

# Report on 5<sup>th</sup> International Conference on Public Mental Health and Neurosciences- 2018

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**Theme:**  
**Mind Body Linkage: Yoga & Advances in Neuroscience  
Research – Ancient to Modern.**

ICPMN 2018 started with lighting of the lamp by our President, Mrs. Padmashree Murthy, Chief Guest, Prof. Mauro Cozzolino and Guest of Honour, Dr. Richard Hill. Welcome speech was delivered by our president Mrs. Padmashree and she shared the significance of the platform created, to buddy researchers to discuss about their creative ideas with the likeminded people and from multidisciplinary science field to come under one roof for creating an awareness, prevention, and treatment of Mental illness with amalgam of Yoga in Public Mental Health & Neurosciences which is in tune to our mission of Sarvasumana.



## Day 1 (March 26, 2018)

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### **Chief Guest delivered the inaugural message:**

Keynote was addressed by Dr. Richard Hill, who discussed on the topic, How the Psychosocial Genomics approach can facilitate the dialogue between mind-genes for improving our healing: from an epistemological point of view to clinical applications wherein he linked Indian traditional systems with modern Psychosocial Genomics approach in mind-body healing.

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Our **1<sup>st</sup> session** was webinar by Dr. Ernest and Kathryn Rossi titled Current and Future Prospects of Psychotherapeutic Approaches to the Human Condition. This session was chaired & coordinated by Dr. Preenon Bagchi.

Following High Tea was our **2<sup>nd</sup> session** titled “Public Mental Health, Spirituality and Yoga Therapy”. Dr. Richard Hill & Prof. Mauro Cozzolino chaired the session. Our 1<sup>st</sup> talk was by Dr. Dharav Shah who shared his knowledge towards Joining Hands to Create an Addiction-Free, Healthy, Happy & Powerful Society across the globe. Talk by Mr. Rajesh TS who gave an overview of ancient Indian Yogic Knowledge & how it can contribute in the area of mental health and neurosciences, holistic concepts to prevent, treat health and promote positive wellness i.e., Total health: Being established in oneself (Swasta) which is the ultimate purpose of life.

Talk of Mrs. Padmashree Murthy gave the insight in the Journey of Women through significant phases with Yoga & yoga therapy for pregnant women, a session which was very new for the delegates.

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We had an interesting intervention Session by Prof. Mauro Cozzolino and Dr. Giovanna Celia titled How the Psychosocial Genomics approach can facilitate the dialogue between mind-genes for improving our healing: from an epistemological point of view to clinical applications. Dr. Dharav Shah Chaired the session.

We had an authentic Cambodian Style lunch.

Post lunch we had an oral session on Public Mental Health & Neurosciences. Dr. Dharav Shah coordinated & judged the session and Dr. Preenon Bagchi chaired the session. The various presentations were:

- **Ghousia Farheen:-** “To study the Achievement motivation among school going Children (14-16 years) between private and government school children
- **Dr. Pooja Chatterjee:-** “To study the significance of financial self-efficacy and knowledge upon the self-esteem of an individual: A comparative analysis of the working population of the two genders in Kolkata metropolis.”
- **Dr. Jhuma Mukherjee:-** “Emotional Intelligence, Spiritual Intelligence And Workplace Satisfaction: A Gender-Based Correlational Study”
- **Sneha Dutta:-** “Is personal privacy a new Indian cultural value? - The influence of Culture on Consumer Psychology and Behavior: To understand how Culture acts as an “Invisible Hand” that guides consumption related Attitudes, Values and Behaviour.”
- **Shylesh Murthy:-** “Establishing an *in-silico*-herbal Remedy Of Prostate Cancer from phytochemicals of *Centella asiatica* and *Annona muricata*”.
- **Dr. Ajit Kumar Roy:-** “Post Stroke Seizures- An Observational Study in Tertiary Care Hospital”.

Following we had bioinformatics session by Dr. Preenon Bagchi titled “Sleep Disorders: Indications and *in-silico* Biotechniques using Ayurvedic herbs”.

Next, we had an interactive financial psychology workshop by Sneha Dutta and Dr. Pooja Chatterjee titled “Investor’s Manifestation of Behavior: The Psychology of Financial Planning and Investing” which was new of its kind & appreciated by all.

Post-tea we had an interactive workshop by Dr. Richard Hill on topic Exploring Our Natural Capacities for Problem-Solving And Mind-Body Healing which was highly interactive & informative.

Our valedictory session was chaired by Dr. Richard Hill & Dr. Dharav Shah. Awards were given to best presenters.

For the Oral session, Mr. Shylesh Murthy was adjudged the 1<sup>st</sup> and Dr. Jhuma Mukherjee was adjudged the 2<sup>nd</sup>.

The vote of thanks was given by Dr. Preenon Bagchi

