

*Papers are invited for the*  
**Two-Day National Conference on Women's 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)  
**Organised by**  
**A N Sinha Institute of Social Studies**  
North-West Gandhi Maidan, Patna-800001, Bihar

**Last date for submission of Abstract of the paper is extended up to November 15, 2024**

#### **ABOUT THE INSTITUTE**

Anugrah Narayan Sinha Institute of Social Studies (ANSISS) was established by the Government of Bihar, in memory of Dr. Anugrah Narayan Sinha, an ardent follower of Mahatma Gandhi since the days of the Champaran Satyagraha Movement, first Deputy Chief Minister-cum-Finance Minister and one of the architects of modern Bihar.

It was inaugurated on the 31st of January, 1958, by Desh Ratna Dr. Rajendra Prasad, the First President of India. Later it was made a statutory autonomous body through legislation on the 8th of October, 1964 under the A N Sinha Institute of Social Studies Act 1964 by the Govt. of Bihar. The Institute is governed by the Board of Control and funded by the Department of Education, Government of Bihar and Indian Council of Social Science Research (ICSSR) through the Ministry of Education, Government of India.

The Institute is located in a sprawling campus situated on the southern bank of the river Ganga at a distance of 3 kms from Patna Railway Junction and in the North West end of the Gandhi Maidan on the Ashok Raj Path opposite Divisional Commissioner's Office. Even though located in the heart of the city, it boasts of a picturesque location with quiet surroundings.

#### **ABOUT THE CONFERENCE**

##### **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.

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.

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's 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's 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?

## **Theme: Women's Mental Health in India: Issues, Challenges and Way Forward**

### **Sub-themes:**

1. Defining women's mental health- psychological and public health perspectives
2. Physical and mental health link in women's 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's mental health

**Note:** above sub-themes are suggestive, contributors may present papers on any theme related to main theme "women's 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](mailto: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. Is extended up to November 15, 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:**

Dr Habibullah Ansari

Associate Professor and Head

Division of Social Psychology

A N Sinha Institute of Social Studies, Patna-800001

Email: [hbansari@yahoo.com](mailto:hbansari@yahoo.com)

Mob: 9939958963, 7992430402

### **Organising Committee:**

|   |   |          |
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| 1 | <b>Dr Habibullah Ansari</b><br>Associate Professor and Head, Division of Social Psychology<br>A N Sinha Institute of Social Studies, Patna-800001-cum- Registrar (I/C)<br>Email: <a href="mailto:hbansari@yahoo.com">hbansari@yahoo.com</a> ,<br>Mob: 9939958963, 7992430402                  | Chairperson |
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| 6 | <b>Dr Nidhi Singh</b> , Assistant Professor & Head, Dept of Psychology, Magadh<br>Mahila College, Patna University, Patna. Mob. 9717015525. Email:<br><a href="mailto:nidhisingh@pup.ac.in">nidhisingh@pup.ac.in</a> , <a href="mailto:nidhisingh.bhu@gmail.com">nidhisingh.bhu@gmail.com</a> | Member      |
| 7 | <b>Dr Amjad Ali</b> , Assitant Prof, Dept of Humanities and Social Sciences,<br>NIT, Patna. Email: <a href="mailto:amjad@nit.ac.in">amjad@nit.ac.in</a> , 9155637358  | Member      |

**Registration Form:**

| <b>Registration Form:</b>  |   |  |
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| <b>A N Sinha Institute of Social Studies, Patna-800001</b>   |   |  |
| <b>Two-Day National Conference on Women's Mental Health in India: Issues, Challenges and Way Forward</b><br>(Funded by the ICSSR, New Delhi)<br>On Dec 06-07, 2024 (Friday-Saturday) |   |  |
| 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](mailto:ansissconference@gmail.com).*

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

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