



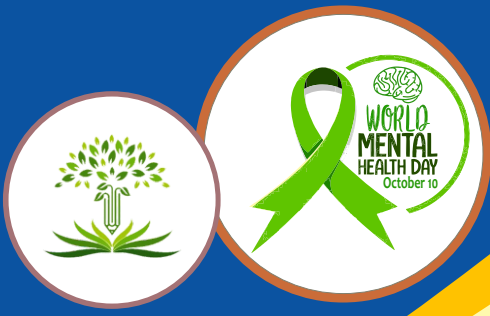
Mananam 2024

10th October 2024



A National Level
ONLINE
Paper Presentation
Competition

DEPARTMENT OF KAYACHIKITSA
Vaidyaratnam P.S.Varier Ayurveda College
Kottakkal | Kerala | India



Sir/Madam,

Mental Health Day is celebrated throughout the nation on October 10th every year to encourage, publicize and create awareness of the rising mental health issues and their impact on socio-cultural-ethnic aspects of the people.

We are delighted to inform you that the Dept. of Kayachikitsa and Manasaroga of VPSV Ayurveda college is conducting **Mananam 2024** – A series of academic/public awareness events regarding mental health & hygiene on this occasion. A National Level Paper Presentation Competition will be conducted on the various aspects of mental health for UG, PG, PGD, Mphil & PhD scholars, Medical Officers & faculties of Ayurveda Colleges.

The grand finale of the programme will be solemnized on **10th October 2024** with courteous presence of renowned professionals, physicians, and visionaries.

With regards,

Dr. Bindu K.K. PhD
Principal & Patron

Dr. Jithesh M. PhD
General Convenor
Organizing Committee





National Level Paper Presentation Competition - Topics

1. Mind in Indian psychology and its relevance in the current scenario
2. Importance of Mental health
3. Preventive psychiatry - scope and challenges
4. Scope of Ayurveda in mental health
5. Satvavajaya and its relevance in day to day practice
6. Panchakarma and procedural advancements in manasaroga
7. Approach towards Psychosomatic disorders
8. Psychological issues in sexual dysfunction and infertility
9. Pharmaceutical formulations in Manasaroga chikitsa
10. Rasayana in manasaroga chikitsa
11. Translational research in manasaroga
12. De addiction therapy
13. Research updates in manasaroga
14. Clinical psychology
15. Psychological issues in children and adolescents
16. Women's Mental health
17. Daivavyapasraya chikitsa
18. Social media and mental health
19. Mental health in work place
20. Nutrition and gut health in mental illness
21. AI in mental health
22. Intersection of mental health and chronic illness
23. Sleep and mental health
24. Yoga and mental health
25. Epigenetics and mental illness.



For queries

Joint conveners

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Presentation/Registration

Rules and Regulations for Paper Presentation

- ◆ Abstract (Max.300 words) should be submitted on or before **25th September 2024** to mananamvpsv@gmail.com
- ◆ Pre-recorded video (MP4) with max. duration of 7 minutes of the accepted abstracts may be send to the same mail id on or before **30th September 2024**
- ◆ e-Certificates will be provided for all participants.

Registration Details

National level Paper presentation ₹300

Mode of payment

Account No. 855910110009945
Name of the Account holder PRINCIPAL VPSV AYURVEDA COLLEGE KOT
IFSC BKID0008559

Pre Finale : 5th October 2024

Finale : 10th October 2024

Cash prize of ₹6,000, 4,000 & 2,000 will be awarded to the winners.

