

# 2ND ASIAN PUBLIC MENTAL HEALTH CONGRESS

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NOV  
29  
2021

**VIRTUAL**



# 2nd ASIAN PUBLIC MENTAL HEALTH CONGRESS

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## OPENING CEREMONY

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13:25 PM

## SESSION TALKS

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### SALEH AL HASNAWI

*Honorary President, Iraqi Association of Psychiatrists*

13:30 PM

**Psychiatric aspect of Covid-19 infection**

### OSMAN KUČUK

*Centre for dementia in Sarajevo, Bosnia and Herzegovina*

14:00 PM

**Humor and resilience during crisis**

### SANGEETHA PARAM

*Motivational Speaker on Mental Health, India*

14:30 PM

**Eureka- Journey to discover oneself**

## SPECIAL SESSION

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### AUSTIN A MARDON

*University of Alberta, Canada*

15:00 PM

### CATHERINE A MARDON

*University of Alberta, Canada*



**LIVED EXPERIENCE FROM A COUPLE WITH PTSD AND SCHIZOPHRENIA:  
LESSONS LEARNED**

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**Note: Timings are mentioned as per Central European Time (GMT +1)**

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## SESSION TALKS

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**R. SUDHA**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

15:45 PM

**The journey from self criticism to self compassion: An empirical study**

**M. SATHYA**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

16:00 PM

**Enhancement of social adjustment of rural women in self-help groups  
through positive therapy**

**RITA RANI BHATTACHARJEE**

*Vellore Institute of Technology, India*

16:15 PM

**A study on the personality factors of college students by Big Five  
personality dimensions with special reference to Vellore District, India**

**JOHN CHRISTY JOHNSON & PETER**

*Edmonton Robotics Laboratory, Canada*

16:30 PM

**Consequences of smartphone culture: Mental health in an app-for-that  
generation and the socioeconomic discrepancy (Pre-recorded)**

**S. SUBHASHINI**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

16:45 PM

**Effectiveness of laughter therapy in managing social media addiction  
and controlling sleep disturbance**

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**S. SHIYAMALA**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

17:00 PM

**Creativity style, achievement motivation and happiness among young adults**

## COFFEE BREAK

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**M. BUELA PHILOMINA**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

17:30 PM

**The relationship of resilience, meaning of life and psychological well-being among adolescents**

**NAVNA PANCHAMI RAVINDRAN**

*Dy Patil Medical College Hospital and Research Institute, India*

17:45 PM

**Sexual Dysfunction in Hypertensive females affecting different domains - A longitudinal study**

**A.M. SRINITHI**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

18:00 PM

**Empathy, emotion regulation and psychological well being among Mental Health Professionals**

**M. ANITHA**

*Avinashilingam Institute for Home Science and  
Higher Education for Women, India*

18:15 PM

**Effectiveness of cognitive behaviour therapy in enhancing self-efficacy and psychological well being in the caregivers of special children**

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**MSIZA NGOANAMOGOASHI IREEN**

*Groblersdal Hospital, South Africa*

**18:30 PM**

**Exploring various treatment approaches for recovery of Nyaope addicts  
in South Africa**

## KEYNOTE SESSION

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**EVELYN GRAY**

*Certified Coach, Consultant, Speaker & Author,  
USA*



**19:00 PM**

**IF YOU CAN'T FIND IT IN 30 SECONDS, IT'S IN  
THE WRONG PLACE**

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#### CONTACT US

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