

## Brief Report

31<sup>st</sup> International Conference on Mental and Behavioral Health 2019 was held in Tokyo on 12<sup>th</sup> - 13<sup>th</sup> August'2019.

This conference was organized by conference series.com (U.K.) and proceedings were published in International Journal of Emergency Mental Health & Human Resilience.

Sister B.K. Ekta, Godly instrument playing active role as Research Co-ordinator, faculty and Core group member of SpARC wing from Vasant Vihar Centre (New Delhi), was invited as a speaker to present her study on ***“Effect of Raja Yoga Meditation on psychological and functional outcomes in spinal cord injury patients.”*** Many psychologists and psychotherapists participated in the conference from different countries mainly from U.S.A, U.K, Canada, Japan, Indonesia, Singapore, Hong-Kong, Australia and Ireland.

She successfully conveyed Godly message through the presentation and participants had an experience of Raja yoga.

### **Following results were observed in this study**

#### **A. Spinal Cord Injury (SCI) Patients:**

- 1.Stress, Anxiety & Depression significantly decreased.
- 2.Quality of life significantly improved.
- 3.Pain rating significantly decreased within intervention group and Self-care independence measure significantly improved within group as compared to control group.
- 4.Modified Ashworth Score for Lower Limb also decreased within group as compare to control group.

**B. Care Giver:** Stress, Anxiety & Depression significantly decreased.

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