

## About our college :-

At Maria Ayurveda Medical College & Hospital, we open our doors to a world of holistic education and compassionate healthcare. Nestled in the serene landscapes of Kanyakumari, our institution is dedicated to the pursuit of excellence in Ayurvedic education and traditional healing, established by the Maria Educational and Charitable Trust in 2015, we stand as a beacon of knowledge, fostering an environment where students are nurtured, and patients are cared for with traditional wisdom and modern expertise. Explore the rich tapestry of our academic offerings, where the ancient science of Ayurveda meets contemporary learning methodologies. Immerse yourself in a healthcare journey where compassionate healing meets cutting-edge medical practices. We invite you to be a part of our community, where learning goes beyond the textbooks, and healthcare is delivered with a touch of tradition.



**Dr. G. Russel Raj**  
(Chairman)



**Dr. P. Shiny Tressa**  
(Vice Chairperson)

### Call for events :-

- Paper Presentation
- Poster Presentation
- Cultural Events

Mind blowing/calming meditation and yoga with rising sun at  
Triveni Sangam of Kanyakumari on 17/09/2025 at 6am

**"Come, let's celebrate Ayurveda Day together!"**

**Dr. Beno**  
(Principal)

**Dr. Linjusha**  
(Vice-principal)

**Dr. Nicy Wilson**  
(Co-ordinator)

## MARIA AYURVEDA MEDICAL COLLEGE & HOSPITAL

Kulathadivilai, Moovattumugham Post, 629177

Kanyakumari District, TamilNadu, India

presents



### International Conference

On

"INNOVATIVE INSIGHTS ON MENTAL HEALTH"

**27 & 28th**  
**November 2025**

📍 College Auditorium

✉ <https://mariaayurvedacollege.org>

📷 📺 📱 Pravaha\_25

"Join us in unlocking the power of Ayurveda for the mind at the  
International Conference on Innovative Insights on  
Mental Health!"

## About our Conference :-

Mental health refers to a person's emotional, psychological, and social well-being. It influences how we think, feel, and behave in daily life, as well as how we cope with stress, relate to others, and make decisions. Good mental health is essential for overall health, productivity, and quality of life.

Common mental health issues include anxiety, depression, stress disorders, and substance abuse. These conditions are often influenced by genetics, environment, lifestyle, and life experiences. Unfortunately, stigma and lack of awareness prevent many from seeking timely help. The Conference on Mental Health is designed to provide a platform for academicians, healthcare professionals, researchers, and students to exchange knowledge and experiences related to mental well-being. The event will focus on awareness, prevention, treatment, and policy-making for a healthier society. This conference explores Ayurveda's timeless wisdom in understanding and managing mental health, focusing on Manas, Satvavajaya Chikitsa, Medhya Rasayana, Yoga, and Panchakarma. It aims to bridge traditional knowledge with modern psychiatry, highlighting preventive, promotive, and holistic approaches to well-being.

### Expected Outcome:

The conference aims to create a supportive network, share best practices, and inspire collective action towards integrating mental health as a priority in education, healthcare, and society at large.



## LOCATION

From trivandrum railway station 48 km  
Trivandrum airport 50 km  
Marthandam 6.8 km  
Kuzhithurai railway station 7.6 km

SCAN HERE FOR  
LOCATION



## OUR ESTEEMED SPEAKERS



**Dr. Ram Prasad**

BAMS CACH, WELLNESS AND LIFE COACH, HEALTH COACH  
FOR PRACTITIONERS, SYDNEY, AUSTRALIA

TOPIC :: THE SECRET CAUSES BEHIND EVERY ILLNESS  
AYURVEDA PSYCHOLOGY - AN INTRO



**Dr. Chandramouleeswaran P**

MD PH.D ( AYU ) PRINCIPAL, HOD & PROFESSOR  
AYURVEDA COLLEGE & HOSPITAL, COIMBATORE.

TOPIC :: PANCHAKARMA IN PSYCHIATRIC DISORDERS



**Dr. Jenish**

ASSISTANT PROFESSOR , GOVT.COLLEGE  
TRIPUNITHURA, ERNAKULUM.

TOPIC :: AYURVEDIC PSYCHOLOGY: FUNDAMENTAL  
PRINCIPLES AND APPLICATIONS.



**Dr. Venkata Narayana Joshi**

MD PH.D ( AYU ), DIRECTOR,  
ASSOCIATION OF AYURVEDA CIC UK LTD.

TOPIC :: MIND HEALTH IN PRIORITISED IN  
GLOBAL HEALTH



**Dr. Arjun chand**

ASSOCIATE PROFESSOR, PG GUIDE (KUHS), PANKAJAKASTHURI  
AYURVEDA MEDICAL COLLEGE, THIRUVANANTHAPURAM

TOPIC :: SATVAVAJAYA CHIKITSA ; PSYCHO SPIRITUAL  
HEALING IN ANXIETY CARE



**Dr. Ilanchezhian**

PRINCIPAL, IMMANUEL ARASAR AYURVEDA MEDICAL  
COLLEGE AND HOSPITAL, KANYAKUMARI.

TOPIC :: HERBAL INTELLIGENCE IN MENTAL HEALTH;  
AYURVEDIC PSYCHOTROPICS FOR THE 21ST CENTURY



**Dr. Reethesh Kumar Verma**

ASSOCIATE PROFESSOR, MD BALROGA,  
GOVT,AUTONOMOUS AYURVEDA COLLEGE, GWALIOR

TOPIC :: MENTAL HEALTH DISORDERS IN CHILDREN AND  
THEIR AYURVEDIC MANAGEMENT



**Dr. Nagaraja**

PROFESSOR,BASAVRAJ PATIL MEMORIAL AYURVEDIC  
MEDICALCOLLEGE & HOSPITAL, KARNATAKA

TOPIC :: MANAGEMENT OF MENTAL HEALTH IN  
DAY TO DAY LIFE

## ***Paper Presentation Topics***

1. Management of Chittodvega (Anxiety Disorders) through Ayurveda: Nidana: case reports
2. Ayurveda in Depression (Vishada Roga) – A Holistic Perspective : Role of dosha, guna, chikitsa approach
3. Panchakarma in Psychosomatic Disorders: Murdini tailam in stress, insomnia, and mental illness.
4. Ayurveda for Maternal Mental Health: Bridging Traditional Knowledge with Neuroscience in Postpartum Depression
5. Manasika Roga chikitsa: Holistic approach (Daivavyapashraya, Yuktivyapashraya, Satvavajaya)
6. Role of Medhya Rasayanas (Brahmi, Shankhapushpi, Mandukaparni, Ashwagandha) in Cognitive Health

## ***Rules for Paper Presentation***

1. PPT should be prepared with a maximum of 15 slides
2. Font size 26 or above in Times New Roman style
3. Time limit for the Presentation is 8 minutes and 2 minutes for discussion
4. Presentation should be structured- Introduction, Aim and Objectives, Methodology, Results, Discussion, Conclusion, Reference
5. Language of presentation must be in English
6. Paper presentation PPT should be sent to the mail ID- Pravahamamc@gmail.com

● **Template for the poster and paper will be provided on the website**



## **IMPORTANT DATES**

Last date of  
Abstract submission:  
**30/10/2025**

Last date for  
Paper presentation  
PPT Submission -  
**15/11/2025**

Last date of  
E-Poster Submission -  
**15/11/2025**

Conference day  
**27th - 28th Nov**

## ***Rules for Abstract Submission***

1. The abstract must include: Paper title, full names of the authors with designations, institute name, and registration number.
  2. The title should be concise, descriptive, and informative, without using abbreviations.
  3. The abstract should be written as a single paragraph in IMRAD format.
  4. Scientific names must be written in italics.
- The abstract should be followed by 3–5 keywords in lower case.
5. Word limit: 250 words.
  6. Formatting: Times New Roman, font size 12; title in font size 14.
- Submission: Abstract must be submitted to Pravahamamc@gmail.com on or before 30/08/2025.

## ***Poster Presentation Topics***

1. Exam Anxiety & Stress Management in Students – An Ayurvedic Approach
2. Lifestyle diseases and Mental Health
3. Role of Rasayana in Mental Health
4. Integration of Yoga, Meditation & Ayurveda in Mental Health Promotion: Preventive and promotive care focus
5. Concept of Manasika Guna (Satva, Rajas & Tamas) in Mental Health.

## ***Rules for E-Poster Presentation***

1. Submission Format: PDF
2. Design: Clear layout, readable fonts, good colour contrast
3. Figures: Use charts, tables, and images to highlight key findings
4. Poster should be structured- Introduction, Aim and Objectives, Methodology, Results, Discussion, Conclusion, Reference
5. Presentation Time: 5 minutes
6. E-poster should be sent to the mail ID- Pravahamamc@gmail.com

## Cultural Events:

In celebration of our institution's first ever International conference PRAVAHA'25, we are thrilled to host TARANGAM - series of Cultural Competitions that honor the artistic spirit of our academic community. Dance, music and Musical instrumental events aim to blend tradition with creativity, providing a vibrant platform for students to express themselves through music and movement

- 1) Classical Dance (Solo)
- 2) Classical Dance (Group)
- 3) Western Dance (Solo)
- 4) Western Dance (Group)
- 5) Folk Dance (Solo)
- 6) Folle Dance (Group)
- 7) Classical Music (Solo)
- 8) Clasical Music (Group)
- 9) Light music (Solo)
- 10) Light music (Group)
- 11) Musical Instrumenti (solo)



**Futher Details About the Cultural Events are Provided in the Cultural Brouchure Check it out there.**

SCAN HERE FOR CULTURAL BROUCHURE



## Nearby Areas:



Kanyakumari Beach



Mathoor Aqueduct



Chitharal Jain Temple



Thirparappu Water Falls

## Registration Details:

- 1) For UG: Rs-1500/-
- 2) For PG,Phd faculty: Rs-2000/-
- 3) Overseas: 50\$

**Accomodation Dormitory Free..!**  
For first 100 Deligates

**For 30 students 10% discount**  
**For 50 students 15% discount**  
**1 Staff Free..!**

## Payment Details:

**A/C NAME- MARIA EDUCATIONAL AND CHARITABLE TRUST**  
**A/C NO- 272402000000168**  
**BANK- IOB**  
**BRANCH-ATTOOR**  
**IFSC-IOBA0002724**

For More Details,

- 1)Dr. Nicy Wilson (Co-Ordinator) - +91 9581789898
- 2)Shri. Naveen SG (Organizing Committee)- +91 9751029941
- 3)Shri Aswin C (Organizing Committee)- +91 90807 09392

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