

6th International Conference

MENTAL HEALTHCARE IN INDIA: BASICS & BEYOND

05-06 October 2024

RCI CRE Approval Number: 24040721548637

DR. KALBE SADIQ AWARD FOR OUTSTANDING RESEARCH

This award is proudly presented to
Ms. Neerajana Ghosh & Dr. Rajlakshmi Guha

for research work entitled
**Developing Digital Mindfulness Intervention to Improve Wellbeing,
Anxiety and Facets of Mindfulness for Young Adults in India:
A Randomized Control Trial**

in the RCI approved 2 days CRE Conference on “**Mental Healthcare in
India: Basics & Beyond**” held at Shia P.G. College Lucknow from
05-06 October 2024.



Prof. (Dr.) S. S. R. Baqri
Principal Shia P.G. College

Prof. (Dr.) A. P. Masih
Organising Secretary

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