workers to work at home or work from home. This study analyses the impact of COVID-19 on psychology and well-being of rural workers. For this purpose, the data of 150 migrant workers and villagers has been collected by interviews from Kamrup district of Assam. Assam, being the state with the highest below poverty line population among all the North-eastern states. With 102 lakhs below poverty line population in Assam. The people are still finding it hard to pursue their normal lives. These workers, being the pillars of the economy of a country, deserve normal life. So that they don't have to abandon their families anymore. The study found that to prevent uneven global recovery and such future crises, there must be rapid action on jobs and social protection, as well as policies with health and inclusive social security, to respond to this urgency with full capacity.

Keywords: Remote work, Work from home, Covid-19, Work life balance, Social security.

PSYCHOSOCIAL SUPPORT FOR CHILDREN DURING COVID 19: CASE STUDY OF INITIATIVES BY CHILDLINE INDIA

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Background

A sound mental health is every bit as important as physical health for achieving developmental milestones for children as it helps them with their emotional wellbeing and social skills. As Coronavirus COVID-19 pandemic continues to grow in India and throughout the globe, only one thing is certain: the present epidemic will have deep influence not only in the health and economic circumstances, but also on the mental well-being of societies across nations. The consequences will be perceived differently across different population groupings. Among them, one group will confront additional problems to grasp, assimilate, and deal with the changes that COVID-19 is bringing to our world: the children.

Aim

The aim of this study is to provide a tool with the help of child line 1098 that will enable parents, caregivers, support persons, and children and adolescent themselves to understand what COVID-19 is and how it can be prevented, as well as to manage related stress, fear, and anxiety, and recognise the increased risk of violence, which will help them stay safe.

Case Study

Addressing some of the effects of COVID-19 on the wellbeing of the children, UNICEF with CHILDLINE has worked initiatives to provide parents, caregivers, support persons, and children and adolescent themselves, a tool that will enable them to understand what is COVID-19 and how it can be prevented, help them manage related stress, fear and anxiety, and recognize the increased risk of violence, which can help to them to stay safe. In this study, we discuss a case study which details the response and lessons learned by the CHILDLINE 1098 in India.

Keywords: COVID19, psychosocial, children, India, CHILDLINE, 1098 etc.

THE EFFECT OF PERCEIVED OPTIMISM ON BODY IMAGE ON INDIAN YOUNG ADULTS

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Abstract

Purpose: The study aims to understand and determine how individuals' perceived optimism affects body image among young adults.

Methodology: The quantitative study uses an Ex Post Facto Correlational Design conducted on Indian young adults between 18-40 years old. The Body Image Avoidance Questionnaire (BIAQ) and the Positivity Scale was administered to the 508 participants through an online survey format. The quantitative analysis involved Pearson's Correlation Coefficient to measure the association between perceived optimism and body image.

Findings: The study findings imply sufficient evidence to conclude a linear relationship between perceived optimism and body image because the correlation coefficient is significantly different from 0. The body image avoidance is weakly but negatively correlated with perceived optimism amongst the participants.

Study Implications: This study aids and contributes to the repertoire of body image and positive psychology research. It also helps explore individual differences in the trajectories of perceived optimism and body image as lockdown measures ease the understanding of the full psychological impact of this pandemic.

Keywords: perceived optimism, body image avoidance, young adults, lockdown, positive psychology

ACCEPTANCE AND COMMITMENT THERAPY AND ANAPANA MEDITATION: AN UPDATE ON EFFECTIVENESS IN ADOLESCENT EMOTIONAL WELLBEING

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Abstract

Increasing mental health concerns among adolescents all over the world warrant attention from mental health professionals. Vast amounts of research has established that prevalence rates of youth mental health problems are strikingly high, with some researchers reporting rates as high as 75% among youth under the age of 24 and that the onset of mental health difficulties between the ages of 12-24 is highly associated with disorders that persist into later life. Recent focus of health care has shifted to promotion of mental health and wellbeing, instead of mere symptom amelioration. A key component in that is emotional wellbeing. Many traditionally established psychotherapies are symptom specific, and not preventive. Mindfulness based approaches however, seem to facilitate development of skills which may act as a buffer for the usual stressors, and even some trauma adolescents may go through, possibly lessening the lasting impact on mental health. One such mindfulness based therapy is Acceptance and Commitment Therapy (ACT). This paper attempted to review the literature on use of ACT with adolescents to understand its feasibility, and efficacy. Additionally, an effort was made to review a similar research base for the use of Anapana meditation techniques, with adolescents, and its impact. Anapana meditation or mindfulness of breath, is considered to be the first step of another mindfulness based practice rooting in Buddhist traditions, Vipassana meditation. The authors tried to compare the two different but similarly focused practices of ACT and Anapana, in the context of their benefits to adolescent mental health. This paper highlights the evidence base for both, and discusses the conceptual similarity, differences in applicability, and impact.

Keywords: Acceptance and commitment therapy; ACT; adolescents; adolescent mental health; anapana; anapanasati; mindfulness.

COMPARATIVE STUDY OF EMOTIONAL LABOUR AND BURNOUT ON LIFE SATISFACTION AMONG SCHOOL TEACHERS ACROSS DIFFERENT EDUCATIONAL SETTINGS

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Abstract

The teaching profession is emotionally demanding. Teachers in their daily interactions with students, supervisors, and colleagues are required to develop and utilize effective skills for expression of emotions. Emotional labour is one such method of emotional regulation. Models of emotional labour and burnout suggests that effortful emotional labour results in long standing consequences including increased burnout, and low life satisfaction. The educational setting present in India is unique and has sectors with different organizational structures. Hence, what is expected of teachers across sectors vary. Studies have indicated differences in the levels of stress and burnout among teachers across the educational settings. Thus, the present study aimed to examine the effect of emotional labour and burnout on life satisfaction among school teachers across government, private aided and private school sectors across India. A sample of 90 school teachers, (30 government, 30 private aided, and 30 private schools), with age range 21 to 60, and minimum 1 year of teaching experience were selected and a cross-sectional study design was used. The scales, Emotional Labour Scale (2003), Job Burnout Scale (2009), and Satisfaction with Life Scale (1985), were used to collect data. Results of the study revealed no significant correlation between the variables across the different educational settings. The findings of the study have provided insight into the variables and its effect among government, private aided and private unaided teachers. The study being conducted during COVID lockdown, the limitations of the study were increased attrition and the small size of the sample.

Keywords: emotional labour, burnout, life satisfaction, mental health, government schools, private schools, private aided schools, India

SPIRITUAL INTELLIGENCE AND PSYCHOLOGICAL CAPITAL AMONG THE KNOWLEDGE WORKERS

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Abstract

The research aims to investigate the relationship between spiritual intelligence and psychological capital. Spiritual intelligence as a concept has been picked from Danah Zohar and Ian Marshall's work. It permits an individual to include a greater, profound and more affluent context to the present just like the whole can be greater than the sum of its parts. Psychological Capital is an extensively studied topic of positive psychology that is characterized by self-efficacy, optimism, hope and resiliency. It's an ex-post facto research that uses survey method on a sample 200 knowledge workers i.e., teachers, professors and researchers. The questionnaire used to measure spiritual intelligence is SISRI-24: The Spiritual Intelligence Self-Report Inventory developed by D. King that involves four subscales of Critical Existential Thinking, Personal Meaning Production, Transcendental Awareness, and Conscious State Expansion. Psychological capital is assessed using CPC 12: Compound PsyCap Scale developed by T. Lorenz. Statistical analysis showed that spiritual intelligence has a moderately high relationship with psychological capital among the knowledge workers. This article further discusses the implications of spiritual intelligence in organizational setup where the primary workforce is knowledge workers.

Keywords: Spiritual Intelligence, Psychological capital, Knowledge workers

RELATIONSHIP BETWEEN PERSONALITY TRAITS, SELF ESTEEM AND DECISION MAKING STYLES OF YOUNG ADULTS

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Abstract

Decision making is an integral part of daily interactions individuals engage in and it is a habit based propensity to react in a certain way when faced with a context that involves decision making and problem solving. Successful completion of tasks and the ability to make effective decisions is of extreme importance. Lack of efficiency in making timely decisions would pose challenges to the individuals both in their personal and professional lives. The present study studies the relationship between personality traits, self esteem and decision making styles of young adults. The General Decision Making Style Questionnaire by Scott and Bruce (1995), the Rosenberg Self-Esteem Scale developed by Rosenberg (1965), The Big Five Inventory (BFI) a self report inventory designed by Goldberg (1992) were the psychological instruments used in the study. Convenience sampling was used and data was collected from individuals. The sample consisted of 221 young adults between the ages of 18-30. Kendall's rank correlation was the statistical measure used to analyze the data. The results showed a significant positive relationship between openness to experience and the rational and intuitive styles of decision making and a significant negative relationship with the dependent and avoidant styles of decision making. There was a significant positive relationship established between conscientiousness and the rational style of decision making and a significant negative relationship with the avoidant and spontaneous styles. Extraversion was positively correlated with rational, intuitive and spontaneous styles and negatively correlated with the dependent and avoidant styles. Neuroticism and the avoidant and dependent styles were positively related and there was a negative relationship with the rational style. Agreeableness and the rational and intuitive styles were positively correlated and there was a negative relationship established with the avoidant and spontaneous styles. Self-esteem was positively related to the rational style and negatively related to the avoidant style of decision making.

Keywords: Decision Making Styles, Personality Traits, Self Esteem

EFFECT OF ART THERAPY ON ADOLESCENTS MENTAL HEALTH

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Abstract

Adolescent children continue to be vulnerable to issues of mental health. A significant population of these groups suffers from peer pressure, depression, anxiety and parental pressure. Many adolescent people fail to express their emotions to other people. As a result, they experience low self-esteem, fail to communicate effectively and sometimes even fail to appreciate their personalities. These challenges have a psychological effect on their mental health. Art therapy is one of the important mental health interventions with significant benefits to these adolescents. The intervention tends to offer an integrated approach treatment that focuses on mental and emotional complications. Professional therapists argue that art therapy offers an innate communication and expressive chance for individuals with mental conditions. Additionally, the therapeutic intervention covers the needs of the patient, setting the creative engagement platform. Over the years, research studies have focused on art therapy, which is interested in understanding its effect on adolescent mental health.

Keywords: Art Therapy, Anxiety, Depression, Self-Expression, Color, Emotion.

REVISITING ELIZABETH HURLOCK'S STAGE OF HAPPINESS: ANALYSIS OF CASE STUDIES IN ASSAM

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Abstract

This study is an Interpretative phenomenological research endeavour. It is an effort to critically examine Elizabeth Hurlock's principle of Child Development: the statement that childhood is the happiest stage in the life of an individual. The author examines three case studies that reflect the life of little girls traumatised emotionally in their childhood with repercussions in future that has a detrimental effect on their Happiness and Wellbeing. The theoretical framework of this Qualitative study initially explains that happiness comes naturally to any child in this world. In the Indian context research evidences show that happiness of children is not the prime concern. The 3 case studies depicts the influence of a myriad of factors that can block the happiness of a child. They represent the lives of little girls who live in the darkness with their trauma shadowed by the stigmatised upbringing. Transcripts were prepared to note down the experiences of the girls. After coding results arrived at factors that outweighed the reasons for their unhappiness during their childhood years. Consequently the author challenges the statement given by Elizabeth Hurlock : Childhood is the happiest part of one's life. The author comes to a conclusion that childhood does not denote a very easy and happy life though it is mostly devoid of major obligations and responsibilities in life. And that happiness during childhood depends on the awareness and upbringing and that it is not influenced by socio-economic status. The research further yielded information that Childhood is not synonymous with Happiness and calls for exploration of a myriad of other factors such as family dynamics, mental health of the caregivers and awareness of the parents on healthy child rearing.

Keywords: case study, child, happy, wellbeing, challenges

RELATIONSHIP BETWEEN BURNOUT, COMPASSION FATIGUE, WORK ENVIRONMENT AND MINDFULNESS IN MEDICAL RESIDENTS

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Abstract

This research aimed at studying the relationship between burnout, compassion fatigue, work environment and mindfulness in medical residents. Medical residents from medical colleges across India were asked to participate in this study through convenience sampling. The cross-sectional study included 95 medical residents (63.2% female; mean age=26.8 years) from all over the country. They filled socio-demographic detail sheet, a screening tool—Primary Care PTSD Screen for DSM 5 [PC-PTSD-5] (Prins et al., 2016) and then completed self-report questionnaires like Copenhagen Psychosocial Questionnaire II [COPSOQ-II] (Kristensen & Borg, 2003); Professional Quality of Life Scale [ProQoL-5] (Stamm, 2010); and Five Facet Mindfulness Questionnaire [FFMQ] (Baer et al., 2006). The main findings of the results from spearman's rank correlation revealed that mindfulness had a significant inverse relationship with both burnout and compassion fatigue. Also, it was found that certain work environment factors which could be classified as job demands had a significant positive association with both compassion fatigue and burnout whereas environmental factors which could be classified as job resources were inversely related to burnout and compassion fatigue and positively correlated with mindfulness.

Keywords: burnout, compassion fatigue, work environment, mindfulness, medical residents, India

SPIRITUAL DISPOSITION AS PROPOSED INTERVENTION IN SYSTEMIC LUPUS ERYTHEMATOSUS

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Abstract

The body-mind relationship in the eastern tradition has been established from ancient times. Ayurveda, one of India's oldest healing practice systems, believes mind and body to be integrated (Frawley, 1997). In the western world, it is supported by the biopsychosocial-spiritual model. According to this model for understanding a disease all the factors such as biological, psychological, social and spiritual should be considered (Sulmasy, 2002). To treat medical illnesses, people also rely on Complementary and Alternative Medicine (CAM) for holistic health treatment. CAM includes many practices like yoga, meditation, tai chi, spirituality, and supplements like vitamins, herbs, etc. Spirituality is one of the practices in CAM, it is a realization of something above and beyond the empirical reality. Spiritual disposition is a personality characteristic that implies an individual's wholeness, righteousness, kindness, generosity (Hussain et al., 2012) evidence by many research have established a concrete relationship between spirituality and positive health outcomes (Park, 2007). Martin Seligman introduced a new discipline, positive health, which integrates positive mental health with positive physical health. It is a state of being which is above and beyond the mere absence of diseases. The goal of positive health is longevity, reduced health costs, better mental health, and a good prognosis (Seligman, 2008). The concept of positive health has been studied with various chronic illnesses. Systemic lupus erythematosus (SLE) is a chronic autoimmune disorder where immune cells attack the body's healthy organs and system. There is not enough evidence between the relationship of SLE and spiritual disposition. Hence, this review paper aims to propose spiritual disposition as one of the interventions to deal with Systemic lupus erythematosus.

Keywords: Spirituality, Systemic Lupus Erythematosus, Body-Mind, Complementary Alternative Therapy, Positive health

FORGIVENESS AND SPIRITUALITY AMONG ELDERLY ACROSS HINDUS AND CHRISTIANS OF SIKKIM

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Abstract

Recent literatures show that forgiveness and spirituality have been a process which are highly associated with improved psychological wellbeing, and physical health outcomes. Forgiveness has been linked with both physical and mental health; reduce in negative affect, aggression, reduced fatigue, better sleep quality, satisfaction of life and so on. The concept of forgiveness is often misinterpreted as forgetting, condoning, excusing and denial. Forgiving behaviour has been understood to help individuals adopt more positive qualities like kindness, harmony, benevolence, being compassionate. Forgiveness is thought to contribute to one's spiritual growth. The perspective of spirituality differs from individual, it is acknowledged by the existence of higher power which is greater than ourselves. Individuals who are spiritual are well aware of their morals, and seek to create a purpose in their lives. Spiritual beliefs help people make sense of life and its meaning thus contributing to overall satisfaction and positive sense of wellbeing. The purpose of this study was twofold-understanding the relationship between forgiving attitude and spirituality among elderly and testing group differences on these variables across the Hindus and Christians of Sikkim using the Heartland Forgiveness Scale and Spiritual Experience Index (R) with total of 160 participants. ANOVA results indicated that Hindu participants reported higher scores in spiritual support, spiritual openness, forgiveness of situation and forgiveness of others. Male participants scored higher in the subscale forgiveness of situation as compared to female participants. Pearson's correlation for Hindu group shows that overall Heartland forgiveness scale and subscale Forgiveness of others have a positive correlation with Spiritual Support. Furthermore, the analysis for Christian participants showed that Spiritual openness and Spiritual support showed positive correlation with Forgiveness of Situation.

Keywords: Forgiveness; Spirituality; Elderly; Hindus; Christianity; Sikkim,

DEVELOPMENTS IN YOGA AND ITS BENEFITS FOR WELL-BEING

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Abstract

Exercise is a pre-eminent course of action to ameliorate and nourish the physical and mental health of a human being and one of the oldest techniques is “Yoga” which reveals the close connection between the physical exercise (Asanas), the mental equilibrium and the ability to enjoy life. Yoga is an amalgam of physiological, psychological and a spiritual discipline, which focuses on bringing harmony between mind and body. Medical sciences and men are working with many better technologists to offer better health care but yoga has always been approached as a beneficial and important technology for inner well-being. Modern day life is facing serious diseases like depression which can become an undesirable companion casting a shadow on every aspect of our lives and can seep into an individual’s body and mind like a slow leak , like water into the basement of a house , or it can arrive like a windstorm, coming suddenly and with dramatic force and yoga gives us a hope by offering strategies for keeping physical and mental health in a good condition, Yoga is something one can do wherever he/she is, whenever he/she wants, for however long he/she can. Yoga regenerates the whole body in a proper direction so that both mind and body will work together for a healthy life. Yoga helps in channelizing the emotions in a proper direction.

In India yoga break of 5 minutes is being implemented. In departments among its employees with a view to refresh, distress and refocus them with enhanced efficiency at work places. Consequent to this success, the Ministry of Ayush developed an android app with name Y-break app for public.

The theme of International yoga day 2021 also laid emphasis on “well-being”.

Keywords: Yoga, well-being, technology, depression, Y-break, international yoga day.

SPIRITUAL WELL-BEING

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Abstract

Spiritual well-being is an important aspect of psychological, emotional and physical health. On the journey of recovery and healing, spiritual well-being is studied to be a chief handling resource. This recovery occurs in drug treatment centers, eating disorder residential programs and at trauma recovery. Religions can be associated with spiritual well-being but does not have to be. This exercise is purely one's own journey to realize a thing of significance in life as well as one's standing among them. With its prime objective being to find purpose and meaning in life, spiritual well being can be practiced in a number of ways.

Spirituality and faith can provide freedom to disengage from circumstances and perceive life with clarity and integrity. Spirituality can either be positive or negative. In the state of spiritual well-being the positive characteristics of spirituality are displayed. What would be the consequence of spiritual well-being on you is significantly determined by each individual. The classes on spiritual well-being help the people to be emboldened and apprehend that even though they are having issues, challenges, and stressors, they are not defined by these situations. This realization opens the door to greater peace, self-expression freedom, control over the healing process, and better self-esteem. A patient in an anorexia treatment facility, bulimia treatment programme, or trauma treatment center may come to this realization.

The community in which an individual live, the interactions in which they participate profoundly influences the spirituality of each individual. Spiritual well-being is not a discipline of seclusion, but rather of influencing and involving others as your own viewpoint develops. Spiritual well-being groups and sessions offer a welcoming and safe space to explore, learn, practice, support, and heal. Those in a drug and alcohol recovery clinic or in trauma therapy benefit from the safe haven provided by such a group. Meditation, prayer, forgiveness, personal values, purpose in life, the importance of self-esteem in spiritual connection, healthy relationships, and having a genuine relationship with a Higher Power, God, or Spiritual Dimension are all subjects covered in spiritual well-being programmes.

Keywords: spirituality, wellbeing, meditation, therapy

DAILY ROUTINE ACTIVITY AFFECT THE MENTAL HEALTH OF YOUNG ADULTS

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Abstract

Daily routine activity comprises the ways in which people typically act, think and feel on a daily basis. Young adulthood face new challenges in life such as personal, social, emotional and economic independence; identity exploration especially in love and work; instability; self-focused and feeling in-between. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health concerns everyone as it is generated in our everyday lives in homes, schools, workplaces, and in leisure activities. Therefore, the proposed study aimed to assess the mental health status of students of G.B. Pant University of Agriculture and Technology, Uttarakhand. A total number of 240 students were selected as sample of research through simple random sampling method from three colleges of G.B. Pant University of Agriculture and Technology. To achieve research objective, a tool namely MHB-Mental Health Battery (Physiological Health, Daily Routine Activity, Emotional Status, Emotional Management and Intelligence) was developed and thereafter reliability and validity of the tool was calculated before its application. Due to Covid-19 pandemic situation, researcher collected the data through online mode. Suitable statistical methods i.e. frequency, percentage, p value and correlation were applied on collected data to derive the research results. After analysis and comparing the data, the finding of research reflected that poor mental health was quite evident among majority of young adults. As far as daily routine activity was concerned, the different causative factors such as age, parental education and family income have its significant influence on daily routine activity of young adults.

Keywords: Daily routine activity, young adulthood, challenges, mental health, leisure activities

EFFECT OF YOGA AND MEDITATION ON PSYCHOLOGICAL WELL BEING AMONG ADOLESCENTS: A REVIEW

Rachna Rani

Abstract

Adolescence is the period of life span when the individual undergoes multiple changes such as physical, psychological, social and emotionally for prepared them to experiment with new behaviours as they transition from childhood to adulthood. They have to face many intriguing developing aspects or challenges by combined societal, parenting, and newly acquired expectations on a psychological level too. In today's world of advancing technology, where speed, accessibility and multi-tasking prevail, stress is becoming an ever increasing problem. Adolescents who revealed more exceptional and labile emotions and less effective guideline of these emotions also reported more depressive symptoms and problem behaviour. Yoga now-a-days looked upon as a system of medicine. Yoga provides inner power, self-improvement and attaining potential. The main aim of Yoga and meditation is to control the process of thoughts and emotions and give the ability to encounter pleasurable and painful situations with calmness. Yoga increase positive effect and decreased negative effect, improved self-awareness and self-acceptance, reduced symptoms of depression, anxiety, stress and increased concentration, attention, memory power, academic achievement and improved quality of life and overall well-being of adolescent students.

Keywords: Adolescents, Yoga, Meditation and Psychological well-being.

**EFFECT OF SIMPLIFIED KUNDALINI YOGA PRACTICES ON ANTI MULLEIN
HORMONES AND FOLLICLE-STIMULATING HORMONE TEST AMONGST
MENOPAUSAL MIDDLE AGED WOMEN**

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Abstract

A woman is one of the wonderful creation of God without her there is no world. Giving birth to young ones is one of the lovely gifts of God in her life. Feelings experienced during and after the birth of baby cannot be experienced by men. She is the bridge of love between her kids and family. Such a valuable gift of God should be protected, taken care of during ups and downs. Yes, menopause is one of the stages of women in which she faces changes physically, mentally and psychologically.

Yoga: The word yoga comes from the Sanskrit root 'Yuj' which means 'to join' or 'attach' or union. It is true union of our will or consciousness with the will or super conscious of God is known as Yoga. Yogic practices The practice of yoga techniques like Asana, Pranayama, Meditation, Mudra etc helps to overcome any imbalances and creates harmony in the physical, mental, psychological and spiritual aspects of human personality.

Methodology

To achieve the purpose of the study, 20 middle aged women with menopausal issues from the city of Chennai between the ages of 40 to 50 years are to be randomly selected, reduced to 20 subjects from that group selected randomly, finally reduced to 10 subjects again through random selection and equally divided into three groups: 1. Experimental group one (Yogic practice group) 8 2. Experimental group two (without Yogic practice group) 8 3. Control group (without any form of treatment but in active rest) 4. AMH and FSH tests conducted to ascertain the exact level to determine menopausal stage.

Results: The symptom of heart flesh is vaso nervine in nature. Regular SKY exercise prevents vaso motar instability. SKY Yoga practises mainly makarasana gives the greatest vaso nervine stability to the system.women who practise nadi suthi will never suffer much from the problem of heart flashes

Keywords: SKY yoga , kayakalpam , FSH , AMH

LOCUS OF CONTROL AND PROCRASTINATION AMONG STUDENTS: A COMPARATIVE STUDY

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Abstract

Every single human being irrespective of their education, working status has to complete numerous tasks during a day for an effective performance, but for certain reasons completion of these required tasks is often delayed. This general tendency of delaying or postponing different task is referred as procrastination. People differ in perceiving the outcomes of their behaviours. Locus of control refers to a generalized expectancy that life events are contingent upon personal action, behaviour, and ability. The present study aimed to find whether undergraduates and postgraduates students may differ in terms of their locus of control and procrastination related behaviours. A sample of 100 undergraduates and postgraduate students aged between 18 to 25 years; currently pursuing any academic course were selected for present study. Descriptive and inferential statistics were used to analyse the data. In the present study, results revealed that the undergraduate students had significantly higher level of external locus of control which exhibited significantly high levels of procrastination as compared to post graduate students. From the present study it may be concluded that undergraduate students had a tendency of higher attributions to external control as compare with post graduate students which might lead to higher degree of procrastination behaviours.

Keywords: Undergraduates; Postgraduates; External locus of control; Internal locus of control; Procrastination.

REHABILITATION AND WELL BEING

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Abstract

“Sometimes you climb out of bed in the morning and you think, I’m not going to make it but you laugh inside remembering all the times you’ve felt that way.” – Charles Bukowski

The feeling of failure not being good enough or the feeling monotony has become quite common in our current living scenario. In a world full of technology freedom and connectivity yet we are slowly getting trapped within our own emotions. Particularly talking about India with a rank of two in world population has also earned top rank as the country with most mental health issues. A country with largest human resource reservoir still lags in providing institutionalized help or even awareness about importance of wellbeing and rehabilitation.

The World Health Organization (WHO) defines Rehabilitation as one of the crucial component of Universal Health Coverage (UHC) along with other components like good health, prevention of disease, treatment and palliative care. Multiple researches have been conducted on the field provided us with deeper understanding of the concept cumulatively defining it as “Set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”. Although Rehabilitation developed its identity in 1900’s but in the 21st century people have started to realize need of rehabilitation in individual's wellbeing. Wellbeing can be defined as, peaceful functioning of an individual in the absence of physiological, psychological, social and emotional ailments. Rehabilitation and wellbeing goes hand in hand, where in case of any physiological or psychological trauma rehabilitation provide a suitable environment in restoring ones wellbeing. Recent reports states that globally around 2.4 billion people are under the occurrence of mental health condition and require rehabilitative services over which a global pandemic has not only left us financially fragile but also psychologically ailing. Although many global and national organization and institutes have come forward to help yet its feasibility mainly depends on individual interest. This paper is an effort towards creating awareness on importance of psychological wellbeing and rehabilitative services along with early traces of rehabilitation, wellbeing and their current trends & challenges.

Keywords: Rehabilitation, wellbeing, mental health, human resource, rehabilitative services, intervention

IMPACT OF FITNESS TRAINING, YOGIC PRACTICE AND ITS SYNERGETIC EFFECT ON OBESE WOMEN

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Abstract

The purpose of the study was to determine the Impact of fitness training and yoga practice and its synergetic effect on obese women. For this study, sixty (N=60) obese women residing in Chennai, Tamilnadu, India was selected randomly as subjects. They were divided randomly into four groups of fifteen each i.e., (n=15) Group-I underwent Fitness Training Group-II underwent Yogic Practices, Group-III underwent Combined Fitness Training and Yogic Practices and Group-IV was acting as Control. The Experimental groups underwent respective training periods of three days per week for twelve weeks. The dependent variables selected for this study were BMI, Flexibility and Cardiovascular Endurance. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables. The data obtained from the experimental groups and control group before and after the experimental period were statistically analyzed with 't'-test and Analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusting post test means was found to be significant, the Scheffe's Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 for all the cases. The results of the study showed Experimental groups namely, Fitness Training group, Yogic Practices group, and Combined Fitness Training and Yogic Practices group had significantly improved in BMI, Flexibility and Cardiovascular Endurance.

Keywords: fitness, well-being, cardiovascular, yogic practices.

RELATIONSHIP BETWEEN SLEEP PATTERN AND AFFECTIVE STATES AMONG COLLEGE GOING FEMALES

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Abstract

Sleep is recognized as one of the basic physiological needs. Inadequate or poor quality of sleep have been associated with several emotional and behavioral problems in daily life. Disturbance in sleeping patterns and circadian rhythms have also been implicated in serious psychological conditions such as depression, anxiety and stress.

The present study aimed to examine the relationship between pattern of sleep and the affective state experienced upon waking. Pattern of sleep was defined in terms of three criteria: 1. Number of hours of sleep, 2. Quality of sleep and 3. activity engaged in before sleeping. Both dimensions of affect: positive and negative affect were examined independently.

The sample consisted of 110 college going females (mean age= 21). The Positive and Negative Affect Schedule (PANAS X) by Watson & Clark (1994) was used to assess the affective state of participants within one hour of waking up. A Sleep Pattern Questionnaire was developed by the researcher to record the different criteria of the participants sleep the previous night. The data was analyzed using correlation and percentage analysis.

The results of the study suggested that duration of sleep has no relation with the affective state in which one wakes up as the correlation coefficients between number of hours of sleep and both positive affect (0.13) and negative affect (-0.01) were not significant. Quality of sleep showed a strong association to both positive and negative affect. Greater percentage of participants who reported having continuous, deep or satisfactory sleep reported high positive affect in comparison to participants who reported having irregular, disturbed or incomplete sleep. Conversely, greater percentage of participants who reported having irregular, disturbed or incomplete sleep reported high negative affect than those who had continuous, deep or satisfactory sleep. Having indulged in different types of activities before sleeping did not show any difference in the affective state in which participants woke up.

The findings of the study are discussed comprehensively, in light of existing theories and research in the area.

Keywords: sleep, positive affect, negative affect, quality of sleep, sleep disturbance

A STUDY OF AGING ATTITUDE AND SATISFACTION WITH LIFE AMONG ELDERLY

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Abstract

It is imperative to ensure our growing grey population's wellbeing. One of the crucial yet less studied factor is, older adults attitude towards their own aging. Attitude towards own aging may influence range of mental and physical health outcomes. The aim of this research study was to study the relationship between aging attitude and satisfaction with life among elderly. The aging attitude is assessed along the dimensions of Physical change, Psychosocial loss and Psychological growth. The 100 sample participants of this study were in the age range of 60- 69 years: including both males and females. Results revealed significant relationship between aging attitude held by elderly and level of satisfaction in life experienced by them. Thus, having positive aging attitude may markedly improve wellbeing of elderly.

Keywords: Aging, Attitude towards own aging, Life satisfaction, Older adults, Wellbeing

IMPACT OF MEDITATION ON MENTAL HEALTH AND ITS IMPORTANCE IN SCHOOL CURRICULUM

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Abstract

Mental health is about our emotional, psychological, and social well-being. It helps us in overcoming day -to-day challenges, fulfilling our duties and making useful contributions to our society. According to World Health Organization (WHO) Mental Health is, "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Meditation is an ancient practice which was originated in India about 3000 BCE and later adopted by neighboring countries of India. The earliest documented records of meditation are found in Vedas which are the Hindu texts. The practice of meditation is done by an individual to achieve a clear, calm, and stable mental and emotional state. The goal of meditation is achieving a tranquil mind and a relaxed body. Meditation practice helps in fighting against various mental issues and disorders especially Depression and Anxiety which are very common in present times. According to WHO study (2020) about 7.5% Indians suffer from mental disorders. Young people are prone to mental illness, primarily the adolescents (aged from 10 to 19 years) as they go through a lot of physical, psychological, and social changes. They are also exposed to stressful academic conditions. Inclusion of Meditation programs in school curriculum can be a good option as it would help the students to fight against mental illness along with others benefits. It would facilitate their academic performance by enhancing their concentration, memory and learning along with physical health. The purpose of this paper was to know the importance of meditation on mental health and its contribution in school curriculum.

Keywords: Mental Health, Meditation, Curriculum, Emotional, Psychological

EFFECT OF YOGA THERAPY WITH VARMA CIKITSA ON SELECTED PHYSIOLOGICAL, BIOCHEMICAL VARIABLES AMONG GERIATRIC MEN

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Abstract

Population ageing is a global phenomenon. With the passage of time, every country in the world is experiencing growth in the size and proportion of older persons in their population. Population ageing is an inevitable demographic reality that is associated with improvements in health and medical care system. With longevity and declining fertility rates, the population of older persons (60 years and above) is growing faster than the general population globally. This phenomenon is known as population ageing. When population age increases rapidly, this has implications on the socioeconomic and health status of the elderly.

The World population of the elderly is increasing and by the year 2050, adults older than 65 years will comprise 1/5th of the global population. In India 3.8% of the population are older than 65 years of age. According to an estimate the likely number of elderly people in India by 2016 will be around 113 million and that by the year 2050, this would rise to about 324 million. Significant causes of morbidity among the elderly are Degenerative arthritis, Osteoporosis, Alzheimer's disease, Depression, Parkinsonism, Hypertension, Diabetes Mellitus, Benign Prostate Hypertrophy, Cataract, Macular degeneration etc. and at the same time, they are vulnerable to infections involving respiratory (including TB), urinary and digestive tract.

METHODOLOGY

- To facilitate the random group experimental study, 60 Geriatric men would be invited, 45 would be screened and 30 would be selected finally in random as subjects by using random group sampling design.
- Subjects would be divided into three groups of 15 each, A, B
- Initial tests would be conducted for all groups on selected dependent variables.
- Yoga therapy with Varma Cikitsa would be imparted for Group A and control Group B would be the control group with no training but active rest.
- Final tests on selected dependent variables would be conducted on all the groups.
- Treatment for 12 weeks.
- Yogic Practices:
- The practice of yoga techniques like Asana, Pranayama, Meditation, Mudra etc helps to overcome any imbalances and creates harmony in the physical, mental, psychological and spiritual aspects of human personality.

RESULTS AND DISCUSSIONS

The results of the study on the selected variables showed that for the Group A, B Biochemical Variable(Blood Sugar (Fasting). Blood Urea Scheffe's Post hoc test would be used to find out the paired mean differences between the two experimental groups. Significance would be fixed at 0.05 level of It was concluded Group A,B, Biochemical Variable(Blood Sugar (Fasting). Blood Urea were significantly stabilized due to the influence of yoga practices with varma cikitsa (Group A) than the control group (B) among Geriatric men suffering with above.

Keywords: Yogic practices, varma cikitsa, Blood sugar (fasting), Blood Urea, Meditation

EFFECT OF YOGIC PRACTICES ON SELECTED RISK FACTORS AMONG MIDDLE AGED HYPERTENSIVE WOMEN

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Abstract

The present random group experimental study was designed to find out the effect of yogic practices on Body Mass Index and Anxiety among middle aged hypertensive women. To achieve the purpose of the study, 30 middle aged hypertensive women from Chennai city aged between 40 years and 50 years were selected randomly using random group sampling method and were divided into two groups, i.e Experimental group I and control group II of 15 subjects each. It was hypothesized that there would be significant differences due to yogic practices among middle aged hypertensive women on selected dependent variables such as Body Mass Index and Anxiety than the control group. Preliminary test was conducted on selected dependent variable before the start of the training program. Experimental group I underwent yogic practices for 8 weeks, five days a week for a maximum of one hour in the morning. The control group was kept in active rest. Post test was conducted after the training period for the two groups on the same dependent variables such as Body Mass Index and Anxiety. The data collected from the groups was statistically analyzed by using Analysis of Co-variance (ANCOVA) to determine the significant differences. Test of significance was fixed at 0.05 level of confidence. The results of the study showed that the experimental group showed significant differences on selected variables such as Body Mass Index and Anxiety than the control group due to yogic practices. Hence the hypothesis was accepted at 0.05 level of confidence. It is hence concluded that the yogic practices are beneficial to middle aged hypertensive women to maintain Body Mass Index and reduce Anxiety.

Keywords: Yogic Practices, Hypertension, Middle aged women, Body Mass Index and Anxiety.

**EFFECT OF YOGA THERAPY ON SLECTED RISK FACTORS AMONG MIDDLE
AGED WOMEN FIREWORKERS SUFFERING FROM PNEUMOCONIOSIS**

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ABSTRACT

To achieve the purpose of the study, 45 middle aged women suffering from pneumoconiosis were selected using random sampling method from fire-works factory at Sivakasi, Virudhunagar dist, aged between 35years and 50 years. The subjects were divided into experimental and one control group of 15 subjects each. It was hypothesized that there was significant differences on Gas exchange functions and Depression among middle aged women fire workers suffering from pneumoconiosis due to yogic practices. The Experimental Group underwent training for the period of 8 weeks. The control group was kept in active rest. The pre-test and post-test were conducted before and after the training for all two groups. Gas exchange functions and Depression were measured. The data collected from the groups before and after the training period were statistically analysed by using Analysis of Co-Variance (ANCOVA) to determine the significant difference and tested at 0.05 level of confidence. The result of the study showed that the Gas exchange functions and Depression increases as the result of Yogic practices. Hence the hypothesis was accepted at 0.05 level of confidence. Hence it is concluded that the Yogic practices helped to improve the Gas exchange functions and reduce Depression among middle aged women suffering from pneumoconiosis

KEYWORDS: Yoga, Yoga therapy, Middle aged, pneumoconiosis, Gas exchange functions and Depression

EFFICACY OF YOGA THERAPY WITH DIET MODIFICATION ON SYSTOLIC BLOOD PRESSURE AND STRESS AMONG ANTENATAL WOMEN

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ABSTRACT

The Antenatal period is a critical time for both mother and baby. It is a period for the mother to recuperate from the experience of childbirth and gain back her health. It serves as a wonderful time for the mother and baby to bond. However, this period can also be quite stressful and overwhelming for the mother since she has to take care of a vulnerable baby who requires her full attention as well as try to regain her health. The life of the baby depends heavily on the mother. The well-being of the mother is therefore important and she needs to be fully in charge of her health in order to execute her maternal duties with grace and without too much post-partum stress. The essence of Antenatal yoga is to ensure that the mother gains strength, has a stable mind and a relaxed body to take care of the new born and facilitate her recovery period. Coupled with an excellent yoga, the mother will feel pampered and her body will be ready for the new roles of motherhood.

Keywords: Yoga Therapy, Systolic Blood Pressure, Stress, Antenatal Women, Diet

EFFECT OF YOGIC PRACTICES ON STRESS AND ANXIETY AMONG HYPERTENSIVE MIDDLE AGED WOMEN

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ABSTRACT

The purpose of the random group experimental study was to find out the effect of yogic practices on Stress and Anxiety among Hypertensive middle aged Women. 30 Hypertensive middle aged Women were selected from Chennai, between the age group of 35 and 45 years and they were divided into two groups I, and II with 15 subjects each. It was hypothesized that there would be significant differences among the Hypertensive middle aged Women on Stress and Anxiety. Preliminary test was taken for two Groups on Stress and anxiety before the start of the training program. Group I subjects were given Yogic practices for 45 minutes, 6 days a week for a total period of twelve weeks. Group II (Control Group) were in active rest. After the experimental period, the two groups were retested again on the same selected dependent variable. Analysis of co-variance (ANCOVA) was used to find out the significant differences between the experimental group and the control group. The test of significance was fixed at 0.05 level of confidence. The results of the study proved that the Experimental Group showed significant differences on Stress and Anxiety than the Control Group due to Yogic practices among Hypertensive middle aged Women. The hypothesis was accepted at 0.05 level of confidence. Hence it is concluded that Yogic practices are beneficial to the Hypertensive middle aged Women to manage Stress and Anxiety.

KEY WORDS: Yogic practices, Hypertensive, Stress and Anxiety

EXPLORING THE ROLE OF SOCIAL CONNECTEDNESS AND HEALTH ANXIETY IN PREDICTING PSYCHOLOGICAL WELL-BEING

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Abstract

Due to COVID-19 pandemic, social distancing was as a precautionary measure in India, during March 2020. Uncertainty about its signs and symptoms, modes of transmission and lack of definite treatment has put the mental health of people in India at risk. Thus, this study was carried out to explore the role of Connectedness, Affiliation and Companionship factors of social connectedness in predicting health anxiety and psychological well-being and its components. This study was carried out on 317 Indian adults recruited through convenience sampling method during July 2020 to November 2020. Hypotheses were tested using linear regression methods. Results revealed that connectedness ($t = -2.381, p < .05$) and Companionship ($t = -2.556, p < .05$) were significant in predicting 10.2% of variance in health anxiety among Indian adults. Companionship predicted 1.9% variance in autonomy ($t = 2.318, p < .05$) and 7.7% of variance in environmental mastery ($t = 2.180, p < .05$). Affiliation predicted 6.7% variance in personal growth ($t = 2.069, p < .05$). Connectedness and companionship explained 26.8% variance of positive relationships with others and 16.1% of self-acceptance.

Keywords: Social Connectedness, Health Anxiety, Psychological Well-being

**EFFECT OF YOGIC PRACTICES ON BREATH HOLDING TIME AND RESTING
PULSE RATE AMONG MIDDLE AGED WOMEN**

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Abstract

The purpose of the study was to determine the effect of yogic practices on breath holding time and resting heart rate among middle aged women. To achieve the purpose of the present study, thirty middle age women from Chennai, Tamil Nadu, India were selected as subjects at random and their ages ranged from 40 to 60 years. The subjects were divided into three equal groups. The study was formulated as a true random group design, consisting of a pre- test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices group (YPG) and control group (CG) in an equivalent manner. The experimental group participated the training for a period of six weeks to find out the outcome of the training package. Paired 't' test was applied to test the significance of mean gains made in each of the variables by the experimental groups. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

Keywords: Yogic Practice (YP), Breath Holding Time (BHT) and Resting Heart Rate (RHR).

BEHAVIOR INTENT AND PERCEIVED BEHAVIORAL CONTROL AS PREDICTOR OF ADHERENCE BEHAVIOR

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Abstract

The present study attempted to investigate the relationship between Behavior Intent and Perceived Behavioral Control as a predictor of Adherence Behavior among patients with Type-2 Diabetes and Hypertension. Behavior Intent refers to the motivational factors that influence any behavior, wherein, the likelihood of the behaviour manifesting increases with the strength of the intention behind it. Perceived Behavioral Control is a person's perception of the convenience of performing the behavior. Perceived Behavioral control varies across situations and actions. Adherence to medical treatment depends on both Behavioral Intent and Perceived Behavioral Control. The sample of 325 patients with Type-2 Diabetes and Hypertension was taken for the study. The data was collected through Behavioral Intention Scale (BIS) and Perceived Behavioral Control through TPB Questionnaire (TPBQ).

The statistical analysis included Pearson's Correlation. Findings revealed that Adherence Behavior is positively correlated to Behavior Intention ($r = 0.408$, $p < 0.01$) and Perceived Behavioral Control ($r = .303$, $p < 0.01$). Taking the respective results into consideration, healthcare professionals, social workers, care givers and other stakeholders can recognize the role of Perceived Behavioral Control and Behavioral Intentions in adherence to the use of medical therapies. Discerning the relationship between these psychosocial variables and adherence will be advantageous towards promoting appropriate adherence amongst patients of chronic illnesses.

Key words: Behavior Intention, Perceived Behavioral Control, Adherence

PSYCHOLOGICAL FACTORS RELATED TO COUNTERFACTUAL THINKING: A REVIEW

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Abstract

Objective- The current study is aimed at reviewing the literatures which identify the antecedent and consequent factors

Method- Researches published in various databases which include Google Scholar, PubMed, Scopus and Web of Sciences were reviewed. 100 research articles were searched from the time period of 2000 to 2019, out of which 50 researches were selected with relevant information.

Results and conclusions: The findings suggested that social cognition, self inference, self esteem, elating relief, intentions, negative events, sense of coherence, religious attitudes and superstitions were some of the antecedent factors of counterfactual thinking which explained that these factors can generate counterfactual thoughts. And once these counterfactual thoughts were generated, they in turn lead to some of the consequent factors including coping strategies, luck, envy, gratitude, motivation, regret, resilience, blame, tolerance, negotiations and moral judgement.

Keywords- Counterfactual Thinking, Social Cognition, Self Inference, Self Esteem, Elating Relief, Intentions, Negative Events, Sense of Coherence, Superstitions, Coping Strategies, Luck, Envy, Gratitude, Motivation, Regret, Resilience, Blame, Tolerance, Negotiations and Moral Judgement.

EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG OBESE ADULT WOMEN

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ABSTRACT

The purpose of the random group experimental study was to find out the effect of yogic practices on selected physiological variables among obese adult women. Thirty (30) Obese Adult women residing in Chennai aged between 25 and 35 years were selected randomly by using a random sampling design into two groups. Experimental group-1 and Group-2 had fifteen (15) subjects each. The training period for this study was eight weeks. The experimental group-1 underwent yoga practices in the morning six days a week for up to one and half hours. The Group 2 was kept in active rest. The pre-test and post-test were conducted before and after the training for both groups. To analyse the data, Analysis of Co-variance (ANCOVA) was used to find out the significant difference between the groups. The test of significance was fixed at 0.05 level of confidence. The results proved that there were significant differences due to yogic practices between group-1 and group-2 physiological variables such as fasting blood sugar and HbA1c than Group 2 among obese adult women. It was concluded that there was a positive impact on yogic practices when compared to Group 2 on physiological variables such as body mass index, systolic blood pressure (decreased) among obese adult women. Hence the above hypothesis was accepted at 0.05 level of confidence.

Key words: Yogic practices, Body Mass Index, Systolic Blood Pressure, Adult women, Obesity.

COMPARATIVE STUDY OF AUTOMATIC NEGATIVE THOUGHTS AND SUICIDAL IDEATION BETWEEN VISUALLY IMPAIRED ADOLESCENTS IN SPECIAL AND INCLUSIVE SCHOOLS

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The age of adolescents is still an area to explore as the turmoil of changes brings curiosity, mood swings, thirst for defining identity and much more for the individuals. In the era of rehabilitation a new method of education i.e., inclusive education is a blessing to provide an environment to grow, learn and blossom to the specially abled. We have another way of education for specially abled in which they study with their peers having same limitations. Studies says that these systems of education has a remarkable impact on mental health. Automatic negative thoughts are those sudden thoughts which comes without giving signs of arrival. Sometimes they may carry a reason. Suicidal ideation is considered as the tendency of thoughts considering self – harm/ death a way to get rid of many issues. A study was conducted on 149 congenitally visually impaired adolescents having age of 16-19 years, studying in various inclusive and special schools, comparing their Automatic Negative Thoughts and Suicidal Ideation. Automatic thought questionnaire by Hollen and Kendal and Suicidal Ideation Scale developed by Sisodia and Bhatnagar (2011) were used to get the scores. The results were explored through Mann Whitney U test. A significant difference found in Automatic Negative Thoughts and suicidal ideation between Visually Impaired Adolescents in Special and Inclusive Schools. No significant difference was found on the bases of gender.

Key words: Automatic Negative Thoughts, Suicidal Ideation Between, Visual impairment, Special and Inclusive education

EFFECT OF YOGIC PRACTICES ON PHYSIOLOGICAL VARIABLES AMONG MIDDLE AGED TYPE 2 DIABETIC WOMEN

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ABSTRACT

The purpose of the random group experimental study was to find out the effect of Yogic Practices on Physiological Variables among middle aged type 2 diabetic women. It was hypothesized that there would be significant differences on Physiological Variables among middle aged type 2 diabetic women due to Yogic Practices than the control group. For the purpose of the study, 30 middle aged women were selected randomly from Chennai, between the age group of 35 to 45 years and they were divided into two groups A and B having 15 subjects each. Pre-test was conducted for the two Groups (A and B) on the selected dependent variables before the start of the training program. Group A was given Yogic Practices; Group B (Control Group) didn't receive any specific treatment, but in active rest. After the experimental period of twelve weeks, the two Groups (A and B) were retested again on the same selected dependent variables as Post-test. Analysis of co-variance (ANCOVA) was used to find out the significant differences between experimental group and the control group. The test of significance was fixed at 0.05 level of confidence. The results of the study on Physiological Variables such as Heart Rate and Body Mass Index are proved that the Experimental Group showed significant differences than the Control Group due to Yogic Practices. The hypothesis was accepted at 0.05 level of confidence Hence, it was concluded that Yogic Practices is beneficial to the middle-aged type 2 diabetic women.

KEY WORDS: Yoga, Heart Rate, Body Mass Index, Yogic Practices and Diabetes

**PSYCHOLOGICAL WELL-BEING AND SELF-ESTEEM AMONG COLLEGE
GRADUATES: AN ETHNO- PSYCHOLOGICAL STUDY OF THARU TRIBALS OF
NEPAL**

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Abstract

The Terai region of Nepal is home to several ethnic groups which differ culturally and linguistically. Tharu people are an ethnic group inhabiting the lowlands and inner Terai valleys of Nepal well as in the Terai plains on the Nepal-India border. Their community is thriving amidst the multiethnic and multicultural Nepalese society, maintaining their ages old traditions and customs. Although Tharu people have remarkably worked upon their mainstreaming but their public rhetoric often has the undertones of their inheritance and identity. The marginalization of community has reinstated ethnic consciousness among the members of the Tharu community. Because of the conservation drives and flourishing tourism hotspots, forests have largely been declared as restricted area and this has posed a great challenge before the members of Tharu community. Most of the members have chosen to migrate and mainstream, while many have been in conflict with the authorities for their traditional practices of hunting and farming. Due to limited access to mainstream resources for professional growth and development, there has been a nominal representation of Tharu youths in the employment Diasporas. Living in seclusion, away from their peer groups poses several challenges before them, and they are often found to be having low self-esteem because of their educational backwardness and humble socio-economic statuses. This research paper aims at assessing the gender roles in context of the matriarchal traditions of Tharu community of Nepal and explores psychological attributes of matriarchy. This research reflects significantly upon self-esteem and psychological well-being of male and female graduates of Tharu community. Data was collected through psychological questionnaires from 100 (50 male & 50 female) Tharu graduates and analyzed through SPSS 22.0. Results showed both significant and non-significant relationships between the variables.

Keywords: Tharu Community, Education, Employment, Matriarchy, Gender

**A STUDY ON EXPLORING DIFFERENT LEVELS AND PSYCHO-SOCIAL FACTORS
CONTRIBUTING TO THE WELL-BEING OF MID ADULTS- USING A MIXED-
METHOD DESIGN.**

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Abstract

Midlife is a period of the interplay of multiple roles and responsibilities at work, in family, and social life. They act as a pillar in maintaining familial, occupational, and societal functioning. Hence investigating the well-being of mid-adults is a fundamental prerequisite in the promotion of societal well-being. The concept of well-being is one of the most frequently studied topics in psychology and it had been undergoing several revisions in the definition of well-being from 1948 to today. The current definition of well-being is from positive psychology that well-being is a combined state of feeling good and functioning effectively in life (Huppert et al., 2009; Keyes, 2002). The current study adopted a mixed-method design to explore different levels of well-being and the psycho-social factors contributing to varying levels of well-being. A sample of 408 middle adults (male=204, females=204) aged between 40-59yrs adults belonging to various socioeconomic statuses were drawn from Mangalore city, Karnataka. The scales such as Kuppuswamy's socioeconomic status scale (R-2012), Psychological well-being-20 (Mehrotra, Tripathi & Banu, 2013), and a life satisfaction scale was administered to the participants. Based on the data it is identified that 7.40% of the adults have high well-being while 7.80% of them have low well-being. The psychosocial factors contributing to the well-being was explored using Unstructured interview and by using thematic analysis. The results revealed that high well-being adults actively participate in productive activities, they use both problem-focused and emotion-focused coping patterns. The key character strengths identified in them are, leadership, love for learning, social skills, and social responsibilities and they experience good interpersonal relationships with others. Adults who reported low well-being were characterized as having poor efficiency, poor problem-solving skills, and poor primary support and psychological health.

Keywords: well-being, mid adults, health, interpersonal relationships

THE EFFECT OF YOGA TECHNIQUES ON STRESS LEVELS OF COVID-19 PATIENTS

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Abstract

The years 2020 and 2021 presented an unprecedented menace in the form of the Covid-19 pandemic, brought on by the SARS coronavirus-2 (SARS-CoV-2). The highly contagious and fatal disease proved to be a challenge for health care systems worldwide. In India, the pandemic period brought on widespread practice of complementary medicinal systems: yoga techniques like Pranayama and meditation (dhyan) were particularly emphasized by health professionals as they have time and again been proven to improve immunity of the respiratory system, keep stress at bay and help people keep up the will to fight the stressful period of disease and recovery. The study had both quantitative and qualitative parts: the quantitative study done through March 2020-August 2021 aimed to assess the effect of Yoga practice on the stress levels of Covid patients through pretest-posttest research design. The qualitative part done during the months of August-September 2021 aimed to find out whether former Covid patients acknowledge the use and importance of Yoga for their recovery and how many of them remain consistent with following the same Yoga practices. The study found that a majority of the respondents who had Covid reported significant decrease in their stress levels (PSS) after practicing Yoga but at the same time, they haven't been able to imbibe Yoga as part of their daily routine post-recovery. The study further discusses the implications of the findings and encourages stronger emphasis on Yoga for healthier stress-free lives and stronger immunity.

Keywords: Covid-19, Yoga, Pranayama, Asanas, breathing exercises, meditation, dhyan, immunity.

A COMPARATIVE STUDY OF EMOTIONAL REGULATION AND IMPULSIVENESS AMONG YOGIC AND NON-YOGIC INDIAN WORKING PROFESSIONALS

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Abstract

Background: Mental health issues at the workplace has been a major concern due to constant burden of work pressure and job performance which also leads to employee's emotional dysregulation. Studies over a time highlighted the role of emotional regulation and impulsiveness control on working professional's psychological wellbeing and workplace environment. But the sudden hit of Covid-19 outbreak spiked the mental health challenges for the working professionals due to raised concerns such as job insecurities, uncertainties, financial crisis, handling excessive workload, feeling of emotional burnouts due to work from home or working from workplace during the health threatening situation, taking care of family's needs and responsibilities, etc. To deal effectively and adapt the pandemic situation psychological factors such as, emotional regulation and impulsiveness control can significantly contribute towards employee's overall psychological wellbeing. Therefore, the current research study aims to understand the role of yoga as an intervention for building-up the employee's emotional regulation and impulsiveness by comparing yogic and non-yogic Indian young working professionals.

Objective: The present cross-sectional research study aims to understand the role of yoga on employee's emotional regulation and impulsiveness by comparing yogic and non-yogic Indian young working professionals.

Methodology: This is a cross-sectional study conducted on 200 Indian working professional males and females between the age of 18-35 years. The tools used for assessing the variables under study included Emotional Regulation Scale (Gross & John, 2003) and Barratt Impulsiveness Scale (Patton et al, 1995). Mean, standard deviation and independent t-test was applied to statistically analyse the obtained data.

Findings: The findings of the present study revealed that yogic Indian working professionals significantly showed difference on emotional regulation factors i.e., cognitive ($t= 15.230$, $p<.001$) and expressive facet ($t= 10.156$, $p<.01$) and attentional impulsiveness ($t= 3.344$, $p<.01$) compared with non-yogic Indian working professionals. But there was no statistically significant difference was found on motor impulsiveness, non-planning and overall impulsiveness between yogic and non-yogic Indian working professionals.

Conclusion: Overall, it was concluded that there was a statistically significant difference was found between yogic and non-yogic Indian working professionals on emotional regulation and attentional impulsiveness but no statistically significant difference was found on motor impulsiveness, non-planning and overall impulsiveness. Thus, findings of the present study can contribute to understand the effectivity of yoga-based interventions especially on working professionals and formulation of health interventions by the policy makers and organizations related to working professional's health and productivity.

Keywords: Emotional Regulation, Impulsiveness, Working Professionals, Yogic, Non-Yogic

INCLUSIVE EDUCATION-BENEFITS OF EDUCATION FOR ALL

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Abstract

Introduction: Inclusive education is not a privilege rather it's a right of every child. In recent years, concept of inclusive school has gained quite an importance as it provides equal opportunities of education for all. Aim of such schools is to bring children not only with disabilities and learning difficulties, but also from marginalized group with that of normal ones under the same roof. It also makes sure that students are given equal opportunities regardless of their strength and weakness to explore their potential.

Aim: The paper aimed to understand about the inclusive education and how it benefits the students.

Method: The process involved a systematic review of literature, for which several national and international studies were consulted.

Result: Present paper discusses in detail the concept of inclusive education, including importance and benefits.

Keyword: inclusive education, learning difficulties, marginalized group.

Parental Socialization of Emotions: A Comparison of Different Theoretical Models

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Abstract

The paradigm of parenting styles has widely been studied for several years from Baumrind (1967) to Maccoby & Martin (1983), however, there are further essential elements regarding parenting that shape a child in their emotional and social functioning. One similar, yet different construct which holds significance for developing the child's skills is the parental socialization of emotions. Although a comparatively recent phenomenon, it plays a major role in a child's development apart from parenting styles. This aspect has been intensively explored for the purpose of a child's ability to acquire social as well as emotional competence via path analysis in which parents address their child's experience and manifestation of negative emotions (see Eisenberg, Cumberland & Spinrad, 1998; Gottman, Katz & Hoovan, 1996). Although parental socialization of emotions seems as a synonym to parenting styles; they work differently in their function and definition. With this background, the current study focusses on bringing to fore certain specific and pertinent models of parental socialization of emotions.

Keywords: *emotions, parenting styles, parental socialization, emotional competence*