



VINAYAKA MISSION'S COLLEGE OF NURSING
Kirumampakkam, Puducherry
A Constituent College of
VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University)



We Cordially invite you to participate in

**International e- Conference on Complementry and
Alternative Medicine (CAM) In Mental Health**

Organized by

DEPARTMENT OF MENTAL HEALTH NURSING & IQAC, VMCON

Inaugural Session

WELCOME ADDRESS

Mrs. Sandiyadevi. V,
Lecturer, Dept. of MHN,
VMCON, Puducherry

VOTE OF THANKS

Mrs. Priyadharshini. R,
Lecturer, Dept. of MHN,
VMCON, Puducherry

Guest Speakers

Dr. Ananda Balayogi Bhavanani,

Director, CYTER,
Sri Balaji Vidyapeeth,
Pillaiyarkuppam, Puducherry.
Topic: Yoga and Meditation
Time: 10.00 AM to 11.00 AM

Dr. Kirupa. P
Principal,

Indira Ganesan College of Nursing,
Manikandam, Trichy, Tamilnadu.
Topic: Pet Therapy
Time: 11. 00 AM to 12.00 Noon

Dr. Haripriya. S,

Associate Professor, Dept. of Food Science & Technology,
Pondicherry University, Puducherry
Topic: Diet & Nutrition
Time: 12.00 Noon to 1.00 PM

Dr. Rajinikanth Maruthu,

Clinical Nurse Manager,
Bloom Field Mental Health Services, Rathfamham,
Dublin, Ireland.
Topic: Ayurveda
Time: 2.00 PM to 3.00 PM

Dr. Mufeeth Khan,

Chief Executive Officer,
Alsaqar Healthcare Management,
Hyderabad, Telangana.
Topic: Accupressure & Accupuncture
Time: 3.00 PM to 4.00 PM

Organizing Chair Person & Presidential Address:

Dr. G. Muthamilselvi,
Principal,
VMCON, Puducherry

Organizing Secretary & Unfolding the Theme:

Mrs. Ayee. A
Associate Professor, Dept. of MHN,
VMCON, Puducherry

When : 9.30 am to 4.00 pm

Date: 23.04.2021

Meeting ID: 184 720 9517

Password: VMRF



Cisco Webex Meet-

<https://vmrfedu.webex.com/vmrfedu/j.php?MTID=mb3baf85140c951af536afe32bedecd98>



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VMCON, Puducherry

Guest Speakers

Dr. G. Bala Murugan, Ph. D, MBA (HSM)

HOD, Dept. of MHN,
Registrar (Admin), Ramaiah Institute of Nursing Education
and Reseach,
MSRIT Post, Bangalore.

Topic: Biofeedback mechanism & Chiropractic medicine
Time: 9.00 AM to 10.00 AM

Mrs. Arul Jothi,

Associate Professor, Dept. of MHN,
Hind Institute of Medical Sciences, School & College of
Nursing, Uttar Pradesh.

Topic: Siddha and Reiki therapy
Time: 11.00 Noon to 12.00 Noon

Mr. Basavaraja AU,

M.Sc.(Psychiatric Nursing), MS (Counseling & Psychotherapy)
Yeovil District Hospital NHS
Somerset, England.

Topic: Unani & Music therapy
Time: 2.00 PM to 3.00 PM

Dr. Stella Gracy. G

Vice Principal,
Welfare Institute of Nursing and Midwifery,
Abad Nagar, Bharuch, Gujarat.

Topic: Touch therapy & Color therapy
Time: 10. 00 AM to 11.00 AM

Ms. Nirmala. G, BSN,RNRM,MSN,Ph.D scholar

Faculty, College of Health Sciences and Sports,
University of Bahrain, Kingdom of Bahrain.

Topic: Qigong, Taichi & Laughter therapy
Time: 12.00 Noon to 1.30 PM

Prof. Dr. K.S. Lalitha, BHMS, M.D(Home)

HOD, Dept. of Psychiatry,
Vinayaka Mission's Medical College & Hospital,
Salem.

Topic: Role of Hemeopathy in Mental Health
Time: 3.00 PM to 4.00 PM

Organizing Chair Person

Dr. G. Muthamilselvi ,
Principal,
VMCON, Puducherry

Organizing Secretary

Mrs. Ayee. A
Associate Professor, Dept. of MHN,
VMCON, Puducherry

When : 9.00 am to 5.00 pm

Date: 24.04.2021

Meeting ID: 184 720 9517

Password: VMRF



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DEPARTMENT OF MENTAL HEALTH NURSING & IQAC
REPORT ON INTERNATIONAL e-CONFERENCE - 23.4.2021 & 24.4.2021
Complementary and Alternative Medicine (Cam) In Mental Health

Day 1(23.4.2021)

The Department of Mental Health Nursing(MHN) in collaboration with IQAC, Vinayaka Mission's College of Nursing, organized an International e- Conference on “Complementary and Alternative Medicine(CAM) in Mental Health” from 23.04.2021 to 24.04.2021. The programme started with the welcome address by Mrs. Ayee, A HOD cum Associate Professor, Department of MHN, VMCON. Dr.G.Muthamilselvi, Principal, VMCON delivered the Presidential Address followed by Unfolding the theme by Mrs. Ayee. A.

The first session was handled by Dr. Ananda Balayogi Bhavanani, Director, CYTER, SBV University, Puducherry on the topic of “Yoga in Mental Health”. He explained about the history, 8 limbs of yoga, & benefits of yoga. He demonstrated the few yoga techniques for eye strain, back ache, shoulder pain, stress reduction and relaxation.

The second session was dealt by Dr. Balamurugan.G Registrar (Admin), M.S. Ramaiah Institute of Nursing Education and Research Bangalore, on “Biofeedback mechanism & Chiropractic Medicine”. He explained role of the nervous system plays in the mental health disorders and the use of Chiropractic Medicine in the treatment of mental ailments.

The third session was delivered by Dr. Haripriya. S, Associate Professor, Dept. of Food Science & Technology on “Diet & Nutrition”. She explained about the importance of Gut-Biota in the synthesis and regularization of neurotransmitters. She also elaborated the mechanism of each neurotransmitters and its role in mental illness.

The fourth session was presented by Dr. Rajinikanth Maruthu, Clinical Nurse Manager, Bloom Field Mental Services, Dublin, Ireland on the topic of “Ayurveda”. He described the history, common forms of medications in Ayurveda and its role in mental illness.

The last session of the day was shared by Dr. Mufeeth Khan, Chief Executive Officer, Alsaqar Healthcare Management, Hyderabad on “Accupressure & Accupuncture”. He explained about the various

techniques that helps in dealing with mental disorders. He also demonstrated various accupressure massages to relieve vomiting, headache, stress, tension etc.,

The participants were instructed to fill the feedback form through the link posted in the chat box. The participants were actively involved and got clarified with their doubts from the experts at the end of every session. The Programme came to an end by 4.00 pm with vote of thanks proposed by Mrs. Priyadharshini. R, Lecturer, Dept of MHN, VMCON

Day 2(24.04.2021)

On day 2, the session started at 9.00 am with welcome address delivered by Mrs. Ayee, A HOD cum Associate Professor, Department of MHN, VMCON.

The first session was dealt by Dr. Kirupa. P, Principal, Indira Ganesan College of Nursing, Trichy, on the topic of "Pet therapy". She explained about the Animal Assisted Therapy and how it helps in relieving mental disorders. She has quoted many research evidences on Animal Assisted Therapy.

The second session was taken by Dr. Stella Gracy. G Vice Principal, Welfare Institute of Nursing and Midwifery, Gujarat. on "Touch therapy & Color therapy". She explained about the VIBGYOR and its impact in mental health. She showed the methods to do chromatized water and the dosage used for various mental disorders.

The third session was presented by Mrs. Arul Jothi, V Associate Professor, Hind Institute of Medical Sciences, School & College of Nursing, Uttar Pradesh on the topic of "Siddha and Reiki therapy". She explained about the hilarious works of Siddhars and their contribution towards Mental health. She has also mentioned the Mental illness that was existed in Vedic period.


The fourth session was delivered by Ms. Nirmala. G, Faculty College of Health Sciences and Sports, University of Bahrain, Kingdom of Bahrain on the topic of "Qigong, Taichi & Laughter therapy" She demonstrated various Qigong and Taichi exercises to relieve stress, anxiety, depression & aggression etc., She also explained about the history, techniques and benefits of Laughter therapy.

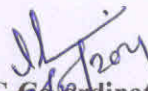
The afternoon first session was presented by Mr. Basavaraja AU, Clinical Nurse Manager, Yeovil District Hospital NHS, England. He discussed the history, treatment modalities, benefits of Unani to treat mental disorders. He also briefed about the various forms and modes of music used in the management of psychiatric disorders.

The last session was handled by Dr. K.S. Lalitha, HOD Dept. of Mental Health, Vinayaka Missions Homeopathic Medical College And Hospital, Salem on the role of homeopathy in mental health. She

elaborated the various modes of treatment available in homeopathy to treat mental disorders. She also discussed the common medicines available to treat mental disorders through homeopathy..

The participants were actively involved and their doubts were clarified by the experts at the end of every session. Feedback was collected from the participants through the Google form. The beneficiaries of this international conference were nearly 153 nos. The Programme came to an end by 4.00 pm with vote of thanks which was proposed by Mrs. Priyadharshini. R, Lecturer, Dept. of MHN, VMCON


Organizing Secretary
(Mrs.Ayee.A)


IQAC-Coordinator
(Dr.V.Sasi)


Principal
(Dr.G.Muthamilselvi)

PRINCIPAL
Vinayaka Mission's College of Nursing
Kirumampakkam,
Puducherry-607 403.

INTERNATIONAL E-CONFERENCE ON CAM IN MENTAL HEALTH

MC - MRS. PRIYADHARSHINI
LECTURER,
VMCON.

WELCOME ADDRESS & UNFOLDING THE
THEME
MRS. A. AYE, ASSO. PROF, VMCON.

Webex

INTERNATIONAL CONFERENCE ON
COMPLEMENTARY AND ALTERNATIVE
MEDICINE (CAM) IN MENTAL HEALTH

Dept. of VMCON

Longitude Latitude
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Friday, Apr. 23, 2021 10:30 AM
VMCON PDY (host)

Webex

INTERNATIONAL CONFERENCE ON
COMPLEMENTARY AND ALTERNATIVE
MEDICINE (CAM) IN MENTAL HEALTH

Dept. of VMCON

Longitude Latitude
79.7795° E 11.8294° N
Friday, Apr. 23, 2021 10:30 AM
vmcon PDY (host)

Webex

Mental Health & Wellbeing
Through YOGA

Yoga charya
Dr. ANANDA BALAYOGI BHAVANANI
MBBS, MD, PGDFH, PGDY, M.D. (AI: Med), FIAY, C-IAYT, DSc (Yoga)

Director:
Centre for Yoga Education, Therapy and Research (CYTER),
Sri Balaji Vidyapeeth, Pondicherry. www.sbv.ac.in/cyter

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Friday, Apr. 23, 2021 10:30 AM
Dr Ananda Balayogi Bhavanani

YOGA AND MEDITATION BY.
DR. ANANDA BALAYOGI BHAVANANI,
DIRECTOR, CYTER, SBV.

Webex

Bio feedback...

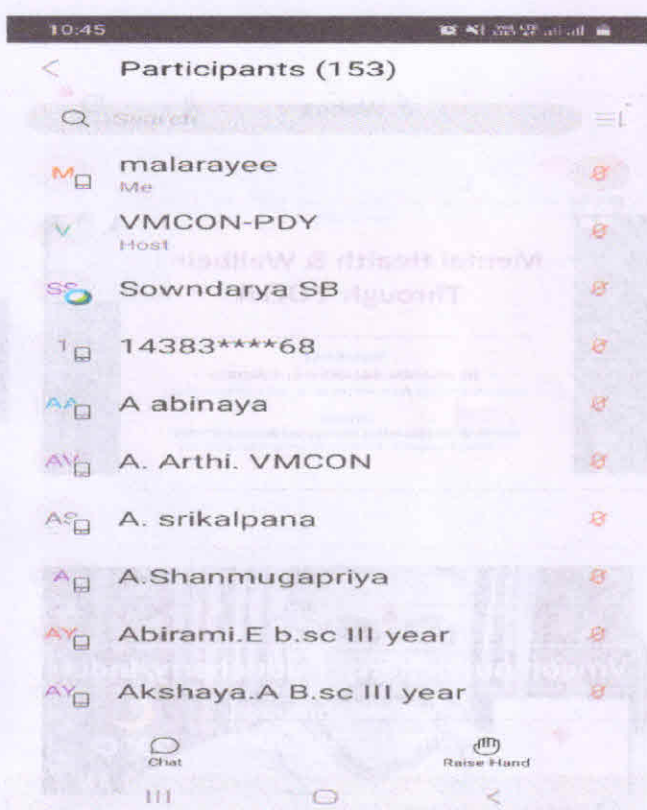
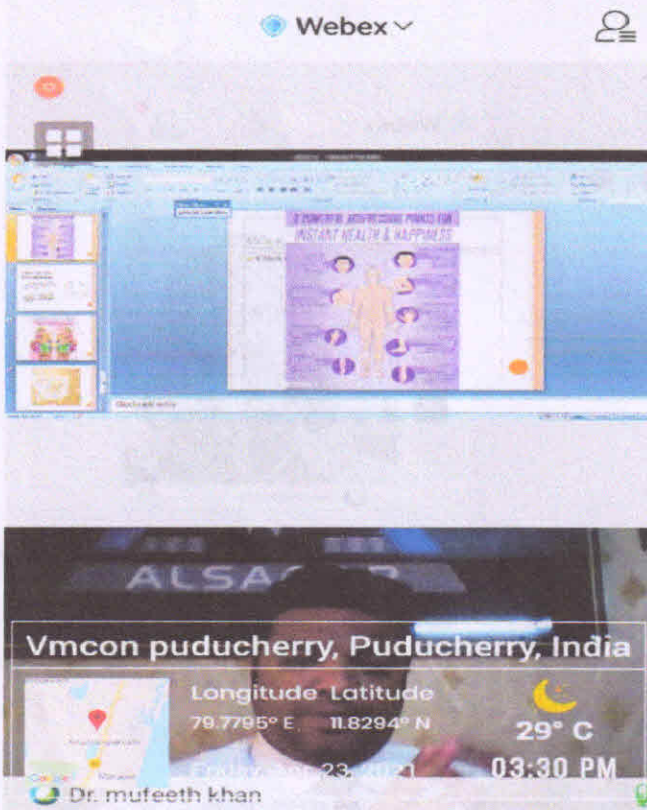
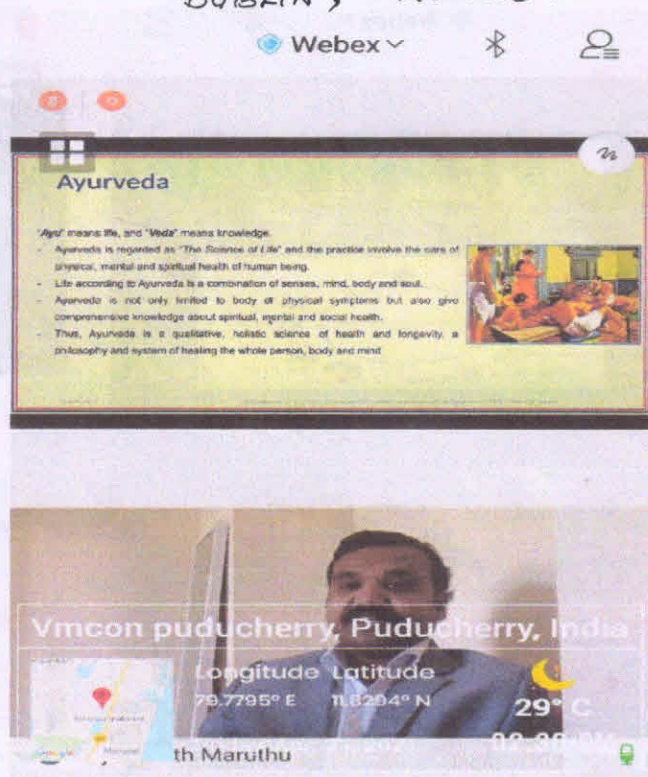
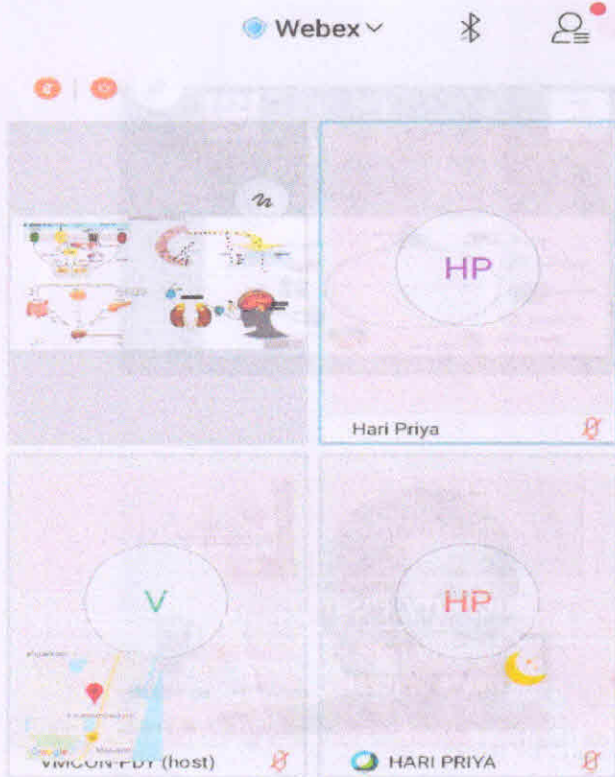
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Longitude Latitude
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Friday, Apr. 23, 2021 10:30 AM
VMCON-PDY (host)

BIOFEEDBACK MECHANISM AND
CHIROPRACTIC MEDICINE.
DR. G. BALA MURUGAN,
HOD, DEPT. OF. MHN,
MBRIT POST, BANGALORE.

DIET AND NUTRITION BY
DR. HARIPRIYA. S,
ASSO PROF. PONDICHERRY UNIVERSITY
PUDUCHERRY.

AYURVEDA BY
DR. RAJINIKANTH MARUTHU,
CLINICAL NURSE MANAGER,
BLOOM FIELD MENTAL HEALTH SERVICE
DUBLIN, IRELAND.

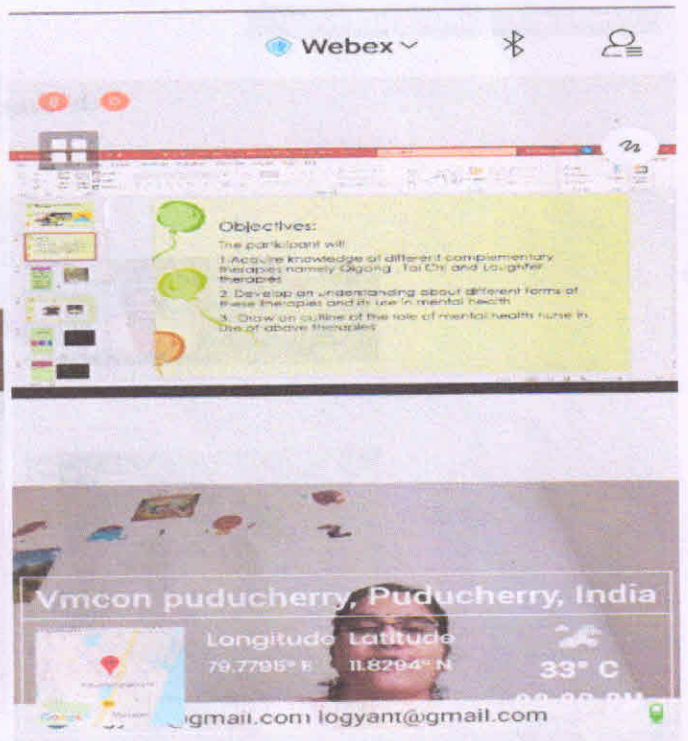
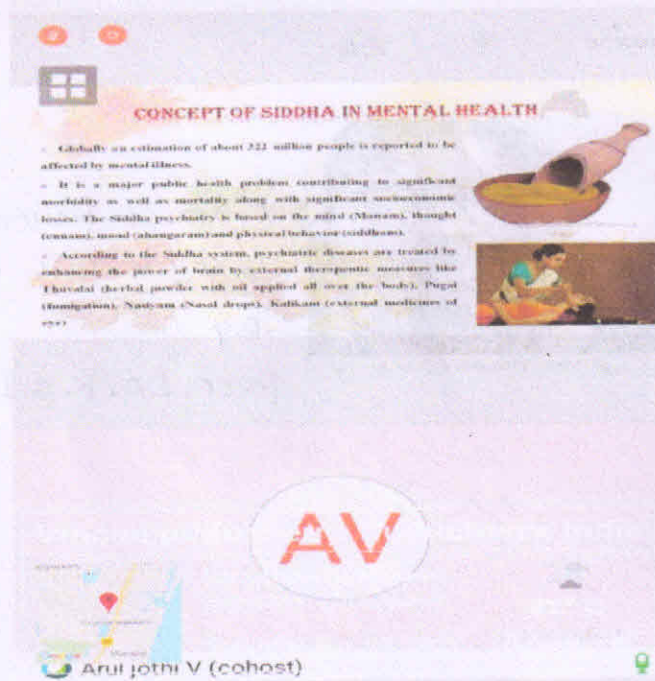
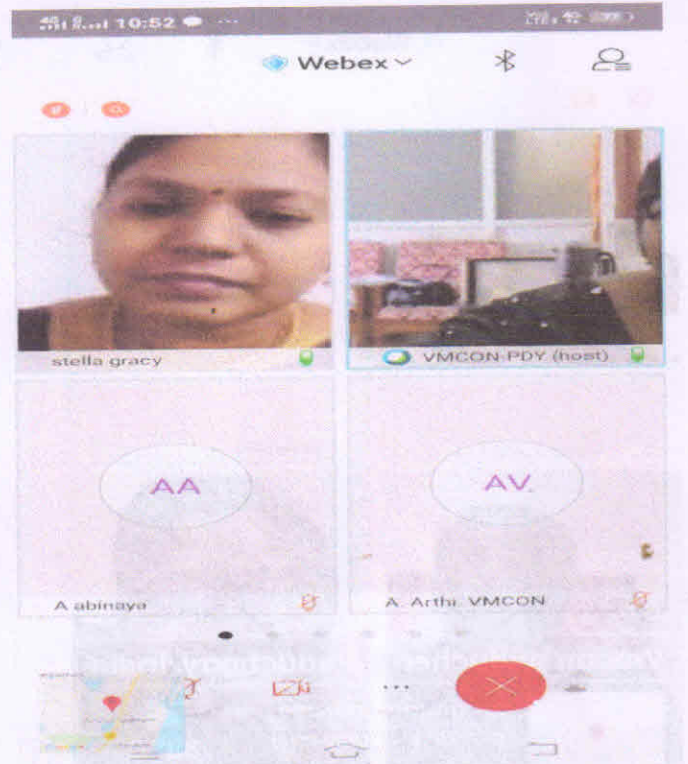
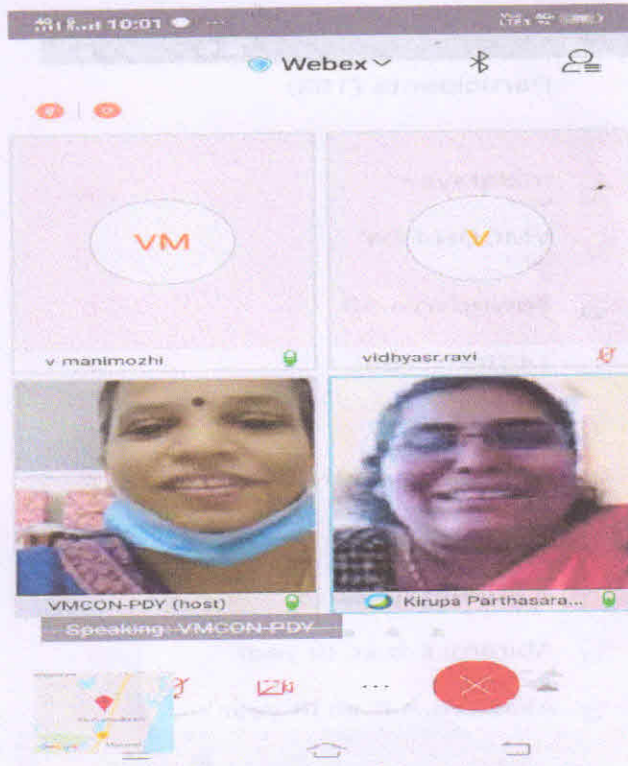


ACCUPRESSURE & ACCUPUNCTURE BY
DR. MUFEETH KHAN,
CHIEF EXECUTIVE OFFICER,
ALSAQAR HEALTHCARE MANAGEMENT,
HYDERABAD, TELANGANA.

PET THERAPY BY

DR. KIRUPA . P.

TOUCH THERAPY AND COLOR THERAPY
BY DR. STELLA GRACY . G .

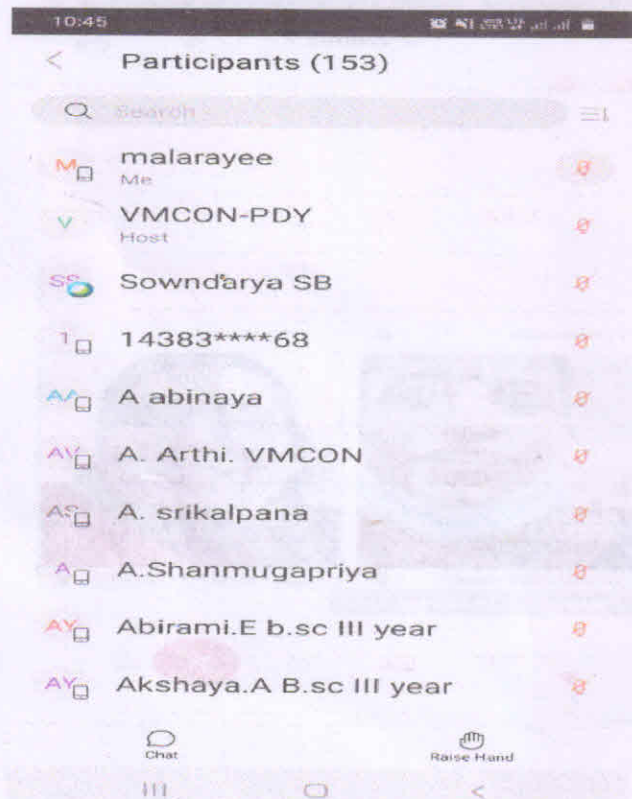
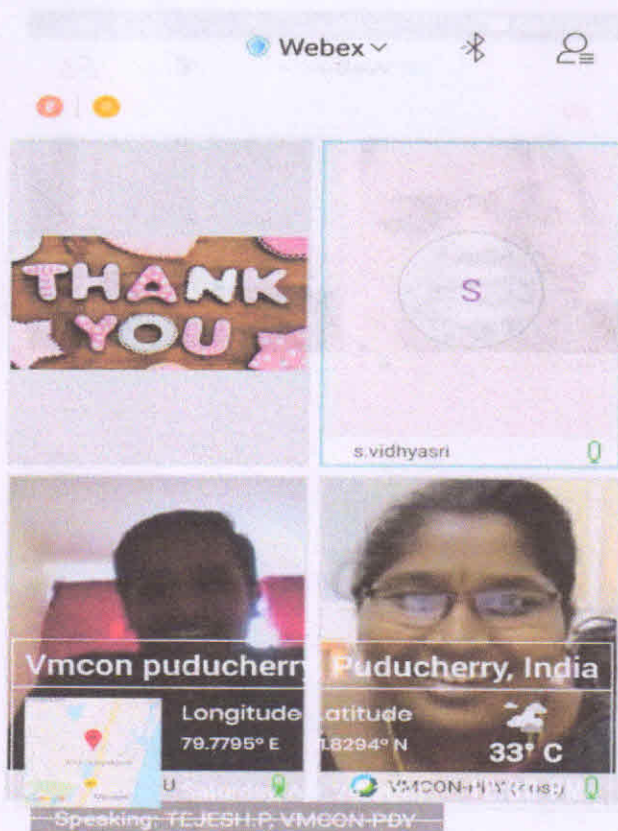


SIDDHA AND REIKI THERAPY
BY MRB. ARUL JOTHI .

QIGONG, TAICHI AND
LAUGHTER THERAPY BY
MS. NIRMALA . G .

PRINCIPAL
Viveka Mission's College of Nursing
Kilimambakkam
Puducherry-605 403

UNANI AND MUSIC THERAPY By MR. BASAVARAJ.AU.



ROLE OF HOMEOPATHY
IN MENTAL HEALTH
By
PROF. DR. K. S. LALITHA

Organizing Secretary
(Mrs. Ayee.A)

IQAC-Coodinator
(Dr. V. Sasi)

Principal
(Dr. G. Muthamilselvi)

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