

A N Sinha Institute of Social Studies
North-West Gandhi Maidan, Patna-800001, Bihar

is organising

**Two-Day National Conference on Women Mental Health in India: Issues,
Challenges and Way Forward**

(Funded by the ICSSR, New Delhi)

On Dec 06-07, 2024 (Friday-Saturday)

(Offline mode only)

Concept Note:

In the present era due to social change and double role of the women one at the work place and another in the family, the mental health issues are becoming grave. Even non-working women faces various types burden as the traditional support system are diminishing and an urban life is becoming more self dependent. In fact, the overburdening of household chores and other demands of the society are creating trouble to every woman.

Gender seems to be a critical determinant of mental health and mental illness. The morbidity associated with mental illness has received substantially more attention than the gender specific determinants and mechanisms that promote and protect mental health and foster resilience to stress and adversity. Analysis of mental health indices and data reveals that the patterns of psychiatric disorder and psychological distress among women are different from those seen among the men. Mental disorders can affect women and men differently. Some disorders are more common in women such as depression and anxiety. There are also certain types of mental disorders that are unique to women. For example, some women may experience symptoms of mental disorders at times of hormonal change, such as prenatal depression, premenstrual dysphoric disorder, and perimenopause-related depression.

Women's mental health is multi factorial which is determined by both biological and social factors. Examining the clinical profile of mental disorders in women brings to light the fact that men and women are affected disproportionately by mental illness. The greater vulnerability of women can be owing to physiological changes as well as social factors such as poverty, sexual abuse, stress, intimate partner violence, and so on. Mental health during pregnancy and postpartum deserves special attention as untreated maternal depression results in serious ill effects in both the mother and the child.

Reproductive health problems like infertility, female sterilization, and reproductive tract complaints also have been related to poor mental health in women. It is important to view mental health programmes in a gender-based approach to circumvent the unique challenges

posed by women's mental health today. It is not only a psychological issue but it is a public health issue as well.

In addition to feeling too ashamed to seek help for a mental disorder, many women simply aren't aware that their symptoms constitute an illness that can be treated. A big step toward improving the diagnosis and treatment of mental health conditions in women rests in education: providing information about the prevalence of mental illness, the negative effects it has on women and their families, and the many resources available to help them receive the treatment they need to return to health. So, mental health awareness and interventions are needed to improve for mental health of women. Apart from this, exploring other modes of service delivery to improve accessibility to services can boost mental health delivery for women.

Women are also more likely to suffer from three or more “co-morbid” mental illnesses (two or more disorders affecting one person). This condition increases the burden of the disability, and may also make the disorders more persistent in women. Women and men are different not only in their obvious physical attributes, but also in their psychological makeup. There are actual differences in the way women's and men's brains are structured and “wired” and in the way they process information and react to events and stimuli.

Additionally, women may be less likely than men to seek treatment after experiencing symptoms of mental illness. This is due to “internalized or self-stigma” that results from their self-image being formed by how others perceive them. Women are more prone than men to feel stigmatized for seeking assistance with a mental health issue. Women tend to rely on the opinions of the outside world for their self-esteem much more than men do. As a result, they often avoid having their mental illness treated because they want to prevent others from thinking less of them, which would cause them to think less of themselves.

The Indian culture and society portray women differently if they seek the mental health assistant. Role of family is very important because, if it comes to know about the problem with the women, they do take it seriously. As the traditional role of the women is changing, women face more problems today. Similarly, another challenge with the women's mental health is to find out the professional care. There are very limited number of mental health professionals in the country such as, clinical psychologists and counsellors. Role of the government policies and programmes in achieving the mental health of women is very important to discuss.

In the above backdrop following questions seem to arise to discussion in the conference:

1. What is status of women mental health in India?- Psychological and public health perspectives.
2. What factors contributing to the mental health problems of women?
3. What is the link between women mental health and child care practices?
4. What are the various types of mental health problems of women and what types services are available to them?
5. What is the role of government policies and programmes?

6. What is the role of traditional social institutions contributing to the mental health of women?
7. What are the possible social changes that enhance the mental health problems of women?
8. What are the major challenges and possible ways out for improving mental health of women?

The sub-themes:

1. Defining women mental health- psychological and public health perspectives
2. Physical and mental health link in women mental health- holistic perspective
3. Factors contributing to the mental health women in India
4. Women mental health and child care practices
5. Types of women health issues, remedies and available services in India,
6. Roles of government policies and programmes
7. Roles of traditional social institutions contributing to the mental health of women.
8. Social change and women mental health

Note: above sub-themes are suggestive, contributors may present papers on any theme related to main theme “women mental health”.

Paper Contribution:

Well researched papers based on either primary sources or on secondary sources with a proper title indicating the sub-theme of the conference with an Abstract of around 200 words and full paper not more than 6000 words with proper references in APA style neatly types in font size 12 Time New Roman, 1.5 line space in Word File should be submitted on following email ID: ansissconference@gmail.com

Quality papers will be published in an edited book as per the ICSSR requirement. One hard copy of paper should be submitted at reception/registration counter while coming to attend the conference. On the cover page of the paper name, designation, affiliating institution, email ID, mobile number along with the title of the Paper with the name of the conference should be clearly mentioned.

Timeline for submission of paper and registration:

Deadline for submission of Abstract of the paper: November 10, 2024.

Deadline for submission of full paper: November 20, 2024

Deadline for the registration: November 25, 2024

Registration Process and Registration Fee:

Registration Fee:

Student/Research scholars- Rs 600/-

Faculty Members /Practitioners- Rs. 1000/-

Process of Registration:

Registration fee should be paid online in the following bank account:

Account Name: ANSISS SEMINAR ACCOUNT.

Account Number: 36095111294

IFSC Code: SBIN0000152

Bank Name: State of Bank of India, Branch: Patna Main Branch, West Gandhi Maidan, Patna

Please attach the payment slip/screenshot print with the registration form.

Registration should be done after the acceptance of the Abstract of the Paper.

Accommodation and food:

For out station participants simple accommodation will be provided to the limited participants on first come first basis in the hostels and guest houses in the Institute campus without any extra cost for two days during the conference. Luxury accommodation could be booked by your own in Patna. No TA/DA will be paid.

Free food, lunch and breakfast etc will be provided during the conference.

Contact:

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Organising Committee:

1	Dr S Siddharth, IAS Director A N Sinha Institute of Social Studies, Patna-800001 and Additional Chief Secretary, Dept of Education, Govt of Bihar	Patron
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2	Dr Habibullah Ansari Associate Professor and Head, Division of Social Psychology A N Sinha Institute of Social Studies, Patna-800001 Email: hbansari@yahoo.com Mob: 9939958963, 7992430402	Convener
3	Dr Rajeev Kamal Kumar, Assistant Professor, Division of Sociology and Social Anthropology, A N Sinha Institute of Social Studies, Patna-800001	Member
4	Dr Biplab Dhak, Assistant Professor, Division of Economics and Agricultural Economics, A N Sinha Institute of Social Studies, Patna-800001	Member
5	Dr Aviral Pandey, Assistant Professor, Division of Economics and Agricultural Economics, A N Sinha Institute of Social Studies, Patna-800001	Member
6	Dr Arman Alam, Assistant Professor, Dept of Psychology, ANS College, Barh, Patliputra University, Patna and Alumni of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer
7	Dr Sangita Kumari, Member of Juvenile Justice Board, Patna District, Patna and Alumni of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer
8	Dr Khurshida Orooj, Alumni of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer
9	Dr Rachita, Assistant Professor, Dept of Psychology, SNSRK College, Saharsha, Bihar and Alumni of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer
10	Dr Jitendra Kumar, Alumni of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer
11	Ms Priyanka, Child Psychologist, Dept of Paediatrics, IGIMS, Patna and Research Scholar of Division of Social Psychology, A N Sinha Institute of Social Studies, Patna-800001	Volunteer

Technical Committee:

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2	Prof Jyoti Verma , Professor of Psychology (retd), Patna University, Patna Mob. 9939618917, Email: vermaj46@gmail.com	Member
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4	Dr Nupur Sinha , Assistant Professor & Head, Dept of Psychology, Patna Women's College (Autonomous), Patna University, Patna. Email: nupur.psy@patnawomenscollege.in Mob. 9936590219	Member
5	Prof Madhu Pandey , Dept of Psychology, D S College, Danapur, Patna.	Member

Registration Form:

Registration Form:		
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1	Name	
2	Designation	
3	Affiliating Institution	
4	Corresponding Address	
5	Email ID & Mobile Number	
6	Title of the paper	
7	Whether fee is paid: Yes/No	
8	Reference No. of fee payment	
9	Whether accommodation is needed: Yes/No	
10	Date and time of arrival	
11	Date and time of Departure	
12	Mode of travel: Train/Air	
13	Signature of the participant with date	

Note: Fill the registration form and send the scanned copy along with the registration fee payment slip through this email ansissconference@gmail.com.

Note: Some eminent scholars from New Delhi, Mumbai, Bangalore and other places are invited as Key Note/Invited Speakers.
