



Spirituality and Mental Health

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Abstract:

Everyone in the world is talking about the importance of mental health during crisis time and wish to taking care of it. The strategies adopted by people are vary from one to another based on their culture, age, experience, understanding and awareness, politics, social structure etc. Spirituality is beyond the religion found best for developing the mental health of an individual as well as the community as a whole. The practices of spirituality improve the quality of mental health but there is dearth in research. Not all the practices named under spirituality are not actually a spiritual and it misleading the people So, it is the duty of the researchers and mental health practitioners should find the appropriate strategies in spirituality for mental health. They should prepare a guideline for the novice to practice it for their battement. This meta-analysis research explored the effective strategies in spirituality for holistic mental health. The researchers found effective strategies in spirituality with modern scanning techniques.

Biography:

Dr. Veena comes to us with a holistic background. She has been a practising counselling psychologist over 10 years . She is a trained homeopath and she integrates



her extensive clinical practice into psychotherapy. Veena earned her Msc in psychology , M.Sc in Counselling & Psychotherapy and is currently pursuing her M.Sc. Counselling and Family Therapy program. She has been associated as an assistant Professor of Psychology for Physiotherapy students and other Post graduate students in Tamil Nadu Open University for the past 7 years .

Recent Publications:

1. Study of prevalence of depression among hypertensive and diabetic subjects

Webinar on Psychiatry and Mental Health | September 21, 2020 | London, UK

Citation: N. P. Veenavani, Spirituality and Mental Health

N. P. Veenavani, Tamilnadu Open University,- India; Mental Health 2020; September 21, 2020; London, UK.