

# MARIA AYURVEDA MEDICAL COLLEGE & HOSPITAL

Kulathadivilai, Moovattumugham Post, 629177  
Kanyakumari District, TamilNadu, India



presents



## International Conference

On

"INNOVATIVE INSIGHTS ON MENTAL HEALTH"

- College Auditorium
- <https://mariaayurvedacollege.org>
- pravahamc@gmail.com
- Pravaha\_25

27th & 28th  
November 2025

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

### LOCATION

Distance From

Trivandrum railway station - 48 km  
Trivandrum airport - 50 km  
Marthandam - 6.8 km  
Kuzhithurai railway station - 7.6 km

SCAN HERE FOR  
LOCATION



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

### 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)

Mind blowing/calming meditation and yoga at Triveni Sangamam of  
Kanyakumari on 28/11/2025 with rising sun.

"Come, let's celebrate the Harmony of Ayurveda"

Dr. Beno  
(Principal)

Dr. Linjusha  
(Vice-principal)

Dr. Nicy Wilson  
(Convenor)

### OUR ESTEEMED SPEAKERS



Dr. Reethesh Kumar Verma (MD. Balroga)  
ASSOCIATE PROFESSOR, GOVT, AYURVEDA AUTONOMOUS COLLEGE, GWALIOR  
Topic: Mental health disorders in children and their ayurvedic management



Dr. Nagaraja (MS. Shalyatantra)  
PROFESSOR, DEPT. OF SHALYA TANTRA, ALN RAO MEMORIAL AYURVEDIC MEDICAL COLLEGE, KOPPA, CHIKAMANGALUR DIST. KARNATAKA.  
Topic: Management of Mental Health in Day to day life



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. Arjun chand (PG Guide (KUHS))  
ASSOCIATE PROFESSOR, PANKAJAKASTHURI AYURVEDA MEDICAL COLLEGE, THIRUVANANTHAPURAM  
Topic: Satvavajaya chikitsa; Psycho spiritual healing in Anxiety care



Dr. Venkata Narayana Joshi (MD Ph.D ( ayu))  
DIRECTOR, ASSOCIATION OF AYURVEDA CIC UK LTD.  
Topic: Mind Health in prioritized in Global Health



Dr. Janeesh J (MD (Ayu))  
ASSISTANT PROFESSOR, GOVERNMENT AYURVEDA COLLEGE, THIRUVANANTHAPURAM  
Topic: Ayurvedic Psychology: Fundamental Principles and applications.



Dr. Ilanchezhiyan (MD Ph.D (DG))  
PRINCIPAL, IMMANUEL ARASAR AYURVEDA MEDICAL COLLEGE AND HOSPITAL, KANYAKUMARI.  
Topic: Herbal Intelligence in Mental Health; Ayurvedic psychotropics for the 21st century



Paper Presentation Topics

- 1. Management of Chittodvega (Anxiety Disorders) through Ayurveda.
- 2. Ayurveda in Depression (Vishada Roga) – A Holistic Perspective.
- 3. Panchakarma in Psychosomatic Disorders like stress, insomnia, mental illness etc.
- 4. Ayurveda for Maternal Mental Health: Bridging Traditional Knowledge with Neuroscience in Postpartum Depression.
- 5. Manasika Roga chikitsa: A Holistic approach.
- 6. Role of Medhya Rasayana 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

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 30/10/2025.

Poster Presentation Topics

- 1. Exam Stress & Anxiety 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 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

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

📅 **IMPORTANT DATES**

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LAST DATE OF  
ABSTRACT  
SUBMISSION  
30/10/2025

LAST DATE FOR  
PAPER PRESENTATION  
PPT SUBMISSION  
15/11/2025

LAST DATE OF  
POSTER SUBMISSION  
15/11/2025

CONFERENCE DAY  
27TH - 28TH NOV

Cultural Events:

In the celebration of our institution's 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

SCAN HERE FOR CULTURAL BROCHURE



Further Details About the Cultural Events are Provided in the Cultural Brochure Check it out there.

Nearby Areas:



Kanyakumari Beach



Mathoor Aqueduct



Chitharal Jain Temple



Thirparappu Water Falls



Sree Adi Kesava perumal Temple



Padmanabhaswamy Temple



Muttom Beach



Padmanabhapuram palace

Registration Details:

Delegates	Before 30/10/2025 *	After 30/10/2025
UG Students	₹1500	₹2000
PG, Ph.d Scholars, Practitioners	₹2000	₹3000
Overseas	\$50	\$60
Spot Registration	₹3500	

\* Discount Available for Bulk registration\*

Payment Details:

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

SCAN HERE FOR REGISTRATION



For More Details,  
1)Dr. Nicy Wilson (Convenor) - +91 9581789898  
2)Mr.Naveen SG (Organizing Convenor)- +91 9751029941  
3)Mr.Aswin C (Organizing Convenor)- +91 90807 09392