

Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male / Female / Diverse

Name: **Verma**

First Name: **Jyoti**

Title / Position:

Dr., Former Professor of Psychology, Patna University

Country:

India

Presentation title:

Social Challenges of the Mental Health Profession in the Indian Scenario

Abstract text up to 15 lines in English:

A social psychologist attempts to discuss the social challenges of the mental health profession in the Indian set-up. She aims to describe these challenges in a perspective and showcasing the relative exclusivity of the Indian case. The presentation shall touch upon: 1. The representation of mental health in the Indian cultural context, 2. significance of Indians' faith, religion, and spirituality as part of the healing process, 3. the underprovided mental health institutions in India, 4. family, as the initial and accessible (though professionally untrained) abode for offering counselling to the mentally disconcerted and 5. the challenges flared up due to over use of technological gadgets and their distressing impact on the mental health of the Indians. It is contended that social challenges of the mental health profession in the Indian situation may be better understood in the backdrop of Indian's faith, religion, philosophical world view and indigenous backdrop of handling mental disturbances, family as the social-emotional reservoir and primary healing abode, the deficient reality of the mental health institutions in India and the urgently needed balance to be reinstated in the lives of the Indian youth and urbanites, hugely consumed and addicted to the over use of technological gadgets impacting their mental and social wellbeing.