

CONFERENCE 2023

Date: 11-12, AUGUST 2023

Special Thanks



Dr. B. N. S. Walia
Former Director of PGIMER

DR. HARMESH KUMAR
President SABH, Concord
USA

Dr. Jaimanti Bakshi
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NATIONAL REHABILITATION
INSTITUTE, (NRI) (Regd.)
CHANDIGARH



UNIVERSITY OF
LADAKH, LADAKH



**PANJAB
UNIVERSITY**



(SABH)
SOUTH ASIAN BEHAVIORAL HEALTH
FOUNDATION, SFO, USA

Date: 11-12, AUGUST 2023

SWAR SANJEEVANI
KALA KENDRA



**BGJ INSTITUTE
OF HEALTH, PU**

INTERNATIONAL CONFERENCE 2023

**Recent Rehabilitation Strategies for
Management of Stress & Anxiety
among Students and Teachers**

CONFERENCE COMMITTEE - 2023



Prof (Dr) Renu Vig
Vice-Chancellor PU



DR. HARMESH KUMAR
President SABH, Concord,
USA

CHIEF PATRON:

- Prof. Renu Vig, VC, PU, CHD

PATRONS:

- Prof. S.K Mehta, VC, UOL, Ladakh
- Dr. Dwarka Prasad (Clinical Psychologist), Addl Prof. (Retd), PGIMER, CHD

CHAIRPERSON:

- Dr. Rupinder Kaur, CMO, PU, CHD
- Dr. Jaimanti Bakshi, PGIMER, CHD

CO-CHAIRPERSONS:

- Dr. Neena Mehta, RBU
- Dr. Anju Goyal, Chairperson, Statistics, PU
- Dr. Dharam Vir, PGIMER, CHD
- Mr. Sanjeev Chauhan (Music Therapist),

Swar Sanjeevani Kala Kendra

- Prof. Shailedra Singh, PEC, CHD

TREASURER:

- Dr. Saraswati Gupta, Executive Director, National Rehab. Institute, CHD

ORGANISING SECRETARIES

- Dr. Deepak Kaushik, PU
- Dr. Rashmi, PU
- Ms. Sunita Gupta, Psychologist
- Ms. Raibhya, MSW
- Mrs. Lakhwinder Kaur, WICCI, CHD
- Dr. Primal Kumar, Dentist

MEDIA CONVENER:

- Mr. Sanjeev Dosajh
- Mr. Sarvpriya Nimohi





Recent Rehabilitation Strategies for Management of Stress & Anxiety among Students and Teachers
Day 1 (11.08.2023)

Sr. No.	Names	Theme
1	Dr. Jaimanti Bakshi, PGIMER	Welcome
2	Dr. Rupinder Kaur, CMO	Introduction
3	Prof. Rumina Sethi, DUI	DUI address
4	Prof S.K Mehta, V.C, UOL, Ladhak	Address
5	Dr. Harmesh Kumar, Chairperson, SABH, U.S.A	Address
6	Dr. Munish Chauhan, London, UK	Address
7	Dr. Gurpreet Singh, Canada	Address
7	Dr. B. N. S. Walla, Former Director of PGIMER	Facilitation
8	Mr. Sanjeev Chauhan (Music Therapist) to introduce Special Children	He will talk about Music Therapy and live music performance by Special Children
9	Dr. Dharam Vir, PGIMER	Vote of thanks
High Tea (11.15 am to 12 noon)		
Session 1		
Sr. No.	Names	Topic
1	Dr. Vidhu Mohan Prof. Department of Psychology, Panjab University	Stress & Its Identification (ONLINE)
2	Dr. Gurkirpal Singh, AP, IKGPTU, Mohali	Building designs/Hospital designs for decreasing stress
3	Dr. Narinder Singh	Stress and its Management in recent times
4	Dr. Gurmeet Singh, Prof. Physical Education, Panjab University	Exercise/workout/physical activity In reducing stress
5	Dr. Rupinder Kaur, CMO, BGJ Institute of Health, Panjab University, Harsehraab Singh Sarao, Student B. Tech	Digital free days as Digital addiction in present scenario induces stress among persons
Lunch (02.00 pm to 02.30 pm)		
Session 2		
6	Ms. Ekta Bajaj, Dietician, Panjab University	Stress and Diet
7	Ms. Puneet Madan, Art teacher,	Role of Art Therapy in decreasing stress
8	Simran Kaur Batra, Research Scholar, Deptt. of psychology, Panjab University, Chandigarh	Stress management interventions for teachers of children with autism spectrum disorder
9	Harjinder Kaur and Dr. Manohar Lal Research scholar, Department of Physical Education, Panjab University, Chandigarh, Associate Professor, Department of Physical Education, H.P. University, Shimla,	Role of Music Therapy in Stress Reduction among the Students
10	Prabhjot Kaur, Student, Department of Psychology Panjab University Chandigarh India	A comparatively analysis of stress management strategies amongst teaching staff of colleges in Chandigarh and Manse
11	Ms. Harsimran Kaur, Junior Research Fellow, Department of Education, P.U., Chandigarh,	Lifestyle Changes: Strategies To Manage And Reduce Stress And Anxiety Levels Of Adolescents
12	Dr. Gaurav Gaur, Professor, Aashima Kajla, Research Scholar & Dr. Manjushri Sharma (Assistant Professor, UIAMS) Centre for Social Work, Panjab University Chandigarh.	Mental Health and Stress Management Among Prisoners in India: A Comprehensive Analysis

Recent Rehabilitation strategies for Management of Stress & Anxiety among students and Teachers
Day 2 (12.08.2023)

Sr. No.	Names	Theme
	ONLINE PRESENTATION FROM 08.00 AM TO 09.30 AM	
1	DR. VIVEK JHA	Impact Of Music Therapy On Stress Management
2	DR. RAJESH KUMAR SHARMA TEAM LEAD SR. RADIOGRAPHER NUFFIELD HEALTH HOSPITAL GUILDFORD, SURREY,LONDON,U.K.	Cholesterol Phobia in MRI
3	MS. AKANKSHA SINGH LONDON,U.K.	Stress as an International student in UK
5	DR.JIGMAT DEACHEN, DEAN STUDENT WELFARE, UNIVERSITY OF LADAKH(UOL)	Progressive Muscle Relaxation For Stress Management
TEA BREAK		
6	DR. NITESH KUMAR JHA, DEPARTMENT OF CLINICAL PSYCHOLOGY, FACULTY OF BEHAVIOURAL SCIENCES, SGT UNIVERSITY, GURUGRAM (DELHI NCR), EMAIL: NITESHKUMAR.JHA0@GMAIL.COM, MOB. NO.: 8725965541. **SALONI BANSAL, DEPARTMENT OF CLINICAL PSYCHOLOGY, FACULTY OF BEHAVIOURAL SCIENCES, SGT UNIVERSITY, GURUGRAM (DELHI NCR), EMAIL: SALONI.BANSAL006@GMAIL.COM, MOB. NO. 8168192532.	PSYCHOLOGICAL DISTRESS AND PSYCHOLOGICAL WELLBEING AMONG HOMOSEXUAL AND HETEROSEXUAL YOUNG ADULT WOMEN: A COMPARATIVE STUDY
7	MS.NIDHI MUTHANE M.S.W,UOL,LADHAK	MINDFULNESS AND SELF-COMPASSION TECHNIQUES FOR EDUCATORS
8	DR.SATISH VERMA, ASSISTANT PROF. AUDIOLOGY & SLP, GGSMCH, FARIDKOT, PUNJAB. E MAIL:	A COMPREHENSIVE STUDY ON REHABILITATION STRATEGIES FOR RESOLVING STRESS AND ANXIETY AMONG SLP STUDENTS
9	MS.HIMANI RESEARCH SCHOLAR DEPARTMENT OF EDUCATION, PANJAB UNIVERSITY, CHANDIGARH E MAIL :HIMANIVISHU04@GMAIL.COM	STRESS AND ANXIETY IN ADOLESCENTS: IDENTIFYING SOURCES AND EVIDENCE-BASED STRATEGIES FOR COPING
11	MS.ISHITA CHOUDHARY CONTACT: 9988092085 EMAIL ID: ISHITACHOUDHRY95@GMAIL.COM OR CONTACTISHITACHOUDHARY@GMAIL.COM	DIGITAL DETOXIFICATION: A CONSCIOUS EFFORT TO SUSTAIN PEACEFUL MENTAL HEALTH
12	MS.JASHANJOT KAUR BRAR AND DR GAURAV GAUR MAIL: BRARJASHAN31@GMAIL.COM	FROM BURDEN TO BALANCE: A STUDY OF WORK-RELATED STRESS AND COPING EFFECTIVENESS AMONG SOCIAL STAFF IN PUNJAB'S WATER AND SANITATION DEPARTMENT
13	ABHISHEK MOHINDRA ¹ , GURMEET SINGH ² , ANISHA NEGI ³ AND MANDEEP ⁴ 1,3,4. RESEARCH SCHOLAR DEPARTMENT OF PHYSICAL EDUCATION PANJAB UNIVERSITY, CHANDIGARH & 2. PROFESSOR DEPARTMENT OF PHYSICAL EDUCATION PANJAB UNIVERSITY, CHANDIGARH E-MAIL:COOLABHI220896@GMAIL.COM	CULTURAL AND CONTEXTUAL PERSPECTIVES ON STRESS AND ANXIETY MANAGEMENT IN DIVERSE EDUCATIONAL SETTINGS: AN INTEGRATIVE REVIEWS
14	¹ SHAMULAILATPAM PREMANANDA SHARMA, ² DR. THINGNAM NANDALAL SINGH	EFFECTS OF SLOW AND FAST SURYANAMASKAR ON





Sh. Sanjeev
Director, Sree
Kala Kendra



DATE: 11.8.2023
DAY: FRIDAY
TIMINGS: 5:00 PM ONWARDS

VENUE: ART GALLERY, SECTOR-10, CHANDIGARH



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	¹ RESEARCH SCHOLAR, DEPARTMENT OF PHYSICAL EDUCATION, PU, CHANDIGARH, INDIA. ² PROFESSOR, DEPARTMENT OF PHYSICAL EDUCATION, PU, CHANDIGARH, INDIA. EMAIL: ¹ NANDASHAMURAI@YAHOO.IN, ² NANDALAL_TH@YAHOO.CO.IN	ANAEROBIC POWER OF FOOTBALL PLAYERS
15	ASHISH ¹ AND DR. MANDEEP THOUR ² 1. RESEARCH SCHOLAR, DEPARTMENT OF PHYSICAL EDUCATION, PANJAB UNIVERSITY, CHANDIGARH. EMAIL ID.- WRESTLER.KUMAR@GMAIL.COM 2. ASST. PROFESSOR, DEPARTMENT OF PHYSICAL EDUCATION SGGGS COLLEGE, SECTOR-26, CHANDIGARH. EMAIL ID. - MANDEEPTHOUR@GMAIL.COM	ANTHROPOMETRIC, PHYSICAL FITNESS, AND PHYSIOLOGICAL DIFFERENCES BETWEEN GRECO-ROMAN AND FREESTYLE GRAPPLERS
16	*SANDEEP KAUR, **DR. MANMEET GILL *RESEARCH SCHOLARS, DEPARTMENT OF PHYSICAL EDUCATION, PANJAB UNIVERSITY, CHANDIGARH **ASSOCIATE PROFESSOR AND HEAD, DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS, SRI GURU GOBIND SINGH COLLEGE, SECTOR 26, CHANDIGARH E MAIL:SANDEEPDILLON0893@GMAIL.COM	COMPARISON OF MENTAL SKILLS OF NATIONAL AND INTERNATIONAL SHOT-PUT PLAYERS
17	SATNAM SINGH RESEARCH SCHOLAR PANJAB UNIVERSITY CHANDIGARH E MAIL: SATNAMKALIPUR@GMAIL.COM	SURVEY STUDY ON PREVALENCE OF HYPOKINETIC DISEASES AMONG MIDLIFE ADULTS
18	SUMANDEEP KAUR ¹ &DR. REKHA RANI ² 1 JUNIOR RESEARCH FELLOW, DEPARTMENT OF EDUCATION, PANJAB UNIVERSITY, CHANDIGARH 2 ASSOCIATE PROFESSOR, INSTITUTE OF EDUCATIONAL TECHNOLOGY & VOCATIONAL EDUCATION, PANJAB UNIVERSITY, CHANDIGARH EMAIL: SUMANDEEPAURMEHRA@GMAIL.COM	USING PLAY TO ENHANCE SOCIAL-EMOTIONAL LEARNING OF PRE-PRIMARY SCHOOL STUDENTS
19	RAMANJEET KAUR, RESEARCH SCHOLAR, DEPARTMENT OF EDUCATION, PANJAB UNIVERSITY, CHANDIGARH PROF. LATIKA SHARMA, PROFESSOR, DEPARTMENT OF EDUCATION, PANJAB UNIVERSITY, CHANDIGARH E MAIL: SAARANG8100@GMAIL.COM	EFFECT OF MEDITATIVE PRACTICES ON ACADEMIC STRESS OF SECONDARY SCHOOL STUDENTS
20	DR. SMITA SHARMA, ASSISTANT PROFESSOR, DEPARTMENT OF ECONOMICS PANJAB UNIVERSITY, CHANDIGARH MS. ARUSHI JAIN, UGC JRF, DEPARTMENT OF ECONOMICS, PANJAB UNIVERSITY, CHANDIGARH MS. AARYA SHARMA, MBBS FIRST YEAR STUDENT, PT. JAWAHAR LAL NEHRU MEDICAL COLLEGE, CHAMBA, H.P. 176310 E MAIL:SMITA.ECO@GMAIL.COM	MENTAL HEALTH, HUMAN CAPITAL AND ECONOMY: AN ANALYSIS OF WORLD BANK INITIATIVES
21	DR. BHAVNEET BHATTI CHAIRPERSON, SCHOOL OF COMMUNICATION STUDIES. PANJAB UNIVERSITY, CHANDIGARH	ROLE OF MEDIA IN STRESS & ANXIETY MANAGEMENT: A STUDY OF MOBILE MEDIA APPLICATIONS
22	AUTHOR SHUBHAM, PROJECT FIELD OFFICER AND CO-AUTHOR NARENDRA SINGH, RESEARCH ASSISTANT	STRESS MANAGEMENT AMONG THE DISASTER RESPONSE WORKERS



Music Therapy Rehabilitation





Chief Guest : Dr. B. N. S. Walia, Former Director of PGIMER





Dr. Jaimanti Bakshi, PGIMER





Dr. Rupinder Kaur, CMO, PU











