

BENGALURU CITY UNIVERSTIY

DEPARTMENT OF SOCIAL WORK

E - POSTER BOOK

ANNUAL NATIONAL CONFERENCE OF
INDIAN SOCIETY OF
PROFESSIONAL SOCIAL WORK (ISPSW)

DIGITAL INDIA
AND
SUSTAINABLE SOCIAL WORK PRACTICE

30 & 31 JULY 2025

IN Academic Collaboration with
Bangalore University and Bengaluru North University



MESSAGE FROM THE VICE CHANCELLOR



PROF. JALAJA K. R.

Hon'ble Vice Chancellor (Acting), Bengaluru City University

It gives me immense pleasure to extend my heartfelt congratulations on the successful publication of the E-Poster Book as part of the Annual National Conference of the Indian Society of Professional Social Work (ISPSW) hosted by the Department of Social Work, Bengaluru City University. This remarkable compilation stands as a testament to the creativity, commitment, and scholarly engagement of our social work community across the nation.

The theme, “Digital India and Sustainable Social Work Practice,” is both timely and crucial, inviting us to reflect on the evolving landscape of professional social work in the digital era. The contributions showcased in this E-Poster Book highlight the innovative spirit of students, researchers, practitioners, and educators who are embracing digital tools to further the mission of social justice, community empowerment, and sustainable development.

I deeply appreciate the dedication of the Organising Committee, the Department of Social Work, and all contributors who have put in commendable effort to make this publication a reality. This initiative not only celebrates academic excellence but also encourages interdisciplinary collaboration and dialogue on emerging issues at the intersection of technology and social work.

Each E-Poster in this collection is a window into thoughtful research, practical insights, and community-centered solutions that align with the core values of our profession. I am confident that this publication will serve as an important resource and source of inspiration for current and future social work professionals.

Let this E-Poster Book be a symbol of our continued commitment to innovation, inclusion, and impactful knowledge-sharing. My best wishes to all participants and a warm appreciation to ISPSW for nurturing such platforms of academic exchange and professional growth.

MESSAGE FROM THE PRESIDENT, ISPSW



PROF. RAMESH B

**President, Indian Society of Professional Social Work (ISPSW)
Registrar (Evaluation & Administration), Bengaluru City University**

It is with great pride and satisfaction that I congratulate all contributors and organizers on the successful publication of the E-Poster Book as part of the Annual National Conference 2025 of the Indian Society of Professional Social Work (ISPSW). This publication marks a significant milestone in our efforts to promote innovation, scholarship, and collaboration within the social work profession in India.

In the context of our conference theme, “Digital India and Sustainable Social Work Practice,” the E-Poster Book reflects how digital platforms can be effectively harnessed for academic and professional expression. It brings to the forefront diverse perspectives, field-based insights, and research innovations from students, educators, researchers, and practitioners from across the country.

The value of this E-Poster Book lies not only in the quality of its content but also in its accessibility and inclusiveness. It creates a democratic space for emerging voices in social work to showcase their work, ideas, and solutions to some of society's most pressing challenges. This initiative aligns with our vision of embracing digital transformation while upholding the ethical and humanistic values of the social work profession.

I extend my sincere appreciation to the Department of Social Work, Bengaluru City University, for curating this collection with such care and academic integrity. I also commend the efforts of all participants whose contributions have enriched this publication.

Let this E-Poster Book be a model for future academic dissemination—digitally enabled, socially relevant, and intellectually stimulating. My best wishes to all involved and my continued support for advancing professional social work through such meaningful platforms.

MESSAGE FROM THE GENERAL SECRETARY, ISPSW



PROF. R. DHANASEKARA PANDIAN

**General Secretary, ISPSW, Professor & Former Head,
Department of Psychiatric Social Work, NIMHANS, Bengaluru**

It is with great pleasure and deep appreciation that I share this message on the occasion of the Annual National Conference of ISPSW 2025 and the release of the E-Poster Book. This event is a vital platform for knowledge exchange, professional reflection, and collaborative learning for the social work community across India.

The theme, “Digital India and Sustainable Social Work Practice,” is not only timely but essential, as we witness rapid technological advancements influencing every sphere of human life, including health, education, social welfare, and mental well-being. This conference serves as a meaningful space to examine the opportunities and ethical challenges posed by digital transformation in the field of social work.

The E-Poster Book is a significant academic contribution that reflects the vibrant engagement of students, educators, and practitioners in exploring the intersections of technology and social justice. Each poster captures unique insights, field experiences, and innovative strategies aimed at building an inclusive and sustainable future. It is heartening to see young scholars and professionals critically engaging with current realities and proposing forward-thinking solutions through digital tools and platforms.

I commend the Department of Social Work at Bengaluru City University for their exceptional efforts in organizing this conference and curating the E-Poster Book. The publication not only showcases emerging trends and research but also encourages digital scholarship and creative expression among participants.

As we move toward a digitally inclusive society, I hope this conference and its accompanying E-Poster Book will inspire ongoing dialogue, action, and innovation in professional social work.

Warm regards and best wishes to all contributors and participants.

MESSAGE FROM THE CHAIRPERSON



PROF. RITIKA SINHA

**Chairperson, Department of Social Work
Bengaluru City University, Bengaluru**

It is with immense gratitude and joy that I extend my heartfelt thanks to the Indian Society of Professional Social Work (ISPSW) for choosing Bengaluru City University as the host institution for the Annual National Conference 2025 on the theme “Digital India and Sustainable Social Work Practice.” This collaboration has been a remarkable opportunity for our university, faculty, and students to engage with leading minds in the field and contribute meaningfully to the evolving discourse on digital transformation in social work.

The conference has not only fostered academic enrichment but has also encouraged critical reflection, innovation, and collaboration across institutions and regions. The discussions and presentations have illuminated new pathways to integrate technology with social work values, emphasizing inclusivity, sustainability, and ethical practice.

I am especially proud of the publication of the E-Poster Book, which stands as a vibrant record of the creativity, research, and field insights shared during the event. This compilation reflects the diversity of thought, the depth of inquiry, and the passion of social work students, educators, practitioners, and scholars from across the country. It also demonstrates how digital platforms can effectively support academic dissemination and professional engagement.

My sincere appreciation goes out to the ISPSW Executive Committee, our partner universities, and the faculty members of Bengaluru City University who worked tirelessly to make this event a success. I also thank all contributors and participants for their enthusiastic involvement.

Let us continue to build on this momentum and work together towards a more inclusive and sustainable future for social work in the digital era.

Warm regards,
Prof. Ritika Sinha

MESSAGE FROM THE LIFETIME ADVISOR, ISPSW



PROF. I. A. SHARIFF

**Lifetime Advisor, ISPSW, Former Professor & Head,
Department of Psychiatric Social Work, NIMHANS, Bengaluru**

It brings me immense satisfaction to witness the continued growth and evolution of professional social work in India, particularly through initiatives such as the Annual National Conference of ISPSW 2025 and the publication of the E-Poster Book on the theme “Digital India and Sustainable Social Work Practice.”

Social work research plays a foundational role in advancing knowledge, informing policy, and improving practice. In today's rapidly changing world, especially in the digital era, rigorous and context-sensitive research is essential to address complex social problems and to ensure that interventions are both relevant and impactful. This E-Poster Book is a commendable initiative that provides a platform for young researchers, educators, and practitioners to share evidence-based insights and field-driven innovations.

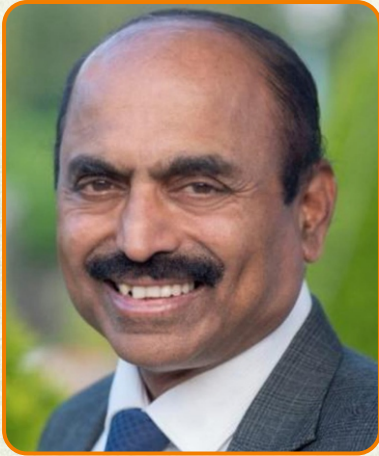
The posters presented in this compilation reflect a dynamic engagement with contemporary challenges—ranging from digital inclusion and mental health to sustainable community development and ethical practice in online environments. They offer fresh perspectives and practical strategies that align with the core values of the profession, including social justice, human rights, and participatory development.

I congratulate the Department of Social Work, Bengaluru City University, for fostering such an academically vibrant space and ISPSW for its continued dedication to promoting professional excellence. The E-Poster Book is not just a collection of visual presentations—it is a mirror of the sector's intellectual strength, creativity, and commitment to social change.

I hope this initiative inspires continued inquiry, dialogue, and collaboration across generations of social work professionals.

With warm regards,
Prof. I. A. Shariff

MESSAGE FROM THE CHAIRMAN, ISPSW HIGH-POWER COMMITTEE



PROF. COL. Y. S. SIDDEGOWDA

Chairman, ISPSW High-Power Committee

Former Vice Chancellor, Tumkur University

Former Vice Chairman, Higher Education Council of Karnataka

It is with immense pride and academic joy that I extend my congratulations to the Indian Society of Professional Social Work (ISPSW) and Bengaluru City University for successfully organizing the Annual National Conference 2025 and publishing the E-Poster Book on the theme “Digital India and Sustainable Social Work

Practice.”

ISPSW, over the decades, has played a pivotal role in shaping the professional identity of social workers across India. It has been instrumental in bridging the gap between academic research and field practice, nurturing a generation of socially committed professionals who uphold the core values of justice, equity, and human dignity. The society has remained at the forefront of promoting research, innovation, and knowledge exchange across various domains of social work.

The publication of the E-Poster Book is a remarkable milestone in this journey. It reflects the growing engagement of scholars and practitioners with emerging issues at the intersection of digital technology and sustainable development. The posters are not merely academic artifacts; they are expressions of critical thought, empirical inquiry, and creative problem-solving that our profession urgently needs.

This compilation showcases how social work is evolving in response to digital transformation, offering insights into digital pedagogy, virtual practice models, inclusive service delivery, and technology-driven community engagement. I commend all contributors for their dedication and ISPSW for providing this vibrant platform for professional expression.

Let this E-Poster Book inspire continued research, collaboration, and innovation in social work, and strengthen our collective mission toward a just and inclusive society.

Warm regards,
Prof. Col. Y. S. Siddegowda

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Role of Television on Body Dissatisfaction and Disordered Eating among Young Female Adults

Rashmi C. R., Dr. Parashuram K. G

Department of Studies and Research in Social Work, Tumkur University

Introduction

Television is a dominant source of media that influences young women's body image perception. In young women, this study explores how prolonged TV exposure contributes to body dissatisfaction and disordered eating behaviours among college students.

Key Findings

- 71.2 % had moderate TV viewing
- 78.3 % showed moderate body dissatisfaction
- Positive correlation between TV viewing and body dissatisfaction ($p < 0.08$)
- 60 % at moderate risk for disordered eating
- No significant relationship between body dissatisfaction and disordered eating

Methodology

- Design: Descriptive
- Sample: 50 young women age 18-21 from a women's college
- Sampling Technique: Simple Random Sampling

Key Findings

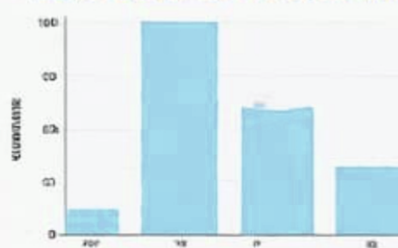
- 71.7 % had moderate TV viewing
- 78.3 % showed moderate body dissatisfaction
- Positive correlation between TV viewing and body dissatisfaction ($p < 0.05$)
- 60 % at moderate risk for disordered eating

Social Work Implications

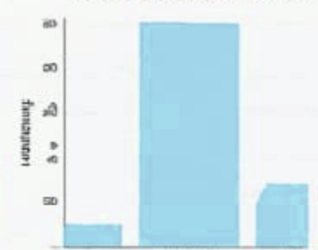
- Introduce media literacy programs to foster healthy media consumption, increasing dissatisfaction
- Implement body image awareness and psychoeducation in educational institutions
- Advocate for ethical standards in media and advertising
- Establish early intervention and counselling services in colleges
- Promote life skills and self-esteem development to reduce risk factors

Visual representations

Age Distribution of Respondents



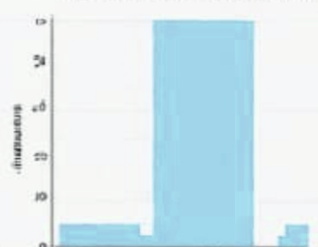
Socio Economic Status



Levels of Television Viewing



Levels of Disordered Eating



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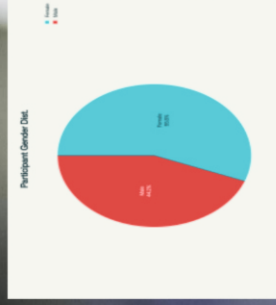
"Digital Echoes: Understanding Memory in the Age of Constant Connectivity"

- * Mr. AJAY KUMAR A ,1st year MSW student , BCU.
- * Ms. Vanishree M ,Faculty ,Department of Social Work , BCU.
- * Prof Ramesh B ,Registrar(A&E),BCU.

Introduction

Digital well-being involves mindful, balanced use of digital devices.

- It helps prevent digital overload and promotes positive online habits.
- **Everyday memory** includes recalling routine tasks like appointments or conversations.
- Digital dependence is growing among students.
- The study explores the link between digital well-being and everyday memory in BSW and MSW students in Karnataka.



Procedure:

- Recoding of Likert responses to numeric values.
- Summation yields individual digital well-being and memory scores.
- Descriptive statistics (mean, SD) and distribution checks.
- Pearson correlation for primary association.
- Subgroup analyses by program (BSW vs MSW) and gender.

Background and Objectives :

- Digital technology heavily influences social work education.
- Cognitive functions, especially memory, are affected by digital use.
- The study focuses on MSW and BSW students in Karnataka.
- Tools used: Digital Well-being Scale and EMQR.

Aim: To examine the relationship between digital well-being and everyday memory.

Methodology Study Design

Cross-sectional survey via Google Forms, July 16, 2025. Participants: 77 social work students BSW & MSW) from Karnataka: 43 female, 34 male. Gender distribution of MSW and BSW student survey participants

Limitations:

Cross-sectional design limits ability to draw causal conclusions.
Small sample size reduces generalizability.
Correlation was near but not statistically significant.
Age data anomaly (minimum age 8) indicated entry errors, which were corrected during analysis.

Measures:

Digital Well-Being Scale: 20 items, 5-point Likert ; Cronbach's $\alpha = 0.921$. 12 Everyday Memory Questionnaire– Revised EMQR 13 items, 5-point frequency scale; $\alpha \approx 0.92$.

Scale Dimensions Digital Well-Being: Mental (12 items) Emotional (4 items) Physical (4 items)

Results:

Pearson correlation between digital well-being and everyday memory: $r = -0.036$, $p = 0.77$ (no significant linear association). Subgroup correlations: Gender analysis showed negligible differences in both scores.

Measure	Mean \pm SD	Range
Digital Well-Being Score	28.51 \pm 5.40	12–44
Everyday Memory Score (EMQ-R)	22.48 \pm 7.81	13–60

Subgroup	r	p-value
BSW (n=38)	-0.12	0.47
MSW (n=39)	+0.0	0.74

Key Takeaways:

- Higher digital well-being may be associated with better everyday memory performance
- Significant gender differences exist in digital well-being among social work students
- Digital wellness education should be integrated into social work curricula
- Future research should explore intervention strategies to enhance digital well-being

These findings have important implications for social work education programs seeking to prepare students for digital-age practice while maintaining cognitive wellness and professional effectiveness.

Future Directions:

Use **longitudinal studies** to determine causal relationships over time. Include **larger, more diverse samples** for broader applicability. Investigate **mediating factors** between digital well-being and cognitive outcomes. Conduct **intervention studies** to assess the impact of digital wellness programs on memory and digital well-being.

Conclusion Digital well-being and everyday memory show no direct linear relationship among MSW/BSW students in Karnataka. Future longitudinal research should explore moderating variables. Incorporating digital-well-being interventions may yield cognitive and academic benefits

Implications for Social Work Education:

Curriculum Integration: Social work programs should include digital well-being education alongside clinical and practice skills.
Digital Well-being Training: Teach students how to manage screen time, prevent overload, and maintain balance in digital environments.
Memory Support: Incorporate techniques to enhance memory, organization, and use of assistive technology for cognitive support.
Holistic Approach: Address digital wellness and cognitive functioning together, reflecting modern frameworks in social work education.

References

Survey Data: Collected from 77 MSW and BSW students in Karnataka (July 2025).

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- Ali, Z. (2024). Understanding digital dementia and cognitive impact in older adults. *Neurology Today*, 30(9), 203–210.
- Indian Counselling Services. (2025, March 8). Digital overload and its impact on cognitive function.
- Adomaitienė, K. (2024). Digital wellbeing: Students' perspective. *Ubiquity Proceedings*, 8(2), 44–56



4. Community Information Resource Centers (CIRCs) - Digital Empowerment Foundation

Location: Raichur, Kalaburagi, Bidar (North Karnataka)

Target Group: Rural women, small farmers, tribal communities

- Impact:**
- Digital Literacy: Trained 15,000+ women in using smartphones for accessing subsidized ration (e-Khata), land records (Bhoomi), and agricultural advisories.
 - Market Linkages: Enabled 2,500+ farmers to sell produce via digital platforms (e.g., e-NAM), reducing middlemen exploitation

SVYM Swami Vivekananda Youth Movement

7. e-Learning for Tribal Youth (Araku Model - Modified)
- Location: BR Hills (Chamarajanagar), Dandeli
- Implementers: SVYM NGO + State Education Dept.
- Model: Solar-powered tablets with preloaded Kannada/Kolami content for grades 8-12.
- Impact: 40% improvement in STEM subject pass rates; 28% drop in school dropout rates (2023-2024).



Freedom In The Fields

Bhoomi-Online delivery of land records in Karnataka

Bhoomi

5. Agency: Karnataka Revenue Department
- Target Group: Small/marginal farmers (SC/ST communities)
- Impact:**
- Reduced land dispute cases by 70% in pilot districts (Davanagere, Hassan).
 - Eliminated bribery for land records; 12 million+ records accessed online annually.

6. KARNATAKA WOMEN'S DIGITAL SHAKTI PROGRAM

- Implementer: Karnataka State Women's Development Corporation (KSWDC)
- Target Group: Rural SHG women, survivors of violence
- Features:**
- Mobile app ('Stree Shakti') for reporting domestic violence, linked to One-Stop Centers (OSCs).
 - 500+ 'Digital Sakhis' trained as tech mediators in 10 districts, facilitating access to pensions (SSP), scholarships, and legal aid.
- Impact:** 45% increase in violence reporting; 30% faster grievance redressal.

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Reclaiming Voice, Rewriting Futures

How Digital Empowerment Transforms Excluded Communities

Author: Dr. Sujatha Faculty
Affiliation: Department of Social Work, Bengaluru City University

Introduction

India's digital revolution promises inclusivity, yet marginalized communities (rural, tribal, women, differently-abled) remain excluded due to the digital divide. This poster explores how community-led digital empowerment bridges gaps, amplifies voices, and fosters sustainable development.

Objectives



Propose scalable models for equitable digital integration in social work

Assess barriers to digital access in excluded communities

Document transformative impacts of grassroots digital initiatives

Methodology



Data Sources
Government portals (Digital India Dashboard, MeitY)



NSSO Reports (2024) on digital literacy



Case studies from CSC (Common Service Centres), Self-Employed Women's Association (SEWA), and Digital Empowerment Foundation



Analytical Framework
Mixed-methods (quantitative data on access gaps + qualitative narratives of empowerment)



1. SEWA's Digital Sakhis (Gujarat): 50,000 women trained as digital facilitators, boosting healthcare access by 40%.
- Assam's "Digital Pathshalas": Tablet-based education raised tribal youth school enrollment by 35%.



key findings

1. Access Barriers:
- 65% of rural women lack internet access (NSSO 2024).
- Only 20% of tribal districts have 4G connectivity (Digital India Dashboard).

RESULTS AND DISCUSSIONS



2.



CSC Villages (Rajasthan): 78% increase in women's entrepreneurship via e-governance training.

3. Community Radio Networks (e.g., Chhattisgarh) amplified indigenous voices in 12 dialects.

Implications for Social Work:

- Practice: Deploy mobile-aided community hubs for legal aid/health advocacy.
- Policy: Mandate "Digital Inclusion Audits" in welfare schemes.
- Education: Integrate community-tech partnerships in fieldwork curricula.



AI Chatbots in Medical Social Work: A Conceptual Framework for Enhancing Client Assessment and Continuity of Care

Ms. Tresa Stemy Gomes, Psychiatric Social worker, Department of Psychiatric Social Work , NIMHANS
Dr. Kammani T.R, Additional Professor, Department of Psychiatric Social Work, NIMHANS

Introduction

In the evolving landscape of healthcare, medical social work is embracing AI technologies to improve service delivery. This conceptual paper explores the integration of AI chatbots into medical social work practice, focusing on enhancing client assessment, psychosocial follow-up, emotional support, and continuity of care, especially for patients with various neurosurgical conditions.

Methodology

Aim of the Study:

To propose a conceptual framework for integrating AI chatbots in medical social work practice for assessment and follow-up care.

Objectives:

- ❖ To explore the relevance of AI chatbots in psychosocial assessment and client engagement.
- ❖ To design a chatbot-based intervention model within the scope of medical social work.

Research Design:

Conceptual/Theoretical Framework Development using literature synthesis and clinical experience based insights from medical social work.

Inclusion Criteria:

- Conceptual focus on AI in psychosocial domains.
- Literature on chatbot utility in healthcare and allied sectors.

Exclusion Criteria:

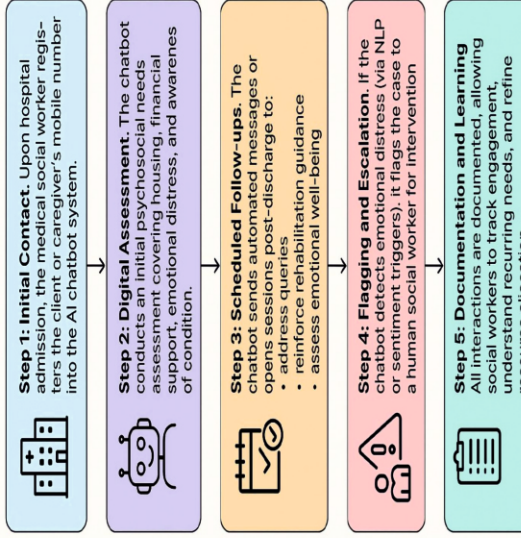
- AI applications limited to diagnostic medicine.
- Non-interactive automated tools (e.g., basic SMS alerts).

Review of Literature

- ❖ AI chatbots are transformative tools in Indian medical social work, helping address healthcare disparities and overburdened systems. They facilitate 24/7 psychosocial support, resource referrals, and education, while freeing social workers to focus on empathetic care.
- ❖ AI in healthcare has shown utility in personalised care through predictive analytics and virtual communication tools.
- ❖ AI-driven sentiment analysis allows emotional state tracking in clients. These tools are effective in identifying distress patterns, useful in mental health support, trauma recovery, and suicide prevention efforts.
- ❖ AI voice interfaces have revolutionised initial patient triage, enabling efficient psychosocial assessments and pre-consultation screenings.
- ❖ Virtual assistants supporting client education have proven effective in chronic care, reducing readmissions in chronic conditions

Conceptual model

Conceptual Model: Proposed Chatbot Integration in Medical Social Work



Implications

- ❖ Through AI Chatbot follow-up and emotional check-ins
- Social workers can better prioritise critical cases.
- Patients and caregivers gain access to psychosocial support without physical barriers.
- It addresses the shortage of medical social workers, especially in remote or crowded hospitals.

- ❖ Ethical concerns like data privacy, informed consent, and digital literacy must be central in implementation.
- ❖ Multilingual interfaces and offline options may help overcome the digital divide.

Conclusions

The integration of AI chatbots in medical social work offer an avenue to strengthen psychosocial care, in high-stress, resource-limited healthcare settings. When aligned with ethical practices and cultural sensitivity, AI chatbots can support assessments, enhance continuity,

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TELE-NEURO REHABILITATION: GLOBAL TRENDS IN ASIA - A BIBLIOMETRIC ANALYSIS



AUTHORS

Ms. Sajina Mujeeb V (PhD Scholar, Department of Psychiatric Social Work)
Dr. L. Ponnuchamy (Associate Professor, Department of Psychiatric Social Work)
Dr. Gobinda Majhi (Additional Professor, Department of Psychiatric Social Work)
Ms. Yatheesh Bharadwaj H.S (PhD Scholar, Department of Psychiatric Social Work)
Ms. Ancy Sara Koshy (Psychiatric Social Worker, Department of Psychiatric Social Work)

AFFILIATION

Department of Psychiatric Social Work,
National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru

INTRODUCTION

Tele neurorehabilitation refers to the remote delivery of rehabilitation services for patients with neurological conditions using digital technology³. In Asia, the growing burden of stroke, Parkinson's disease, and post-COVID neurological conditions has made tele-based rehabilitation both timely and essential⁵. Bibliometric analysis helps map research trends, top contributors, and gaps in the field, especially useful in emerging domains like telerehabilitation⁶.

OBJECTIVES

- To analyze trends in tele neurorehabilitation research in Asia (2015-2025)
- To identify top countries, authors, institutions, and journals which are most active in this area
- To visualize most used keywords and co-authorship networks
- To determine emerging research themes and collaboration patterns

METHODOLOGY

Data Acquisition:

Database: Scopus
Time Span: 2015-2025
Region: Asian countries only
Document Type: Articles
Source Type: Journals
Language: English

Search Strategy:

"tele-rehabilitation" OR "telerehabilitation" OR "telehealth" OR "telemedicine" OR "remote rehabilitation" AND "neurorehabilitation" OR "neurological rehabilitation" OR "neuro rehab" OR "brain injury rehabilitation" OR "stroke rehabilitation" OR "spinal cord injury rehabilitation"

Analysis Tools:

VOSviewer, MS Excel

Data Cleaning:

Records retrieved from Scopus database (n = 12,911)

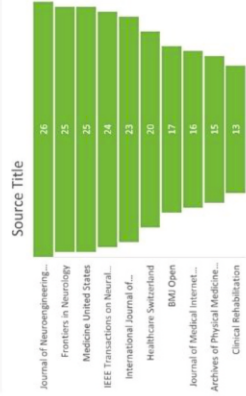
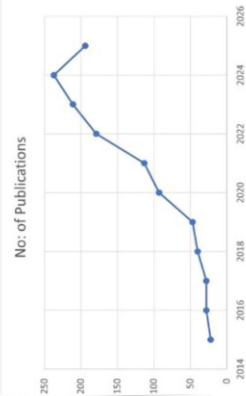
Excluded records (n = 11,719)

- Reasons:
1. Non-Asian affiliations
 2. Irrelevant to tele or neurorehabilitation
 3. Non-English editorials, book chapters

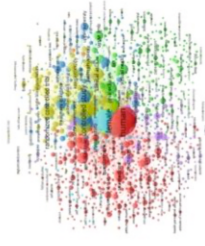
Articles included for bibliometric analysis (n = 1,192)

DATA COLLECTION → DATA FILTERING → FINAL DATASET

ANALYSIS



Co-occurrence of Key Words



Co-authorship across Countries



RESULTS/ DISCUSSION

This bibliometric analysis demonstrates a significant rise in tele neurorehabilitation research across Asia, particularly after 2020, a trend likely accelerated by the COVID-19 pandemic and the global shift toward remote healthcare services¹.

China, Turkey, South Korea, Iran, and India emerged as the most productive countries, reflecting strong institutional and governmental investment in digital health infrastructure and act as strong regional hub of innovation and publication⁵.

The predominant research themes include stroke rehabilitation, virtual reality, and home-based therapy, indicating growing interest in technology-assisted care for neurological conditions³. However, collaboration patterns remain fragmented, with limited inter-country partnerships and low representation from Southeast Asian and lower-income regions. It is important to note that, despite Asia's large population, only few countries contributed significantly to the 1192 records taken, highlighting the underrepresentation from several countries.

These findings are consistent with previous studies highlighting the digital divide and uneven research capacity within the region^{4,2}.

Moreover, while publication volume. To advance the field equitably, there is a growing need for cross-border initiatives, inclusive research policies and region-specific clinical validation.

CONCLUSION

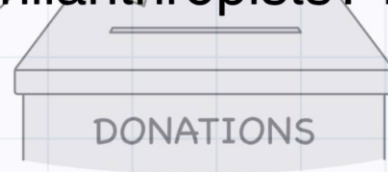
Tele neurorehabilitation is an emerging field with increasing relevance in Asia. Efforts are needed to bridge regional research gaps and enhance collaboration. Future trends point to novel interventions with AI integration, VR therapy, and more cross-disciplinary studies.

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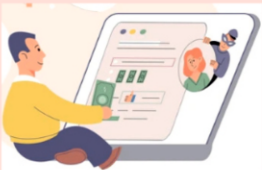
HOW TO ATTRACT PHILANTHROPISTS TOWARDS SOCIAL WORK PRACTICE?

Funding for social welfare services are at risk globally. As Social Workers how can we promote social work profession among philanthropists? Here is a small suggestion.



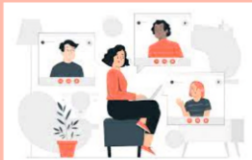
Identify philanthropists in your practice area

1



Prepare a brief document about Social Work profession and some of theories, practices and approaches that we use in helping process and educate them about the impact that we can do for people's lives.

2



Set an appointment to meet philanthropists to handover the document or email the prepared document about social work helping process

3



Do not ask for funds. Just request them to read the document. If they like, they will ask more information. Mention your organization contact details as well as further information about social work education centres.

4



They will apply the knowledge in their personal charity work/ they will start learning about social work or they will know about our profession. It is a win-win situation.

5

SMALL THINGS CAN MAKE A BIG DIFFERENCE!



Accessing Welfare Services in Digital India: Experiences of Transgender Community

Sridhar R, PhD Scholar; Dr. T. R. Kanmani, Additional Professor
Department of Psychiatric Social Work, NIMHANS, Bengaluru, India

ABSTRACT

The current study explores the role and impact of digital interventions in delivering social welfare services for transgender community. The study employed a mixed-method research design with the participation of transgender community members and the service enablers, such as Community-Based Organizations and Peer educators. The results highlight that digital interventions such as the National Transgender Portal and the Tirunangaikal Mobile App help access government ID cards, and qualitative data shows that digital interventions prevent transgender persons from experiencing discrimination; however, lack of access to technology and English literacy remains a barrier. The study calls for capacity-building programs to address this gap and encourages the expansion of digital interventions to other aspects, such as mental health and skill-building.

HIGHLIGHTS

- Probably one of the few studies to explore the role and impact of digital interventions for transgender community in accessing welfare services
- Probably one of the few studies to incorporate the experiences and perceptions of service users and service enablers in the Indian context

INTRODUCTION

The transgender community is one of the vulnerable communities around the world, and the majority of the studies related to transgender community focus only on the HIV/STI aspects; studies exploring the role of digital interventions are rarely available in the Indian context (Angelis et al., 2023; Wandrekar & Nigudkar, 2020). In 2015, the government of India started the Digital India Program to promote digital technology for the development of the country. Hence, the current study aims to understand the role and impact of Digital technology in promoting accessibility of welfare services for the transgender community.

METHODS AND MATERIALS

Aim: To study the role, impact, and experience of transgender community in accessing welfare services through digital interventions (DI)

Objective:

1. To study the role and impact of DI on transgender community
2. To explore the facilitating factors and barriers in accessing welfare services through digital interventions

Design: Qualitative Research Design (FGD)

Universe & Field: Transgender Persons and CBOs in Tamil Nadu

Sample Size: 25 (13 Service users and 12 Service enablers)

Sampling Technique: Simple Random Sampling for Beneficiaries and Purposive Sampling for CBOs

Analysis: The interviews analyzed as per Braun & Clarke's thematic analysis framework (2006)

RESULTS

- The mean age of the service users is 39.2, and the mean age of the service enablers is 43.7
- More than one-third (40%) of the participants finished schooling only
- All the service users (100%) have transgender ID card
- The following themes have emerged in the FDG

Table 1. Themes in the FGD with Service Users.

S. No	Themes
Theme 1	Digital interventions as a tool for preventing discriminatory experiences
Theme 2	Peers and CBOs as service enablers
Theme 3	Language and Access to technology as hurdles

Table 2. Themes in the FGD with Service Enablers.

S. No	Themes
Theme 1	Digital interventions in upholding dignity and access
Theme 2	Need for funding and capacity building programs

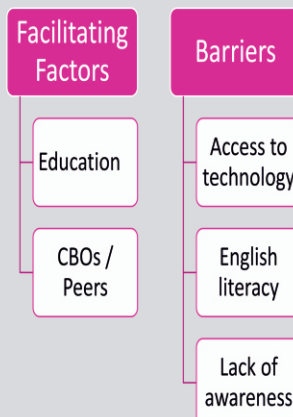


Chart 1. Facilitating factors and barriers.

'For me national transgender portal is more than a website; it helped me to get details about shelter homes and apply TG card without much trouble'
– from service user FGD

DISCUSSION

The study shows that digital interventions in welfare services delivery help transgender persons to avail their ID card and gain access to information related to welfare measures without much hassle, as participants mentioned the websites and applications shield service users from stigma and discrimination, which still prevails in some of the government institutions. It is identified that Community-Based Organizations (CBOs) and Peers are acting as the key service enablers by providing technological and informational support; however, English literacy and access to technology remain major hurdles, and the same is reflected in a study conducted by Rawat in 2025.



Figure 1: A snapshot of the National Portal for Transgender Persons

CONCLUSIONS

As the country is marking its 10th anniversary of Digital India Program, the current study underscores that digital interventions are an effective tool to deliver welfare measures for transgender community and calls for social workers and other stakeholders to take an active role in building capacity among the transgender community through capacity-building programs, sensitization, and mobilizing resources to enhance digital service delivery and promote the holistic development of individuals and the nation.

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TELEPHONIC FOLLOW-UP AS A TOOL FOR IMPROVING THE CONTINUITY OF CARE FOR PATIENTS WITH TBI

MS. SOWMYA S V*, MS. CHAITHANAYA S V
DR. DWARAKANATH SRINIVAS, DR. BIRUDU RAJU, DR. PRIYA BABY, DR. HARSH DEORA
DEPARTMENT OF NEURO SURGERY, DEPARTMENT PSYCHIATRIC SOCIAL WORK, DEPARTMENT OF NURSING
NIMHANS, BANGALURU



NIMHANS

ISPSW

BCU

INTRODUCTION & REVIEW OF LITERATURE

A traumatic brain injury (TBI) is damage to the brain caused by an external force. It can result from a strong bump, blow, or jolt to the head or body, although not every such impact leads to a TBI. Telephonic follow-up is a key component in the digital transformation of healthcare, as it strengthens patient involvement, expands access to medical services, and supports effective data gathering.

METHODOLOGY

NEED FOR THE STUDY

- Many TBI survivors missing the follow-up post operatively and mental health issues of TBI survivors overlooked.

AIM OF THE STUDY

- To assess the mental health needs of TBI survivors on telephonic follow-up

OBJECTIVE OF THE STUDY

- To assess treatment adherence among TBI survivors through telephonic follow-up.
- To assess the presence of psychosocial problems among TBI survivors

POPULATION OF THE STUDY AND SAMPLE

- Study sample = TBI survivors
- Sample Size = (n = 26)

DATA COLLECTION

Research developed questionnaire was used to check on the patient status, treatment adherence and psychosocial problems.

DATA ANALYSIS

Frequency Descriptive statistics were used to analyse and interpret the data

RESULT

Socio-demographic profile

- 26.9% female, and 73.1% male were participated in the study
- 81% patients are alive, 11% cases were reported as death cases and 8% patients were not available for telephonic service.

Figure-1

Daily Activities

■ Does not know ■ No ■ Yes

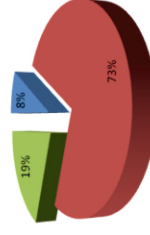


Figure-2

Memory/Concentration

■ Does not know ■ No ■ Yes

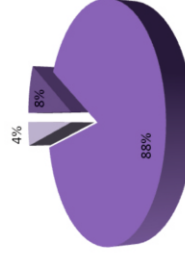


Figure-3

Anxious/Emotionally Disturbed

■ Frequency ■ Percent

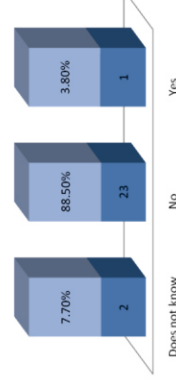
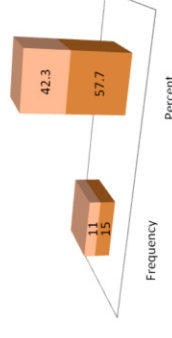


Figure-4

willing for follow-up

■ Yes ■ No



DISCUSSION

- 73% patients does not require any assistance/support from care givers to run the daily chores, 19% patients rely on care givers, hence the self care is well maintained post operatively of moderate cases.
- Mental health is well balanced, 88% patients are doing well and not facing any memory or concentration issues apart from 4% of patients
- 88.50% of result shows emotional stability among patients, in which 3.80% are close to anxiety
- Most of the patients (n=57.7%) are willing to come for follow-up in order to extend the post-hospital care

MENTAL HEALTH IMPLICATIONS

- The finding underlines the importance of mental health and wellbeing and also shows the resilience towards the physical health enhancement in order to achieve any trauma based injury with respect to TBI

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SOCIAL WORK PRACTICES IN COMBATING CYBERBULLYING: DIGITAL STRATEGIES FOR MENTAL HEALTH PROTECTION

Pousy Poulose
PhD Scholar, Department of Social Work,
Loyola College, Chennai, Tamil Nadu, India

Dr. J.M. Arul Kamaraj

Research Guide & Assistant Professor, Loyola College
Department of Social Work, Chennai, Tamil Nadu



OBJECTIVES

To assess the extent of cyberbullying among adolescents.

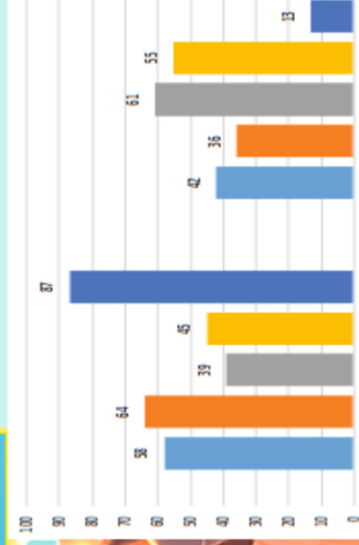
To examine the use of digital mental health support.

To explore the role of social workers and counselors.

To recommend effective digital strategies for intervention



DATA ANALYSIS



Cyberbullying Experience
 Cyber Safety Awareness
 Use of Digital Support Services
 Support from Social Workers/Counselors
 Parental Involvement in Prevention

Digital Literacy as a Preventive Tool

1

Limitations of Online Support

2

Role of Family Support

3

WhatsApp Counseling Groups

4

Gaps in Resources

5



CONCLUSION

Cyberbullying is common; digital support is underused.

Enhance digital literacy and train social workers.

Collaboration is key to effective prevention.



FINDINGS

Cyberbullying is prevalent

Awareness exists, but the action is limited

Social Work interventions need strengthening

Family Engagement is critical

Innovative Tools show promise





DIGITAL TOBACCO CESSATION INTERVENTIONS FOR PERSONS WITH SMI

Fathima Shibin*, Dr Sojan Antony*, Dr Shreedevi A.U.*, Dr Jayant Mahadevan**, Dr V. SenthilKumar Reddi**

* Department of Psychiatric Social Work, NIMHANS

** Department of Psychiatry, NIMHANS



INTRODUCTION

There is a high prevalence of tobacco use among persons with severe mental illness (SMI) compared to the general population, which leads to early death (1). Early assessment and intervention for tobacco cessation is a public health priority, and the emerging tailor-made digital interventions for tobacco cessation in persons with SMI increase accessibility of the services.

MAJOR INTERVENTIONS

- Learn to Quit
- Let's Talk about Smoking
- QuitGuide
- quitStart
- WebQuit Plus
- mSMART MIND
- QuitPal
- iCommit
- Mobile app, Websites
- Text messages and calls

EFFECTIVENESS OF DIGITAL INTERVENTIONS

- Digital interventions showed promise for improving smoking cessation outcomes in persons with SMI (2)
- Smoking cessation apps tailored for persons with SMI were feasible and acceptable by participants, but required to the needs of persons with SMI (2,3).

CONCLUSION & RECOMMENDATIONS

- Digital interventions for smoking cessation show promise but require more robust methodologies for generalizability and specific recommendations.
- Simplified app interfaces are beneficial for this population, considering their mental health needs

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Bridging the Digital Divide in Rural Communities through Social Work Interventions



Introduction / Objectives

in today's digital era, rural areas continue to face limited access to technology. This poster aims to explore the role of social workers in promoting digital literacy, inclusion, and empowerment among rural populations, especially marginalized communities



Methodology (Simplified Description)

- Community-based participatory approach
- Household-level surveys and informal interviews
- Awareness sessions and digital skills workshops



Key Findings/Insights

- Over 60% of households lacked access to basic internet facilities
- Women and the elderly were the most digitally excluded groups



Conclusion / Implications

Digital inequality is a form of social exclusion.

Social workers can act as digital mediators in rural India by fostering access, awareness, and confidence.

Promoting rural digital literacy must become a core agenda in sustainable social work practice

Archana T.A

MSW Student

Christ College of Science and Management, Malur



Bridging the Digital Divide in Rural Communities through Social Work

Archana T A

1st Year MSW

Christ College of Science and Management, Malur
Department of Master of Social Work

Objectives

Promoting digital literacy goals in:

- Promoting digital literacy
- Increasing digital inclusion
- Empowering marginalized rural populations
- Addressing digital gender gaps

Conclusion

Promoting digital inclusion in rural communities is a core agenda in sustainable social work practice.



Key Findings / Insights

- Over 60% of households in study area lacked access to basic internet. Poor infrastructure and high costs
- Most Affected Groups:** Women and elderly minorities mostly digitally excluded
- Lack of community-based learning opportunities

Recommendations

- Introduce community digital hubs with free Wi-Fi
- Implement mobile-based e-learning programs



IMPACT OF FAMILY & PEER PRESSURE ON ACADEMIC PERFORMANCE AND MENTAL WELL-BEING AMONG SOCIAL WORK STUDENTS IN VELLORE

J Shibu, MSW

Dr. Dominic Savio, Assistant Professor, VIT Vellore



FOR REFERENCES

ABSTRACT

This study explores how family and peer pressure affect academic performance and mental well-being among social work students in Vellore. Data was collected using standardized Questionnaire. Results showed no direct link between family-peer pressure and mental health or academics, but students with higher well-being performed better academically. Social work students reported handling pressure positively due to strong coping skills.



INTRODUCTION

College students face intense social influences from both family and peers that impact their academic performance and mental well-being. While supportive families and peers can motivate, excessive expectations or negative peer dynamics often lead to stress and anxiety. Most studies examine these pressures separately, but this research explores family-peer pressure as a combined factor, focusing on social work students in Vellore district, Tamil Nadu. Given the unique cultural context, the study also examines gender differences and aims to inform targeted interventions.

RESEARCH METHODOLOGY



- Cross-sectional survey-based study.
- Non-probability sampling method.
- Purposive Sampling technique.
- Sample size 110 Social Work students from Vellore District, Tamil Nadu.
- Age Group - 18 - 30

SCALES USED

- WHO 5 WELLBEING SCALE
- MSPSS (Multidimensional Scale of Perceived Social Support)
- Academic Performance Scale

MAJOR FINDINGS

- Many students saw family-peer pressure as positive, helping them stay motivated — possibly due to social work background and better coping strategies.
- No significant relationship between family-peer pressure and academic performance or mental well-being.
- But, a moderate positive correlation was found between mental well-being and academic performance.
- It found that males have better mental well-being compared to female students.

IMPLICATIONS

- Enhancing mental well-being can improve academic outcomes.
- Encourage peer and family support systems that focus on positive coping and emotional resilience in students.

RECOMMENDATIONS



- Promote campus mental health initiatives
- Foster environments that support healthy peer-family communication
- Integrate stress management & well-being workshops in curriculum

FOR QUESTIONNAIRE



Email: shibu22j@gmail.com



AUTHORS

1. Ms. Poulami Mukherjee
2. Dr. Rupya Biswas
3. Ms. Esha Shastri

Understanding the Prospects and Challenges of Kanyashree Prakalpa on Adolescent School-Going Girls: A Study of Chanchal Block in Malda District, West Bengal

AFFILIATIONS

1. Ph.D. Scholar, Department of PSW, NIMHANS, Bengaluru
2. Assistant Professor, Department of Social Work, St. Xavier's University, Kolkata
3. Development Professional

BACKGROUND

Kanyashree Prakalpa is a conditional cash transfer scheme launched by the Government of West Bengal to promote girls' education and delay early marriage among adolescents from low-income families.

OBJECTIVES

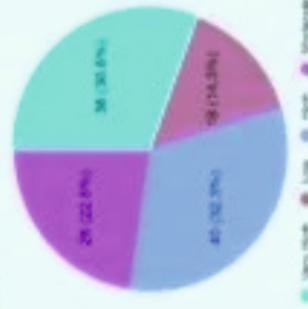
- To understand the impact of Kanyashree Prakalpa on educational attainment and early marriage among adolescent school-going girls.
- To identify the challenges faced by beneficiaries.

METHODOLOGY

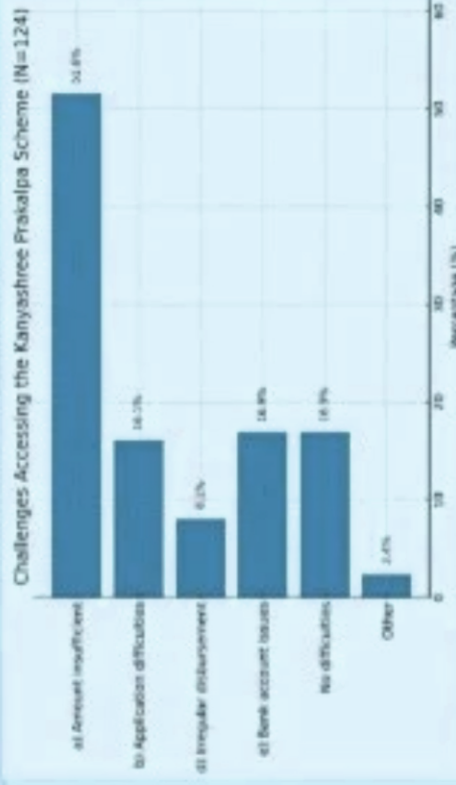
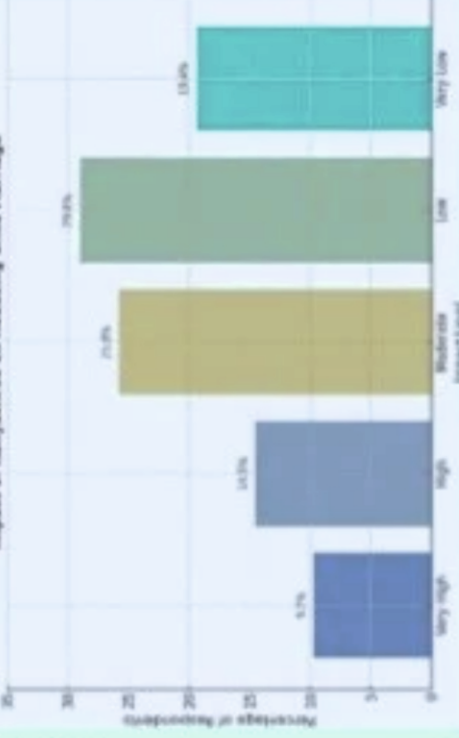
- Descriptive mixed-method design.
- Quantitative data was collected from 124 adolescent school-going girls via structured interviews
- Qualitative insights were gathered through a focus group discussion with parents.

RESULTS

Positive Impact of the Scheme towards the educational attainment of the Girls



Impact of Kanyashree on Reducing Child Marriage



CONCLUSION

Kanyashree Prakalpa has significantly helped adolescent girls in rural West Bengal stay in school, even amidst economic challenges. However, its impact on delaying early marriage remains limited due to cultural norms, financial pressures, and procedural barriers.

SUGGESTIONS

To strengthen its impact, the scheme must be supported by:

- Simplified procedures
- Greater awareness generation
- Stronger community involvement
- Intersectoral collaboration

Initiatives like skill-building & gender sensitization With these improvements, Kanyashree can truly empower girls to break the cycle of poverty and early marriage, and build a more independent future.



Methodology

Insights from research papers and news paper articles

What is Online Dating?

Online dating refers to the process of seeking and initiating romantic or sexual relationships through internet-based platforms. These platforms use algorithms, profiles, and communication tools to match individuals based on preferences, location, and interests.

New millennium has witnessed that online dating helps people connect with more new people than the conventional methods. The majority of our waking hours are typically spent looking through our phones

In India, online dating app usage has significantly increased, with roughly **82.4 million users in 2023** while the majority of users are between 18-34. Studies have highlighted the following reasons that make people attracted to such dating apps

- Easier accessibility,
- Huge exposure and peer pressure
- Availability of different modes of communication
- Convenience of getting partners according to their preferred sexual orientation

Online dating apps

- For casual dating → Tinder
- For women's safety → Bumble
- For serious relationships → Hinge / Aisle
- For LGBTQ+ community → Grindr / OkCupid
- For verified profiles → TrulyMadly

Pros

- Convenience
- Compatibility Matching
- Online dating provides opportunities for socially isolated individuals to form relationships, reducing feelings of loneliness

Cons

- Frequent rejection (e.g., being ignored or "ghosted") can harm self-worth
- Anxiety & Depression from "Swipe Fatigue"
- Body Image Issues & Social Comparison
- Addictive Behaviors & Dopamine-Driven Use
- Misrepresentation and Limited Authenticity
- Scams & safety concerns



What Psychiatric Social Work Can Do :

1. Teach safe online dating practices – how to spot scams, fake profiles, and red flags.
2. Provide counseling for stress, rejection, and emotional issues caused by online dating.
3. Help build self-esteem – reducing dependence on digital validation (likes/matches).
4. Educate about healthy relationships – focusing on respect, boundaries, and consent.
5. Support victims of online harassment, stalking, or exploitation.
6. Offer group sessions/workshops on safe digital relationships and communication skills.
7. Assist people with mental health issues to use online dating responsibly.
8. Address addiction to dating apps by promoting balanced and mindful use.
9. Help improve real-life social skills and offline relationship-building.
10. Advocate and create awareness about mental health impacts of online dating.

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Akhil Tharakan
Phd PSW Scholar
NIMHANS

THE USE OF DIGITAL TECHNOLOGY IN SCHIZOPHRENIA



Presenting author: Ajil K James^[1], Sojan Antony^[1].
Department of Psychiatric Social Work,
National Institute of Mental Health and Neurosciences,
(NIMHANS), Bengaluru-29
Email: ajilkjames6@gmail.com@gmail.com



INTRODUCTION

Schizophrenia is a chronic and disabling mental disorder affecting thought, perception, emotion, and behavior. Despite pharmacological and psychosocial interventions, gaps remain in treatment adherence, access to care, and relapse prevention.

Digital technology offers transformative potential by enabling continuous, personalized, and accessible mental health services.



OBJECTIVE

1. To explore current digital interventions used in schizophrenia care.
2. To assess effectiveness and user engagement in digital platforms.
3. To identify implementation challenges and future directions.

METHODOLOGY

- **Study Type:** Systematic Review & Meta-analysis
- **Data Sources:** PubMed, Scopus, PsycINFO (2015-2024)
- **Selection Criteria:** Studies evaluating digital interventions in individuals with schizophrenia (RCTs, cohort studies, pilot trials)
- **Sample:** 28 peer-reviewed studies, n > 2,500 patients globally

TYPES OF DIGITAL TECHNOLOGIES IN USE

- **Mobile Apps:** Symptom monitoring, medication reminders, mood tracking (e.g., MindLAMP, FOCUS, Actissist)
- **Telepsychiatry:** Virtual consultations, therapy sessions, rural outreach
- **Wearable Devices:** Real-time tracking of sleep, physical activity, and biometric signals for early relapse detection
- **Artificial Intelligence:** Predictive models for relapse, treatment response, and patient behavior
- **Virtual Reality (VR):** Social skills training, cognitive rehabilitation, immersive therapy
- **Online Portals:** Psychoeducation, peer support forums, digital CBT platforms



KEY FINDINGS

- **Adherence:** 28-40% improvement in medication adherence with app reminders
- **Symptom Monitoring:** Increased patient insight; self-reporting reduced emergency visits
- **Relapse Prediction:** AI models predicted relapse with up to 83% accuracy using behavioral and biometric data
- **Social Functioning:** VR and gamified tools improved interpersonal engagement and reduced social withdrawal
- **Access to Care:** Telepsychiatry enabled 50% more consistent follow-up in remote and rural areas

BENEFITS

- **Accessibility:** Breaks barriers for underserved populations
- **Early Intervention:** Detects warning signs before clinical relapse
- **Engagement:** Increases patient participation and motivation
- **Personalization:** Data-driven individualized treatment plans
- **Support:** Online communities reduce isolation and stigma

CONTINUE...

- **Digital Divide:** Limited access to smartphones/internet in low-resource settings
- **Cognitive Barriers:** Severe symptoms may hinder tech use
- **Privacy & Ethics:** Data security, informed consent, digital rights
- **Clinical Integration:** Lack of standardized protocols and training
- **Evidence Gaps:** Few long-term, large-scale clinical validations

IMPLICATIONS FOR PRACTICE

1. Training clinicians and patients on digital health literacy is critical.
2. Digital interventions should complement and not replace in-person care.
3. Need for co-designed tools involving service users, clinicians, and developers.
4. Policymakers must develop guidelines for ethical and equitable use.

CONCLUSION

- Training clinicians and patients on digital health literacy is critical.
- Digital interventions should complement and not replace in-person care.
- Need for co-designed tools involving service users, clinicians, and developers.
- Policymakers must develop guidelines for ethical and equitable use.

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4. Firth, J. et al. (2023). Effectiveness of Mobile-Based Interventions in Psychosis. *Schizophrenia Bulletin*.

Evolving Mental Health Care Through Digital Innovation: Opportunities and Ethical Issues

Technological innovations like teletherapy, mobile apps, and AI tools are reshaping mental health care by improving access, diagnosis, and treatment. However, issues such as privacy, digital literacy, and ethical concerns remain significant challenges that require balanced solutions.

Introduction

Advances in digital health have opened new pathways for mental health care. Telemedicine, wearable devices, and mobile apps enable early detection, remote treatment, and greater accessibility, especially for underserved communities.

Objective

- To assess how technology impacts mental health care methods and outcomes.
- To explore how innovation increases access and personalization.
- To examine challenges like digital divide, privacy, and ethics.

Methodology

A secondary research approach analyzing scholarly articles, reports, and reviews on teletherapy, mobile apps, wearable devices, and AI-based tools. Findings synthesize current trends, opportunities, and challenges.

Key Findings

Opportunities: Greater access, cost-effectiveness, early detection, and personalized treatment.
Challenges include: privacy risks, a lack of regulation, low digital literacy, and the digital divide.

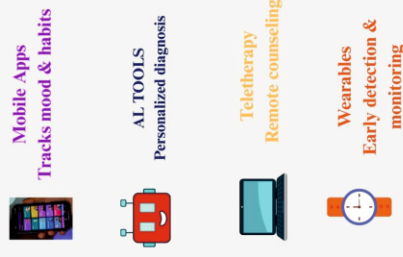
Challenges

- Ethical concerns over data security.
- Unequal access to digital tools.
- Professional training gaps in using new technologies.

Conclusion

Technology has transformed mental health care, offering innovation and accessibility. To ensure equity and safety, ethical frameworks, privacy safeguards, and inclusive approaches are essential for future implementation.

Visual Breakdown of Technology Tools



References

SeTorous et al. (2020), Abd-Alrazaq et al. (2020), and others highlight both the promise and risks of mental health technology.

AUTHOR

MS .Sona Sabu

AFFILIATION

MSW Student
Dr. M. V. Shetye Institute of
Professional Sciences and
Management,
Vidyanagar, Mangalore

HEALING IN THE DIGITAL ABYSS

A FRAMEWORK FOR ETHICAL AI IN YOUTH MENTAL HEALTH

GAGAN V

Christ College Of Science and Management, Social Work Department

INTRODUCTION

- India's youth face a significant mental health crisis with major barriers to care.
- AI apps are presented as a scalable solution, but their risks are not well understood.
- Digital spaces must become healing spaces, requiring careful, ethical design.

KEY CONCEPTS

- AI Promise** : 24/7, anonymous support to overcome stigma.
- AI Risk** : Risk of "Algorithmic Malpractice" where AI causes harm.
- Ethical Framework** : A necessary guide for social workers to evaluate these tools safely.

METHODOLOGY

Analyzed online youth Secondary Data Sources:

- Reviewed and analyzed online youth discussions to gain contextual insights into their mental health concerns and digital behavior patterns.
- Conducted a functional review of widely-used AI therapy apps to understand their features, user interactions, and response mechanisms.
- Evaluated these apps through the lens of social work ethics and cultural relevance based on existing frameworks and literature.

KEY FINDINGS

- Cultural Blindness**: 75% of AI responses lacked specific cultural context, feeling generic or irrelevant to Indian youth pressures.
- Data as a Business**: 90% of apps had vague privacy policies, turning user vulnerability into corporate data assets without clear consent.
- Risk of Loneliness**: 60% of interactions risk weakening real-world social skills by providing an "easy out" from human connection.



APPLICATION

- Develop training for social workers to become "digital navigators."
- Create a checklist for evaluating the ethical safety of AI apps.
- Advocate for policies that protect youth data.

CONCLUSION

AI is not a replacement for human connection but can be a tool. Our professional role must evolve to include digital ethics. We must become the conscience of this new technology to ensure it truly serves our youth.

"REAL PAIN, ARTIFICIAL RESPONSE"

User: I'm feeling really low lately. I don't think anything's working in my life.

AI: I'm sorry you're feeling that way. Have you tried going for a walk or listening to music?

User: I've tried all that. I just feel empty... like nothing matters anymore.

AI: It sounds like you're going through a rough patch. Sometimes we just need to push through. Stay strong!

IMPACT OF INTERNET ADDICTION IN BORDERLINE PERSONALITY DISORDER



M S SREEGOURI (M.PHIL IN PSYCHIATRIC SOCIAL WORK), NIMHANS.
DR. SOJAN ANTHONY, ADDITIONAL PROFESSOR, DEPT. OF PSYCHIATRIC
SOCIAL WORK, NIMHANS

INTRODUCTION

Borderline Personality Disorder (BPD) and Internet Addiction (IA) are interconnected through shared psychological traits and comorbidities. BPD is characterized by emotional instability, impulsivity, and interpersonal difficulties, which can predispose individuals to addictive behaviors, including internet addiction. Research indicates that individuals with BPD may use the internet as a means of escapism or coping with negative emotions, which can lead to problematic internet use.

IMPLICATIONS

- Digital addiction should be closely monitored in individuals with BPD traits, as they may use these platforms to cope with emotional distress, low self-esteem, or interpersonal difficulties.
- Mental health professionals should assess underlying psychopathology when treating Internet or social media addiction, as these often mediate or exacerbate addictive behaviors.
- Early screening for BPD traits and emotional abuse histories in youth and college populations may help prevent the progression of internet-related addictions.
- Targeted interventions addressing emotional regulation, self-concept, and trauma-related symptoms can reduce vulnerability to digital addiction in at-risk individuals.
- The findings support the need for integrated digital addiction and mental health interventions on college campuses and in youth services.
- Further longitudinal research is needed to clarify causal pathways and evaluate the long-term impact of identity disturbances and emotional trauma on digital addiction outcomes.

METHODOLOGY

- A total of 5 articles have been selected from Scispace AI platform using the keywords Borderline personality disorder and Internet addiction.
- In the five studies, sample size varied from 300 to 500.
- Based on the review findings, this poster has been made.

FINDINGS

Borderline personality disorder (BPD) traits were consistently linked to higher risks of Internet Gaming Disorder (IGD), Internet addiction, and Social Media Addiction (SMA), especially through maladaptive coping mechanisms like escapism, reassurance seeking, and poor self-concept. Depression and other mental health issues (e.g., anxiety, hostility, emotional abuse) emerged as key mediators or predictors in the relationship between BPD symptoms and digital addiction behaviors. Longitudinal and cross-sectional data also showed that individuals with more severe BPD traits face increased risks of depression, suicidality, and internet addiction over time, with emotional abuse being a particularly strong contributing factor.

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CYBER SECURITY AND MENTAL HEALTH: A CRITICAL SOCIAL WORK PERSPECTIVE

BASED ON A CASE SCENARIO: A 45 YEAR OLD MALE DIAGNOSED WITH SEVERE DEPRESSION; PRECIPITATED BY DIGITAL DEBT

AUTHOR

TEENA JOSE
Psychiatric Social Worker (MPhil, NIMHANS)

INTRODUCTION

The increasing use of digital technologies has brought numerous benefits, but also new challenges for mental health. Cyber debt, online harassment, and digital exploitation can have severe mental health implications. As social workers, it's essential to address these issues and promote cyber security and mental health. Debt from unregulated mobile loan apps can lead to depression, anxiety, and suicidal ideation. The pressure to repay debts can cause significant stress and anxiety. Cyber debt can also lead to feelings of shame, guilt, and isolation.

OBJECTIVE

The objective of this paper is to present a case study of an individual who experienced mental health issues due to cyber debt, and to highlight the effectiveness of social work interventions in addressing these issues.

METHODOLOGY

This study uses a case study approach, based on a real-life case of an individual who experienced mental health issues precipitated by digital debt.

INSIGHT'S

Mr. X, a 45-year-old male, educated upto 12th standard, working in a pesticides company, hailing from Karnataka experienced depression and mental health issues due to cyber debt from online loan apps. Key findings include lack of digital literacy, financial constraints, guilt, and shame, which exacerbated his mental health issues and impacted his family. The interplay between individual vulnerabilities and stressors led to a decline in his mental health, highlighting the need for awareness and education about digital finance and mental health support.



SOCIAL WORK IMPLICATIONS

1. Family Support
2. Network Building
3. Advocacy
4. Awareness Generation
5. Community Empowerment
6. Interdisciplinary Collaboration
7. Digital Literacy Promotion

CONCLUSION

In conclusion, the issue of cyber debt and mental health is a symptom of broader systemic issues, including systemic inequality, exploitation, and neoliberal ideologies perpetuated by the digital finance industry. A critical social work perspective recognizes these underlying issues and highlights the need for advocacy, education, and community empowerment to promote digital literacy, protect consumers, and address the mental health implications of cyber debt, ultimately creating a more just and equitable society.

ENHANCING NUTRITIONAL KNOWLEDGE DURING PREGNANCY AMONG RURAL WOMEN USING ARTIFICIAL INTELLIGENCE

Bhavya P., Dr. M.P. Somashekar

ABSTRACT

- Addressing rural-specific challenges of nutritional knowledge during
- Utilizing AI tools for education
- Evaluating intervention that showed positive outcomes among rural pregnant women

OBJECTIVES

Empower rural women with nutritional knowledge

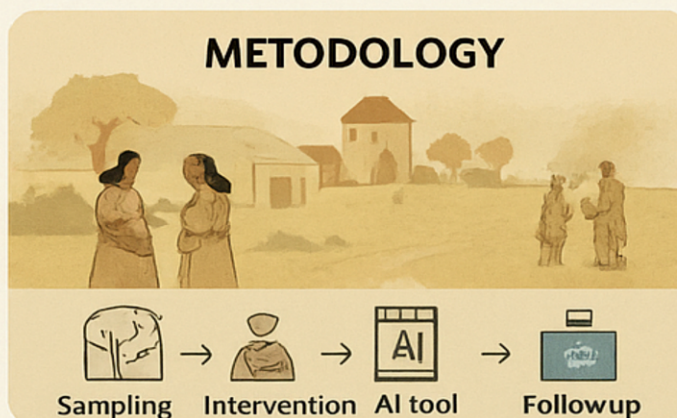


- Utilizing AI tools for education
- Evaluating intervention's effectiveness
- Identify barriers in rural setting

INTRODUCTION



METODOLOGY



KEY FINDINGS



67% improvement in dietary habits



50% lacking access to healthcare



Awareness gaps: Folic acid, papaya taboos



SUGGESTIONS & RECOMMENDATIONS

- Integrate AI into rural health programs
- Enhance healthcare accessibility
- Address cultural misconceptions
- Ensure continuous education

CONCLUSION



AI and Social Work—
better health
Policy-level adoption

SUGGESTIONS & RECOMMENDATIONS



- Lack of rural-specific AI studies
- Few longitudinal studies

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ONLINE CHILD SEXUAL ABUSE: THE SILENT DIGITAL CRISIS

**EVERY CLICK, EVERY
SHARE COULD BE
ANOTHER CHILD'S
TRAUMA**

#STOPDIGITALSEXUALABUSE

**THE CRIME THAT LEAVES NO FINGERPRINTS, BUT
LIFELONG SCARS**



National Institute of Mental Health and Neurosciences

Application of Artificial Intelligence in Social Work Research

Sojan Antony, Dept. of PSW, NIMHANS

Presented on 30/07/2025 at Annual National Conference of ISPSW at BCU, Bengaluru

SOCIAL WORK RESEARCH

Social Work Research is a systematic and scientific approach used by Social Workers to study social problems, assess needs, evaluate interventions, and develop policies that improve individual and community well-being.

AI IN RESEARCH

AI can enhance: the efficiency, scope, and impact of research in social work through advanced data analysis, predictive modeling, and automation, while also raising important ethical concerns.

AI APPS

- Chatgpt: Writing Protocol Assistance
- Scispace -Review of Literature
- Openepi- Data Analysis (Quantitative)
- Atlas ti- Data Analyses (Qualitative)
- Notebooklm: Organise Ideas
- Grammarly: Editing report and grammar corrections

HOW DO AI APPS HELP?

- Enhance Literature Review
- Automate Data Analysis
- Identify Patterns and Trends
- Improve Decision-Making
- Simplify Writing and Reporting

WAY FORWARD

- Join Research Communities
- Start Small, Then Scale Up
- Take Tool-Specific Tutorials
- Get Hands-On Practice
- Start using it

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- <https://www.openepi.com>
- <https://atlasti.com>
- <https://notebooklm.google>
- <https://www.grammarly.com>

STUDY ON SMOKE AND SMOKELESS TOBACCO AMONG COLLEGE STUDENTS IN BENGALURU

Rakshitha L (Medical and Psychiatric Social Work)

Guide: Dr. S.Ubhahara Sahayaraj , Faculty Department of Studies in Social Work
Bengaluru City University



INTRODUCTION

- Tobacco use is a leading preventable cause of premature death, responsible for over 8 million deaths annually, including 1.2 million from second-hand smoke.
- India ranks among the highest globally in tobacco consumption, with widespread use of both smoking and smokeless forms. Over 80% of the world's 1.3 billion tobacco users live in low- and middle-income countries.
- Tobacco use not only endangers health but also deepens poverty by diverting household income from basic needs. The economic burden includes massive healthcare costs and productivity loss due to tobacco-related illness and mortality.

METHODOLOGY

AIM :

To investigate the knowledge and attitude of smoke and smokeless tobacco use among college students.

- A quantitative, descriptive-cum-diagnostic research design was adopted to study the knowledge and attitude towards smoke and smokeless tobacco use among 50 university students in Bengaluru, using purposive sampling.
- Data were collected through a structured Google Form using standardized tools: the Global Youth Tobacco Survey (WHO) and the Fagerstrom Nicotine Dependence Scales.
- The study targeted students aged 18-25 from a government university in Gandhinagar constituency.
- A pilot study confirmed the feasibility and clarity of tools, requiring no changes.
- Data analysis was conducted using SPSS, employing descriptive statistics and inferential tests (Chi-square, t-test, ANOVA) to assess variable associations.

FINDINGS

- A majority of respondents (90%) were aged 21-25, with 34% reporting past cigarette use and 18% having tried smokeless tobacco, though current usage levels remained low. While 66% never smoked, some showed early initiation (10% began at age 7 or younger) and signs of nicotine dependence, especially within the first hour of waking.
- Awareness of tobacco's harmful effects was mixed—56% believed smoking is definitely harmful, but 34% underestimated its long-term risk. Although 62.5% encountered anti-tobacco media, nearly half reported limited school-based tobacco education or exposure to tobacco advertising at points of sale.
- Peer influence and parental tobacco use emerged as significant risk factors, emphasizing the need for targeted awareness and intervention strategies among youth.

Knowledge, Attitudes, and Perceptions

Question	Top Finding
Parents smoke tobacco	60% said 'None' of their parents smoke
Closest friend smokes tobacco	42% said 'None' of their closest friends smoke
Peers in grade smoke tobacco	48% said 'Some' students in their grade smoke
Smoking = more/less friends	38% said smoking makes 'No difference' in friends
Smoking = more/less attractive	42% said smoking makes one 'Less attractive'
Smoke tobacco to lose/maintain weight	56% do not use tobacco for weight control
Self-described weight	50% said they are 'About right weight'
Trying to change weight	32% are trying to 'Gain weight'
Smoking is harmful to health	56% said it's 'Definitely harmful'
Safe to smoke 1-2 years	38% said it's 'Definitely not safe'
Family discussed smoking harms	60% said their family 'Did not discuss'
Read about tobacco in school texts	44% said they 'Did not read' in school
Class discussion: why youth smoke	48% said class 'Did not discuss' tobacco
Taught effects of tobacco	52% said they were 'Not taught'
Seen teachers smoke in building	64% 'Never' saw teachers smoke indoors
Seen teachers smoke outdoors	50% 'Never' saw teachers smoke outdoors
Ban sale to minors	70% support banning sale to minors
Tobacco firms target youth	52% believe tobacco companies target youth

IMPLICATION

- Social workers play a vital role in tobacco prevention by promoting education and awareness, particularly among rural youth.
- They can collaborate with families and schools to foster healthy behaviors and implement comprehensive tobacco education programs.
- Peer influence and social norms should be harnessed to encourage tobacco avoidance and support cessation efforts.
- Community-based initiatives must target media exposure and reinforce anti-tobacco messaging.
- Addressing broader social determinants like education and socioeconomic status enables social workers to create lasting, holistic tobacco control strategies.

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Empowering Families through Digital Support: A Case of an Adolescent with Mixed Disorder of Emotion and Conduct and Type 1 Diabetes Mellitus

Author: Ms. Sandra T R
MPhil, NIMHANS Bengaluru

Introduction

Chronic physical illness in adolescence, especially when combined with psychiatric concerns, poses significant challenges to families. In low-resource settings, digital tools enable sustainable psychosocial interventions. This poster explores a case where telephonic and in-person family interventions promoted understanding, empathy, and inclusion.

Objective

- To promote family adaptation and emotional well-being in the context of chronic illness and behavioural issues.
- To demonstrate the feasibility of using digital family interventions for sustainable mental health care.
- To provide psychoeducation and improve communication skills using a hybrid model.

Methodology

Case Description:

Master K, 15 years, Grade 10 discontinued from MSES Tamil Nadu, diagnosed with Mixed Disorder of Emotion & Conduct + Type 1 Diabetes Mellitus

Identified psychosocial issues:

Single parenting, inconsistent parenting, deviant peer interactions, education related issues, conflictual family environment, and lack of understanding about illness in family members.

Intervention Mode:

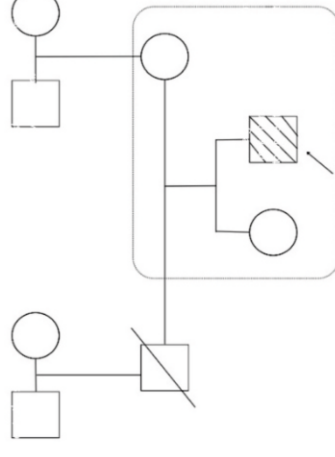
In-person + Telephone (Hybrid)

Outcomes

- Family gained insight into adolescent illness and behaviour
- Emotional expression became more regulated at home
- Willingness among family members to support the adolescent long-term
- A shift from criticality to collaborative care orientation
- Adaptive coping with stressors

Interventions

- ✓ Family conflict addressed through structured telephonic sessions
- ✓ Psychoeducation enhanced empathy and reduced expressed emotions
- ✓ Guided parent on setting boundaries and prioritizing self-care
- ✓ Parent management techniques
- ✓ Enhancing communication skills
- ✓ Connected family to local support services and referrals
- ✓ Emphasized inclusive care around both mental and physical health



Conclusion

Digital hybrid interventions can be powerful in engaging families dealing with complex adolescent issues. They are cost-effective, accessible, and promote sustained inclusion when face-to-face care is limited. Training in digital psychosocial support must be integrated into mainstream PSW practice.

Recycled Bag Stations with QR Stories: A Low-Cost Green Tech Innovation in Social Work Practice

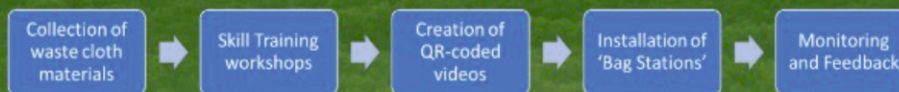
Dr. R. Revathi Priya, Dr. P. Srilekha, Ms. Ridhy Mariam Joy, Ms. Kanimozhi S
Department of Social Work, Hindusthan College of Arts & Science, Coimbatore

Introduction

The intersection of sustainability and digital innovation opens new avenues for community-based social work. In the context of Digital India, it is essential to explore low-cost, inclusive interventions that simultaneously address environmental concerns and promote the dignity and voices of marginalized populations. One such intervention is the Recycled Bag Station with QR Stories, a participatory model that showcases how everyday items can become tools of empowerment, awareness, and sustainability.

Objectives

- Promote reuse and recycling
- Provide income for marginalized groups
- Share personal stories through digital tools
- Encourage empathy and green consciousness



Methodology

This Pilot initiative will be launched in two locations: an urban shelter home and a low-income community women's collective in Coimbatore City, Tamil Nadu, India.

Digital tools used

- Free QR Code Generator
- Mobile phones for video recording
- YouTube/Google Drive/WhatsApp links for hosting stories



Outcomes and Impact

- Reusable bags will be distributed all over the city.
- Destitute Women, Disable Youth, Unemployed Men and Women will earn income through the initiative.
- The bag users will be engaged with the stories by scanning the QR code.
- The project inspired schools and NGOs to replicate similar ideas for awareness campaigns.

Discussion

This intervention demonstrates the power of simple, affordable digital tools to create multi-layered impact. It bridges environmental sustainability, inclusive livelihood, and digital literacy. The QR code mechanism added an emotional and human dimension to an otherwise transactional product, fostering dignity and connection. Moreover, the model promotes participatory social work practice by involving the community at each step—from design to storytelling.

Why it is unique?

Our proposed model—Recycled Bag Stations with QR-tagged personal stories—fills a unique niche at the intersection of green recycling, digital storytelling, and social empowerment. There is currently no direct equivalent in India, making this both original and potentially scalable.

Challenges & Limitations

- Scanning of QR code may not be done by everyone due to lack of digital gadgets or internet connection.
- Maintaining privacy and consent during video storytelling required careful ethical handling.
- Sourcing sustainable materials consistently needed local networking and support.

Conclusion & Recommendations

- The "Recycled Bag Stations with QR Stories" initiative showcases how digital innovation and environmental consciousness can be woven into everyday social work practice. It exemplifies how Digital India can empower marginalized voices, create sustainable micro-enterprises, and transform simple objects into tools of storytelling and social change.
- Integrate this model with CSR programs or municipal waste management initiatives.
- Use regional language audio QR stories for inclusive reach.
- Explore expansion into school bags, festival kits, or ration bags with QR codes linking to health/education info.

Solar-Powered Community Services: A Market-Driven Social Work Innovation for Marginalized Communities in India

Introduction

Access to reliable energy is a fundamental prerequisite for social development. Yet, millions of India's rural and marginalized populations continue to suffer from inconsistent or non-existent electricity, severely limiting their access to education, healthcare, and social welfare services. Traditional alternatives—such as diesel generators or kerosene—are both costly and environmentally hazardous. While solar energy is expanding in India, its use is predominantly limited to residential or agricultural settings, with little integration into community-based service infrastructure such as anganwadis, shelter homes, rural clinics, or digital learning hubs.

This proposal outlines a market-responsive and community-driven innovation in social work practice: establishing solar-powered community service hubs that are cost-efficient, locally managed, and environmentally sustainable.



Research Objectives

This initiative will aim to:
Design a solar-powered, multipurpose community service hub model.
Test the feasibility, utility, and social impact of the model in selected marginalized rural/urban settlements.

Identify cost-efficient pathways for replication and scale-up across diverse regions in India.

Explore green livelihood opportunities through local technician training and micro-enterprise integration.



Methodology

The proposed project will follow a mixed-methods research and pilot design, integrating social work principles with participatory market research.

Phase 1: Needs Assessment and Market Study Participatory Rural Appraisal (PRA):
To be conducted in 3–5 low-income communities to map energy needs and service gaps.

Surveys and Interviews: Administered to community leaders, frontline workers, and solar vendors to assess viability and challenges.

Focus Group Discussions: With women, youth, and elderly to identify preferred services and ensure inclusivity.

Phase 2: Pilot Implementation Site Selection:
One or two pilot communities will be chosen based on need, engagement, and feasibility.

Installation: A solar-powered hub will be set up, featuring digital classroom space, health/telemedicine kiosk, mobile charging station, and information services.

Community Training: Local youth/women will be trained as solar technicians and hub managers.

Monitoring: Energy usage, service uptake, and feedback will be tracked via smart meters and usage logs.

Phase 3: Evaluation
Cost-Benefit Analysis: Compare solar model against kerosene/diesel-based alternatives.

Impact Assessment: Assess social and economic outcomes over a 6-month period using mixed methods.

Problem Statement

Despite significant national investment in solar energy and rural development, a clear gap exists in the deployment of solar technologies for social infrastructure. Many low-income and marginalized communities lack electricity-dependent services essential for health, education, protection, and livelihood support.

Furthermore, existing initiatives rarely adopt an integrated approach to clean energy, community ownership, and youth-driven green entrepreneurship—limiting their sustainability and scale potential.

Stakeholder Mapping

Stakeholder	Role / Need
Community Members	Require dependable access to education, health, digital info
Social Workers / NGOs	Need green, scalable service delivery tools
Local Youth / Women	Potential green technicians and micro-entrepreneurs
Solar Startups/MSMEs	Provide hardware, servicing, and tech support
Panchayats / Municipalities	Offer space, governance, and community mobilization
CSR/Impact Investors	Funding support for scalable, sustainable innovation.

Expected Outcomes and Key Impact Metrics

Area	Indicator
Social Access	No. of users accessing services per week
Energy Transition	Kerosene/diesel usage reduction (liters/month)
Livelihoods	No. of jobs created, technicians trained
Ownership	% of cost contributed by community after 6 months
Service Delivery	No. of digital sessions, health consults conducted

Discussion

It is anticipated that the solar-powered hub will:

Improve service continuity in off-grid or under-resourced regions. Reduce dependency on fossil fuels and lower the carbon footprint of social programs. Create a replicable green infrastructure model for community development. Strengthen the role of social workers as eco-innovators and facilitators of inclusive digital and green transitions. Empower youth and women through technical skilling and income generation.

The pilot's findings will be analyzed to derive practical insights on energy justice, local ownership, and behavioral shifts toward sustainable practices. This can inform state and national-level schemes, particularly in convergence with Digital India, Green India, and rural employment programs.

Sustainability & Scaling-Up Strategy

Governance: Hubs will be handed over to SHGs or local panchayats after pilot completion.

Revenue Model: Nominal fees for mobile charging, document scanning, and training services.

Partnerships: Collaborate with CSR initiatives, Ministry of New & Renewable Energy, and solar MSMEs.

Capacity Building: Develop a green tech training module for youth certification.

Conclusion

This initiative aims to transform how marginalized communities in India access essential social services by leveraging clean energy. By integrating solar power with inclusive community services, the model will bridge gaps in energy access, service delivery, and green employment. As a market-driven, socially rooted innovation, it holds strong potential for scaling up across India and the Global South.

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Dr P.SRILEKHA
ASSISTANT PROFESSOR, DEPARTMENT OF SOCIAL WORK,
HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE.
Dr. R. Revathi Priya,
ASSISTANT PROFESSOR, DEPARTMENT OF SOCIAL WORK,
HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE.
RIDHY MARIYAM JOY
2nd YEAR MSW, DEPARTMENT OF SOCIAL WORK,
HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE.
KANIMOZHI E
2nd YEAR MSW, DEPARTMENT OF SOCIAL WORK,
HINDUSTHAN COLLEGE OF ARTS & SCIENCE, COIMBATORE.

AUTHOR
Anna Margarat Jojo

AI IN HEALTHCARE: REVOLUTIONIZING DIAGNOSIS AND TREATMENT THROUGH ADVANCED TECHNOLOGY

AFFILIATION
MSW Student,
Dr.M.V.Shetty Institute of
Professional Sciences
and Management,
Vidyanagar ,Mangalore.

INTRODUCTION

Artificial Intelligence has transformed healthcare, through diagnosis and personalized treatment. This paper evaluates AI-powered health apps role in enhancing accessibility, accuracy, and personalized care using secondary data. Enhance concerns in AI integration

AI HEALTH APPS

- NOOM
- BUOY
- HEALTHILY
- AAPTIV
- BINAHA.I

CONCLUSION

AI health apps provide a paradigm shift in healthcare delivery by enhancing diagnostic accuracy and patient-centered care. Overcoming limitations in privacy and scalability is-essential for future integration



METHODOLOGY

- Design: Secondary data-based
- Sources: Journals, research papers
- Approach: Literature review and thematic analysis

FINDINGS

- Evaluate early diagnostic accuracy of AI health apps
- Assess improved access in underserved areas
- Identify challenges in AI -app implementation
- Compare outcomes with traditional care

USE OF ADVANCED TECHNOLOGY

- Predictive analytics
- Client interaction
- Personalizing
- Training and development

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PSYCHO-SOCIAL FACTORS INFLUENCING EMPLOYABILITY SKILLS AMONG NURSING STUDENTS

Venkatesh Murthy B P
Research Scholar, University of Mysore

📌 Background:

Employability skills are essential for nursing students to successfully transition into the workforce. Psycho-social factors such as education, residence, gender, problem-solving ability, and awareness of external environments significantly impact the development of these skills.

🎯 Objectives:

- To assess how psycho-social factors affect employability skills.
- To identify gaps in areas such as decision-making, problem-solving, adaptability, and organizational awareness.

📋 Methodology:

Participants: 20 nursing students from various colleges in Karnataka.

Tool: Structured questionnaire using Likert-scale items.

Data: Collected on age, education, gender, residence, part-time job experience, and skill assessment.

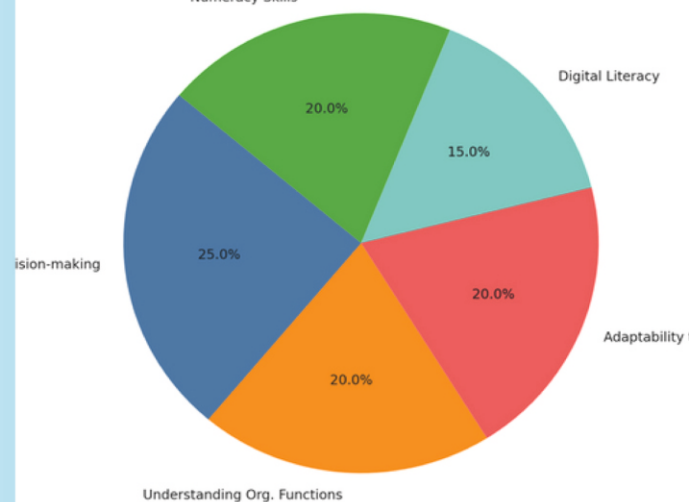
📊 Key Findings:

- Most students were unmarried females from urban or semi-urban backgrounds.
- Many lacked part-time job experience.
- Students scored moderately to highly in:
 - Problem-solving and decision-making
 - Understanding organizational functions
 - Adapting to external changes (e.g., policy, economic)
- Digital and numeracy skills showed lower ratings among some.

📌 Key Psycho-Social Influencers Identified:

- Factor Impact on Employability
- Gender & Education Level Influences communication and confidence
- Urban vs. Rural Background Affects exposure to digital tools and work culture
- Work Experience (Part-time) Enhances problem-solving and responsibility
- Analytical & Strategic Thinking Supports awareness of external realities and adaptability

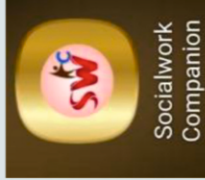
Employability Skill Distribution Among Nursing Students



✅ Conclusion:

Nursing students show promising employability traits. However, support is needed in:

- Digital literacy
 - Numerical reasoning
 - Practical work exposure
- 🔧 Recommendations:
- Integrate skill-based modules (digital, problem-solving, numeracy) into the nursing curriculum.
 - Promote internships and part-time job opportunities.
 - Provide soft skills training relevant to healthcare settings.



Socialwork
Companion

Key Features

Field Work Needs	App Solutions
Attendance Tracking	GPS-based online registration
Communication with Staff	Notifications and official chat
Report Submissions (POA, etc.)	Document sharing via domains
Photo/Video Documentation	Upload and share in Gallery
Networking with Organizations	Notifications and video chat
Student Evaluation	Grading by Staff/Organization based on reports

- ✓ **Efficiency:** Streamlines fieldwork processes with digital tools.
- ✓ **Professionalism:** Promotes ICT adoption in social work education.
- ✓ **Skill Development:** Encourages positive mobile usage for career growth.
- ✓ **Collaboration:** Centralized storage for reports, media, and evaluations.

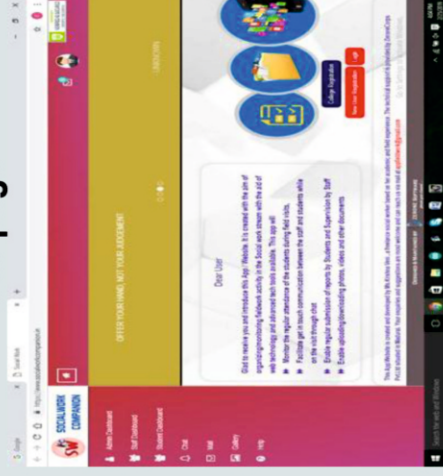
SOCIALWORK COMPANION:

A MOBILE AND WEB APPLICATION FOR FIELD WORK PRCTICUM IN SOCIAL WORK PRACTICE

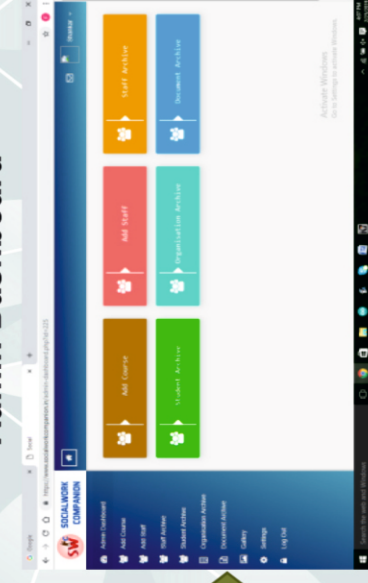
Ms. G. KRISHNAVENI, ASSISTANT PROFESSOR, DEPARTMENT OF SOCIAL WORK
MANNAR THIRUMALAI NAICKER COLLEGE, MADURAI, TAMILNADU.

PROCESS FLOW

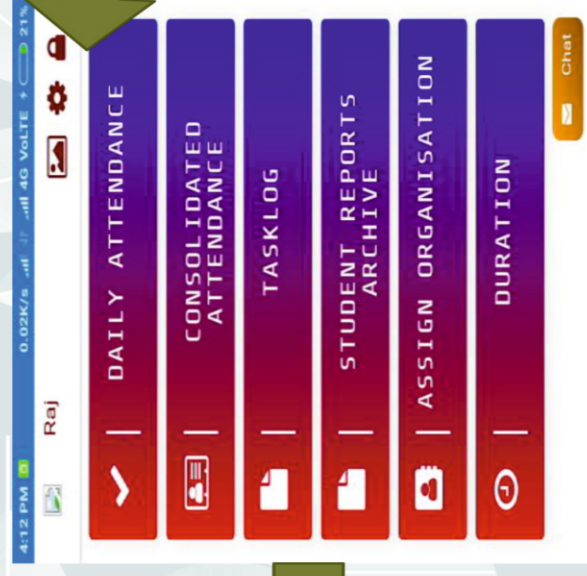
Web page



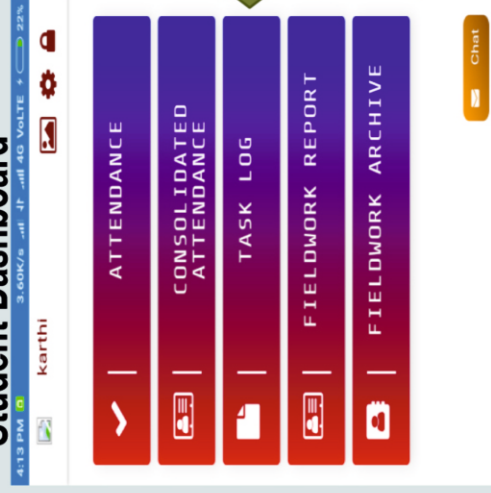
Admin Dashboard



Staff Dashboard



Student Dashboard



EXCLUSION TO CONNECTION: A CASE STUDY ON RURAL DIGITAL INCLUSION IN INDIA, INTHALUR VILLAGE, CHENGALPATTU DISTRICT.

JAYASURYA.K

Ph.D. Scholar, Department of Social Work, Loyola College, Chennai, Tamil Nadu, India.

Dr. J.M. ARUL KAMARAJ

Research Guide, Department of Social Work, Loyola College, Chennai, Tamil Nadu, India.

INTRODUCTION



- Digital India's connectivity faces challenges due to social inequalities and a "digital divide."
- Inthalur village reveals caste-based discrimination leading to lack of digital infrastructure in Dalit colony.
- "Digital untouchability" hinders education, livelihoods, and access to basic services for marginalized groups.

OBJECTIVES



- Identify infrastructure gaps affecting Dalit colony students in Inthalur.
- Analyse caste-based digital discrimination over network coverage.
- Advocate for equality in digital access policies for marginalised groups.

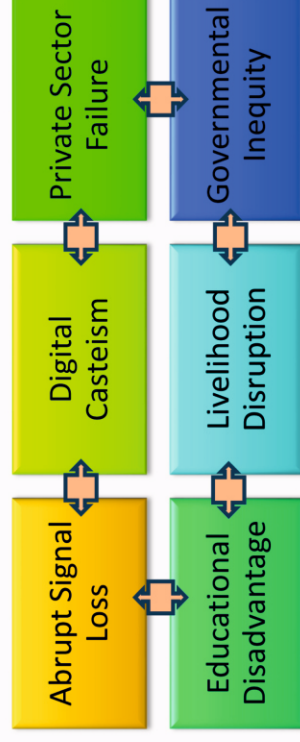
METHODOLOGY



- Approach: Qualitative Case Study.
- Method: Purposive Sampling (Non-Probability).
- Rationale: Selected for deep insights into particular digital divide experiences, best fitting with a qualitative case study design.
- Sample Size: 15 participants, for in-depth interviews (students and residents).



FINDINGS



In this Digital India era, people still struggle to get e-services in their local area, forcing them to revert to traditional methods.

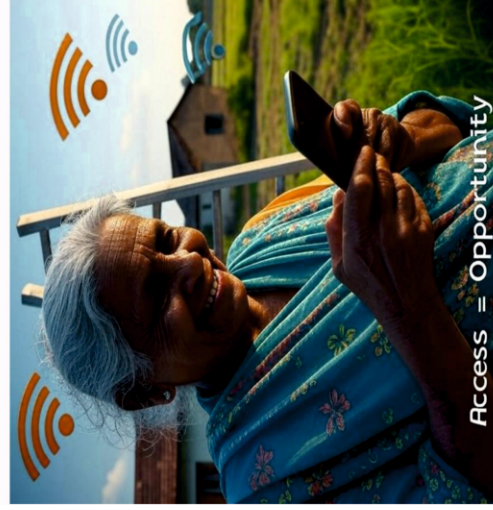


CONCLUSION

Digital divide is a systemic discriminatory barrier, not just a tech gap, impacting essential services.

Key Implications:

- Digital connectivity must be recognized as a fundamental human right.
- Demand accountability from private telecom for inclusive coverage.
- Advocate for policies combatting "digital casteism" in infrastructure development.
- Promote an integrated, social justice-oriented approach to Digital India.



Access = Opportunity

STATUS ON SOCIAL INTIGRATION OF TBI SURVIVORS: A TELE FOLLOW-UP STUDY

Ms. Chaithanya S V, Mrs. Ranjitha S, Ms. Sowmya S V, Dr. Birudu Raju, Dr. Dwarakanath Srinivas, Dr. Priya Baby, Dr. Harsh Deora
Department of Neurosurgery, Department of Psychiatric Social Work, College of Nursing
National Institute of Mental Health and Neurosciences, Bengaluru.

INTRODUCTION & REVIEW OF LITERATURE:

Social integration after Traumatic Brain Injury (TBI) refers to the process by which individuals re-establish and maintain meaningful relationships and active participation in family, social, community, and work life following injury. Family Interaction, friendship and social support, community participation, work and self living is important.

RESEARCH METHODOLOGY:

Need of the study: Many studies focused to understand the TBI survival and psychological issues but missed to explore the social participation and integration post operatively.



Aim of the study: To assess the social integration status of the TBI survivors through telephonic follow-up.



Population and sampling: All people who consented were recruited at emergency and causality and follow-up after 3 months. A total of (n = 26) were contacted on follow-up. A convenience sampling was used to recruit the sample.



Data collection and Analysis: A researcher developed questionnaire was used to collect data on social participation and social integration of TBI survivors. Frequency and percentages were computed.

RESULTS:

Table 1: Socio-Demographic details

- ❖ Male 73.10% and Female 26.90% participated in the study.
- ❖ Alive 80.80%, death 11.50% and does not know the current status of the patient 7.70%.

Figure 1: Family Interaction

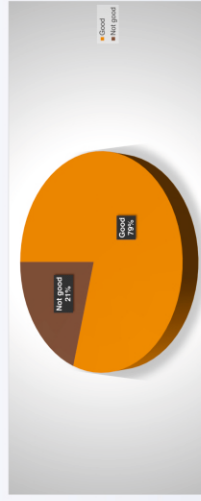


Figure 2: Social Interaction

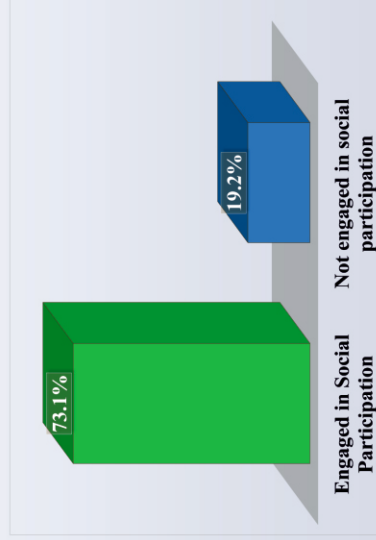
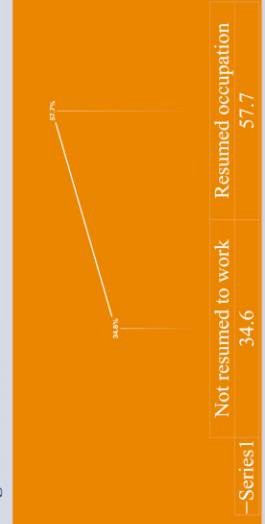


Figure : Work status



DISCUSSION:

- ❖ Post operatively TBI survivors are able to improve social integration when adequate social and family support is provided.
- ❖ A substantial 73.1% reported both **good social participation and family interaction**, indicating strong community and family reintegration. This reflects positively on the emotional and social rehabilitation aspects of care.
- ❖ Moreover, **half (57.7%)** of the participants were able to **return to work or routine activities**, which signifies a notable recovery in functional status and independence.
- ❖ The small group of individuals reporting **poor or no social participation/integration** (around 11.5–15.4%).

PUBLIC HEALTH IMPLICATIONS:

- ❖ The findings emphasize the need for holistic, community-based and home care interventions. High social reintegration rates highlight family support's role, while gaps in work return and participation indicate the need for targeted follow-up, vocational programs, and inclusive public health policies that address both physical and psychosocial recovery post-neurological trauma.

REFERENCES:

1. Luppana Kitrungrrote, S. L. (2020). Community Integration after traumatic brain injury and related factors: A study in the napalese context. *Sage Journals*, 6. <https://doi.org/10.1177/2377960820981788>
2. Anne Louise Conneeley. (2002). Social integration following traumatic brain injury and rehabilitation. 2002, 65. <https://doi.org/10.1177/03082260206500802>



Empowering Young People in India Through Digital Storytelling: A Strategy for Mental Health Recovery and Stigma Reduction

Presenter: Sachin T S

Guide: Dr Muralidharan K

PSW, NIMHANS

Introduction

In India, stigma, insufficient culturally appropriate support, and limited understanding hinder young people's mental health¹. Digital storytelling is a powerful tool for self-expression, helping youth share experiences with mental illness, foster hope, and spark conversation². Initiatives like Baatchheet and It's Okay to Talk illustrate how these narratives enhance emotional connection and reduce stigma³. Qualitative research with thematic analysis is ideal for exploring how digital narratives empower youth and aid recovery⁴.

Objective

- To explore the strategies in which digital storytelling empowers young people who have experienced mental illness.
- To understand how such narratives contribute to personal recovery and reduce social stigma.

Methodology

Design: Qualitative exploratory

Data Sources:

Youth-led campaigns (It's Okay to Talk and Baatchheet)
Digital narratives from YouTube, Instagram, podcasts, blogs

Inclusion Criteria:

Youth aged 15–30

Narratives on mental illness, focus on recovery, empowerment, stigma

Sample Size: 20 publicly available stories

Analysis Tool:

Thematic analysis (Braun & Clarke, 2006)

Implications

- **Clinical:** Can be integrated into therapeutic practices for emotional processing and narrative therapy.
- **Practice:** Useful for social workers, counselors, and peer-support facilitators in community settings.
- **Education:** Enhances mental health literacy programs in educational institutions.
- **Policy:** Highlights the importance of creating safe, inclusive digital environments that support youth mental health advocacy

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- Daniel, L., Robin, S., & Aleksander, M. (2022). Future Facts: Unveiling Mental Health Issues in the Digital Age. *Fusion of Multidisciplinary Research, An International Journal*, 3(2), 354–365.
- Dey, D. N. C. (2024). Mental health of adolescents and youth in India: A critical analysis in the era of AI. Available at SSRN 5056368.
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- Gubrium, A. (2009). Digital storytelling: An emergent method for health promotion research and practice. *Health promotion practice*, 10(2), 186–191.
- Naslund, J. A., Aschbrenner, K. A., Marsch, L. A., & Bartels, S. J. (2016). The future of mental health care: peer-to-peer support and social media. *Epidemiology and psychiatric sciences*, 25(2), 113–122.
- Sangath. It's Okay to Talk Campaign. Retrieved from <https://www.itsoktotalk.in>

Review of Literature

Initiatives like It's Okay to Talk and Baatchheet demonstrate how peer-driven storytelling builds online solidarity and awareness (Barua et al., 2024). Research also shows that digital platforms bridge service gaps in low-resource settings (Naslund et al., 2019), support resilience (De Jager et al., 2017), and enhance accessibility for youth (Lal & Adair, 2014).

Prior studies have addressed these themes separately, this concept is among the first to integrate five sub-domains exploring how storytelling facilitates empowerment and reduces stigma an area still underexplored

Key Findings

The results of this study, once the actual analysis is conducted, are expected to reveal the specific procedure through which storytelling facilitates empowerment and stigma reduction.

The details are given below:

Empowerment & Voice

A sense of self-worth, independence, and validation can be brought through digital self-expression.

Recovery Stories

Stories of recovery, encouragement, and strength can lead to optimism and normalize help-seeking.

Social Interaction

Audience participation and comments can promote a sense of belonging and emotional support.

Reduction of Stigma

Myths were demolished, mental health issues can be accepted, and shame can be reduced via storytelling.

Strategies for Engagement

Awareness can increase by using resources including reels, vlogs, collaborative storytelling, and hashtags related to mental health.



Empowering Social Work Education THROUGH DIGITAL PEDAGOGY

Introduction

Social work education is rapidly evolving in the digital age. With online learning, digital tools, and virtual fieldwork, innovation is crucial to prepare students for modern practice.

Objectives

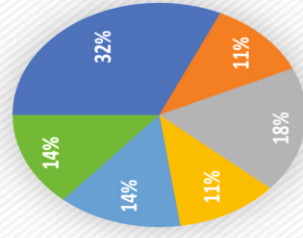
- To explore the use of digital platforms and tools in social work education.
- To understand student and educator experiences with online learning.

Methodology

- ❑ A descriptive survey method of 30 responders.
- ❑ Google form questionnaire filled by 25 BSW/MSW students & 5 social work educators.

Key Findings

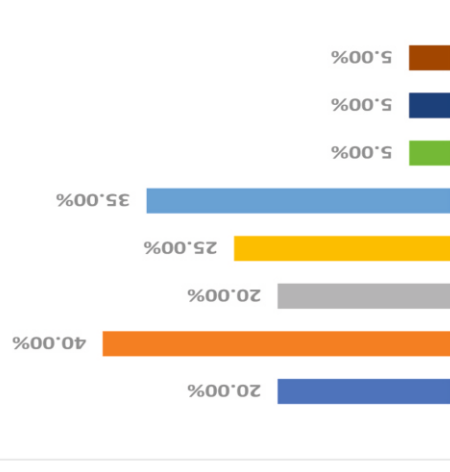
Challenges Faced During Online Learning



- Internet connectivity issues
- Reduced hands on experience
- Lack of interaction with community
- Difficulty concentrating
- Time management issues
- No significant challenges

Suggestion for improvement

- More recorded online classes
- Better training in digital tools for students
- Virtual field work and online supervision
- Webinar by experts
- Improved access to internet/devices
- To promote information in native language
- Apps for social work
- Professionally



Insights

- ❑ 33.3% of students reported using Zoom.
- ❑ 60% educators suggested Learning Management System.
- ❑ 40% students suggest training.
- ❑ 32% of students reported Internet connectivity issues.

References

UGC (2021) & CSWE(2021)

Implications

- To provide training in digital tools & LMS usage for educators.
- Improved access to digital tools for students.

Author: M V Vedhashree
MSW,
BNU Kolar.

Guide: Dr.Gundappa
Devikeri.

GLOBAL TRENDS OF TELE MENTAL HEALTH-A BIBLIOMETRIC ANALYSIS

Mr. Yathesh Bharadwaj, H.S , PhD Scholar, Department Of Psychiatric Social Work, NIMHANS, Bengaluru
 Dr.L.Ponnuchamy , Associate Professor, Department Of Psychiatric Social Work, NIMHANS, Bengaluru
 Dr.Gobinda Majhi Additional Professor, Department Of Psychiatric Social Work, NIMHANS, Bengaluru
 Ms. Anicy Sara Koshy, Psychiatric Social Worker, NIMHANS, Bengaluru
 Ms. Sajna Mujeeb.V., PhD Scholar, Department Of Psychiatric Social Work, NIMHANS, Bengaluru
 Mr. Ashish Kumar Yadav, Lecturer, St.John's Hospital, Bengaluru

INTRODUCTION

The concept of Tele mental health was boosted after the covid-19 pandemic.⁽¹⁾This study focuses on understanding the Global Trends in the field of Tele Mental Health Research over the past 5 years using Bibliometric analysis. It is a powerful tool for evaluating the growth and trends in the scientific literature.

AIM & RESEARCH QUESTIONS

Aim: To understand the Global Trends of Tele Mental Health

Research questions

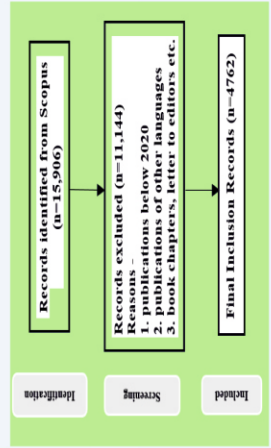
1. Which are the authors have contributed immensely in the field of Tele mental health research over past 5 years?
2. Which are the Institutions have published more number of articles in the field of Tele mental health research over past 5 years?
3. Which are the global hubs contributing in the tele mental health publications over past 5 years?
4. Which are the most often used keywords in the field of Tele mental health research over past 5 years?

METHODS AND MATERIALS

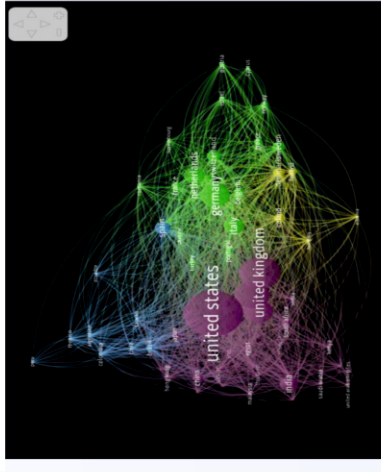
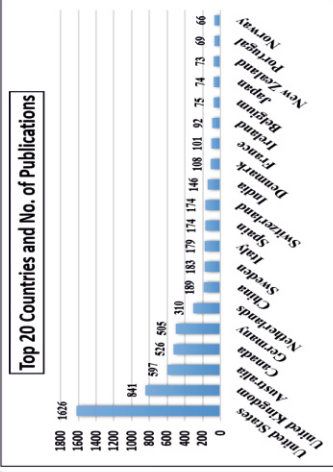
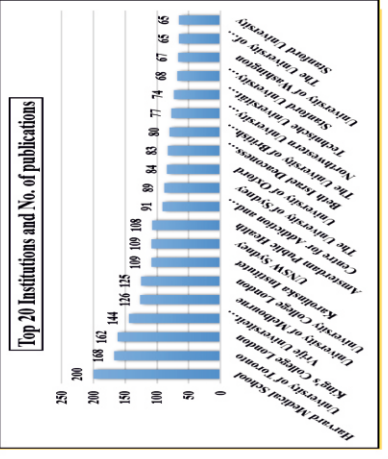
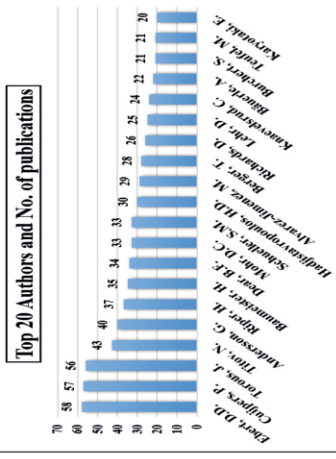
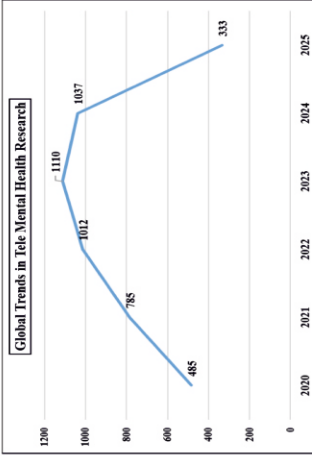
Data Acquisition: through Scopus database.

Inclusion criteria were Publications between 1st of January, 2020 to 24th July, 2025 Publications list from Scopus database, Limited to original and review articles, English articles only.

Key search strategy was ("tele-mental health" OR "tele psychiatry" OR "digital mental health" OR "virtual mental health" OR "e-mental health") AND ("intervention" OR "therapy" OR "counseling" OR "treatment") AND ("access" OR "utilization" OR "delivery" OR "effectiveness")



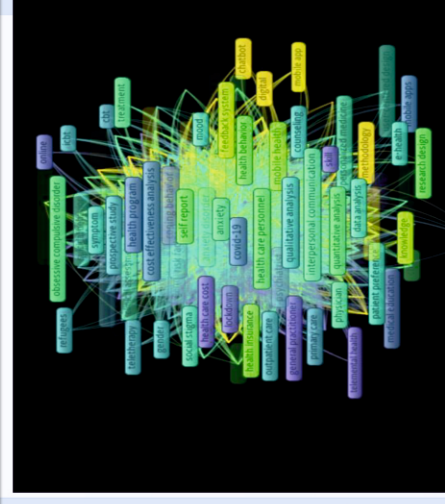
FINDINGS



DISCUSSION

Our results found out that there is a great increase in the number of publications in this field compare to the studies conducted earlier.⁽²⁾ Our analysis shows that USA and United Kingdom stand distinction compare to other countries and has a well research collaboration with the other countries in the field of Tele mental health.

Our analysis was able to found out 23413 co-authors out of 4762 publication for which co-author analysis was done using Vosviewer visualization software keeping the threshold of Minimum of 10 publications for an author. 112 authors meet the threshold and were selected for co-authors analysis. Highlights the collaboration patterns among 112 authors across 21 clusters.



Our Keyword Analysis found 14761 keywords out of 4762 publications. keyword analysis was done using vosviewer visualization software keeping the threshold of Minimum number of occurrence of keywords was 50. About 355 keywords meet the threshold and were selected for keyword analysis. Our results show that co-occurring keywords are **Tele therapy, Chatbot, mobile health, E-Mental Health**. Understanding these Global Trends help the researchers to develop and collaborate with others in the field of Tele Mental Health Research.

CONCLUSION

This analysis helps to understand how mental health care is changing with technology and to show why tele-mental health is becoming more important around the world especially post covid era..

REFERENCES

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2. Ali A, Zafar R, Kumar KA, et al. Application of tele-neuropsychology and tele-mental health before and during COVID-19 era: a bibliometric analysis. *Ann Med Surg (Lond)*. 2024;86(5):2777-2785. Published 2024 Feb 19. doi:10.1097/MS9.00000000000001822

INTRODUCTION & REVIEW OF LITERATURE:

Traumatic Brain Injury (TBI) poses a considerable challenge for both survivors and their caregivers, as it often leads to lasting physical, emotional, and cognitive complications. In resource-limited or post-discharge situations, the continuity of care frequently suffers, leaving caregivers with little direction.

RESEARCH METHODOLOGY:

Need for the study: Caregivers are essential to home-based recovery and care, yet they often face stress, confusion, and burnout due to insufficient support. This study explores how structured telephonic follow-up can effectively enhance caregiver engagement, emotional well-being, knowledge, and adherence to rehabilitation plans.

Aim of the study: To assess the impact of telephonic follow-up in improving caregiver engagement in the rehabilitation of TBI survivors.

Objectives of the study: To understand the perceived benefits of telephonic follow-up from caregivers' perspectives.

Study population and sample: (n = 30) caregivers of TBI patients discharged from a neurological rehabilitation center were selected using convenience sampling technique.

Data collection: Data was collected at the time of 1 and 3 months over telephone. The data was collected using:

Data Analysis: Frequency and Percentage, Mean and Standard Deviation was calculated

A checklist for brain injury problems and symptoms (Rocchicci, C., Fleming, P., Mountz, E. (2005) and Glasgow Coma Scale. Feedback was received after every telephonic session

Figure 1: Monthly Telephonic Interventions provided

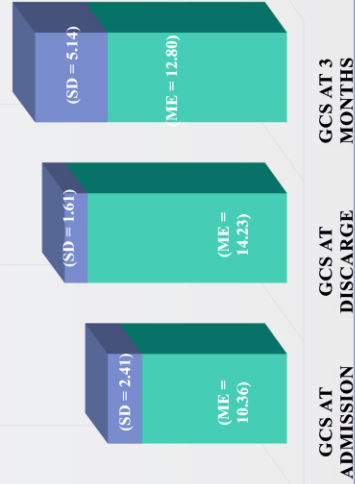


RESULTS:

Table 1: Socio-Demographic details

Variable	Range / Info
Age Range	18 – 52 years
Gender	13 Male, 3 Female
Education Levels	None to Graduate
Occupation	Students, Farmers, Home makers, Daily wagers
Socio-Economic Status	Mostly low to mid-income

Figure 2: Severity of TBI



Descriptive statistics:

- The median age of the participants is 36 years.
- Four patients expired due to severity of the illness.

Table 2: Impact of telephonic interventions:

Outcome	Observed in Cases
Improved Coping and engagement	26/26
Family knowledge Increased	26/26
Reduced Stress/Anxiety	22/26
Improved Sleep Patterns	20/26
Increased Routine Structure	24/26
Engagement in Rehab Process	26/26

DISCUSSION:

Structured telephonic follow-up significantly enhanced caregiver engagement in TBI rehabilitation, improving knowledge, coping, and emotional support. All 26 caregivers showed increased involvement, contributing to better routines, reduced stress, and improved sleep in survivors. These results affirm the value of regular communication and psychosocial support, particularly in resource-constrained settings

PSYCHIATRIC SOCIAL WORK IMPLICATIONS:

This study may support the integration of structured telephonic follow-up into standard discharge protocols to strengthen caregiver support and rehabilitation outcomes in TBI care—especially in rural and underserved areas.

REFERENCES:

Roberts, P., Ouellette, D., & Wertheimer, J. (2024). Adults with acquired brain injury at inpatient rehabilitation: Discharge comparison of patient-reported outcomes at follow-up with functional status. *Advances in Rehabilitation*, 38(1), 43–51. <https://doi.org/10.5114/areh.2024.138148>



Social Media Habits and Social Anxiety

A Mixed-Methods Study Among University Students in Tamil Nadu based on Social Comparison Theory (Festinger, 1954) and Compensatory Internet Use Theory (Kardefelt-Winther, 2014).

Authors

ABDUL BASITH P C
M.Phil Psychiatric Social Work
National Institute of Mental Health and
Neurosciences

Dr.P Udhayakumar
Assistant professor
Department of Social Work
Central university of Tamil Nadu

Introduction

Social Anxiety is characterized by a persistent fear of being judged, embarrassed, or negatively evaluated in social situations. With the rise of social media, young adults increasingly substitute online interactions for in-person ones. This study explores how addictive social media use contributes to heightened social anxiety among university students.

Objectives

To examine the relationship between social media usage and social anxiety levels in university students and explore gender-based experiences and coping mechanisms.

Methodology

- Design: Explanatory Sequential Mixed-Methods
- Participants: 100 PG students (age 21–25)
- Tool: Severity Measure for Social Anxiety Disorder (SMSAD)
- Qualitative Insights: In-depth interviews with 4 students

Key Findings

60% of university students experienced moderate to severe social anxiety, with higher rates among females. Many students used social media to avoid real-life interactions, which temporarily reduced discomfort but ultimately reinforced anxiety. Interviews revealed that fear of judgment, online comparison, and the pressure to appear perfect increased their stress. Despite awareness of these effects, most continued excessive use, creating a cycle of avoidance and anxiety.

Thematic Analysis

- Digital Avoidance : Students prefer online communication to avoid real-time social judgment.
- Online Disinhibition: Preference for online interactions to escape real-time scrutiny.
- Upward Social Comparison: Idealized social media content fueled inadequacy Fear of Judgment : Posting online triggers anxiety due to fear of negative evaluation.
- Comparison Anxiety : Viewing idealized content leads to feelings of inadequacy and exclusion.
- Coping Strategies : Digital Detox, wellbeing applications, Seeking comfort in anonymous or controlled online spaces, and engaging in real life activities.

Implications

- Promote Digital Well-being Education: Universities should implement awareness programs on healthy social media habits and their link to social anxiety.
- Integrate Social Anxiety Support in Campus Counseling : Student counseling centers must address social media-related anxiety through targeted interventions.
- Encourage Offline Social Interaction : Institutions should create spaces and activities that foster real-world communication and reduce digital avoidance.
- Include Digital Behavior in Mental Health Assessments : Mental health professionals should routinely assess social media use when diagnosing or treating social anxiety.
- Advocate for Policy Updates on Youth Digital Health : Policymakers need to expand existing digital well-being frameworks to include the psychological risks of excessive social media use, especially among youth.

Related literatures

- Festinger, L. (1954). A theory of social comparison processes. Human Relations.
- Kardefelt-Winther, D. (2014). A conceptual and methodological critique of internet addiction research: Towards a model of compensatory internet use.
- O'Day, E. B., & Heimberg, R. G. (2021). Social media use and social anxiety: A review and meta-analysis.
- Saleem, H., & Jan, M. (2024). Idealized social media portrayals and peer comparison: Predictors of anxiety in young adults.
- Zsido, A. N., Arato, N., Inhof, O., & Labadi, B. (2021). The paradox of social media use in social anxiety: Coping mechanism or anxiety amplifier?

Conclusion

Social media offers a false sense of safety for socially anxious students, but over time, this dependency deepens real-world avoidance. Digital communication reduces social confidence and amplifies anxiety, especially in female students. Interventions are needed to promote healthy digital habits and offline confidence building.



CRITICAL CONSCIOUSNESS & MENTAL HEALTH IN INDIAN HIGHER EDUCATION : A MIXED METHODS STUDY

Rooted in Paulo Freire's theory of education, critical consciousness (CC) encompasses critical reflection, motivation, and action- enabling individuals to recognize systemic inequalities and take steps toward social transformation.



Authors

Sneha Rasheed
M.Phil in Psychiatric Social Work
National Institute of Mental Health and Neuro Sciences

Dr. A Shahin Sultana
Professor
Department of Social Work
Pondicherry University

Introduction

Critical Consciousness (CC) enables individuals to critically analyze societal inequalities, recognize their position within these structures, and engage in transformative actions. While CC is inherently an educational pedagogy, its expression among students in Indian higher education and its nuanced relationship with mental health, remain largely underexplored.

Objectives

- To examine the relationship between Critical Consciousness (CC) and mental health among higher education students.
- To assess the sub-dimensions of CC - Critical Reflection, Critical Motivation, and Critical Action, and explore how these dimensions varied across selected demographic variables.

Methodology

- Mixed-methods, cross-sectional design.
- Tools : Short Critical Consciousness Scale (Sho-CCS), Mental Health Continuum-Short Form (MHC-SF), Semi-structured Interview guide.
- Sample size : 230 students enrolled in higher education in India Between 18-30 years.
- Analysis : Descriptive statistics, correlation analysis, and thematic analysis.

Results

- Significant differences in Critical Action scores across gender, income, and fields of study.
- Critical Action showed a positive correlation with mental health.
- Qualitative findings indicated that students' critical consciousness has deep interlinkages with mental health which was consolidated through recurring themes.

Correlation Analysis : Critical Consciousness and Mental Health

Subscale	Spearman's rho with MWB_Total	p-value	Interpretation
Critical Reflection	-0.085	0.201	No correlation
Critical Motivation	0.078	0.236	No correlation
Critical Action	0.250	< .001	Significant positive correlation

Thematic Analysis :

- **Roots of awareness and critique of academic spaces** : Noted disconnect between formal education and social reality, critical dialogue was either absent or actively discouraged in many academic settings.
- **Perception on students' awareness and engagement** : Students' responsibility to engage with social issues was not seen as merely aspirational but as an ethical imperative.
- **Emotional weight and burnout due to critical engagement** : Continuous engagement without adequate support system led to burnout; manifested in disrupted academics and compromised mental health.
- **Barriers to critical engagement and need for support systems** : Structural limitations such as lack of institutional support, resource constraints, and societal risks tied to caste, religion, or class.
- **Re-imagining critical action** : Included digital engagement, artistic expression, education-oriented initiatives, and small-scale acts of solidarity, rather than seeing action as confined to public spaces or mass mobilisation.

Conclusion

The study reveals that CC, as an educational component often lacks institutional recognition and support. While students demonstrate individual agency and a sense of collective responsibility, systemic barriers hinder sustained critical engagement. Recognizing Critical Consciousness as both a developmental asset and a site of potential mental health vulnerability is essential for fostering academic spaces rooted in inclusion and social justice.

Related Literature

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JAYASURYA.K

Ph.D. Scholar, Department of Social Work, Loyola College, Chennai, Tamil Nadu, India.

Dr. J.M. ARUL KAMARAJ

Research Guide, Department of Social Work, Loyola College, Chennai, Tamil Nadu, India.

INTRODUCTION

The revolution of technology has reoriented India to see technology as a fundamental service for learning, employment, and everyday communication. And yet, this revolutionary wave has paradoxically widened existing social disparities, emerging in the form of a "digital divide" based on conventional caste discrimination. This case study is carried out in Inthalur village, Chengalpattu District, an apparently non-rural setting, in order to unveil how institutional breakdowns in technological infrastructure development and service delivery reinforce digital exclusion. In spite of proximity to places with strong connectivity, the Dalit settlement at Inthalur experiences a sudden lack of mobile network signals, constituting a modern instance of digital unreachability. This very critical gap, either due to willful neglect by private network operators or even a larger government control, has the immediate effect of denying access to important online material, interrupting education, and fettering livelihood opportunities for a particular group of people, undermining the ideology of inclusive digital India.

OBJECTIVES

- To explore how this digital divide would impact their education and livelihood empowerment.
- To examine how the discretionary extension of mobile network coverage to only dominant group locations is a contemporary form of caste-based digital discrimination by state and private actors.
- Campaign for policy and intervention efforts that facilitate non-discriminatory and inclusive access to essential digital services and infrastructure for all marginalised groups irrespective of where they are located within society.

METHODOLOGY

The study employs a qualitative case study approach targeting 15 respondents, reporting merely on lived realities among the students and residents of Inthalur village's Dalit colony.

Data collection is largely made up of Observation:

Documentation of the physical presence or lack of mobile network connectivity and technology infrastructure within the Dalit colony compared to the village.

Interviews:

Contributions from deeper student interviews to emphasise their challenges in retrieving online learning materials, the impact on the way they study, and their exposure to the larger digital world. Public member interviews to determine the impact of digital exclusion on their daily lives, access to essential services (e.g., government, healthcare), and livelihood opportunities (e.g., distance work).



FINDINGS

- Disruption in connectivity: With just as little as 500 meters away from networked spaces, the Dalit colony is unable to cover mobile network signals, rendering smartphones and other wireless devices inoperative for communication and internet browsing.
- Digital casteism: The differential coverage of digital infrastructure feeds into a "digital casteism," where telecommunication network coverage unduly favors community spaces of privilege, which reproduce historical social exclusionary processes.
- Private Sector Complicity: Mobile network operators, while aggressively marketing 5G coverage across the country, exhibit unequivocal failure in providing balanced service delivery, effectively being complicit in soft exclusion of marginal communities.
- Digital Unreachability & Educational Disadvantage: Dalit colony students experience "digital unreachability," resulting in the necessity to use conventional learning tools (textbooks, notes) while other students in the main village use digital technologies, including AI, for improved learning, further augmenting the educational disadvantage.
- Livelihood Disruption: The absence of connectivity affects areas beyond education, fundamentally disrupting professionals (IT and marketing professionals) trying to work remotely, thereby impacting their livelihoods and economic prospects.

FINDINGS

- **Governmental Failure:** The research indicates a serious failure of the government to provide equal access to digital and technological infrastructure to all citizens for accessing government services via smartphone, such as emergency medical help, making online complaints, reaching out to government services, mobile banking, and gas booking, regardless of their social status or residency location in the same village. This is so even though Inthalur is not geographically remote (e.g., valleys, hills).



CONCLUSION OR IMPLICATIONS

The Inthalur village case pathetically illustrates that the digital divide is not just a technology gap but a deep socio-economic and discriminatory divide based on systemic inequalities. The "air" of digital services, assumed to be available for all, is systematically withheld from marginalized groups, causing serious disconnections in education, livelihood, and access to critical services.

Implications for Social Work Practice and Policy

- **Advocacy for Digital Rights:** There is an urgent need for advocacy to establish digital connectivity as a basic human right, which requires state intervention to promote non-discriminatory development of infrastructure.
- **Challenging Corporate Responsibility:** Social work has to confront private telecommunication companies with respect to their contribution towards digital exclusion and push for coverage inclusive of all.
- **Community-Led Digital Literacy:** In addition to promoting infrastructure, the support for community-led programs focusing on building digital literacy and resilience among marginalized groups is still essential.
- **Policy Redressal:** Demand for policies that proactively address "digital casteism" by ensuring universal service obligations for digital infrastructure that target underserved communities, especially historically marginalized ones.
- **Integrated Development:** Emphasize the need for an integrated development strategy in which technological progress is conceptualized and executed with a social justice perspective so that no community is marginalized in the quest for a genuinely "Digital India."

In this Digital India era, people still struggle to get e-services in their local area, forcing them to revert to traditional methods.

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Understanding the Role of Digital Wellbeing in Shaping the Mental Health of Adolescents in Tamil Nadu

INTRODUCTION

In today's digital age, adolescents are increasingly immersed in technology for learning, socializing and entertainment. While digital tools offer opportunities for growth, their excessive and unregulated use has raised concerns about mental health issues such as anxiety, stress, sleep disturbances and emotional imbalance. Students in grades 8 to 10 are particularly vulnerable due to academic pressures, peer influence and limited awareness of healthy digital practices.



OBJECTIVES

- To assess digital exposure and screen time patterns
- To understand the link between digital habits and mental health
- To identify gender and grade-level differences in digital wellbeing
- To picturize the awareness level on digital wellbeing practices
- To reveal parental and school-based digital guidance
- To understand Adolescents' Perceptions and Attitudes



METHODOLOGY

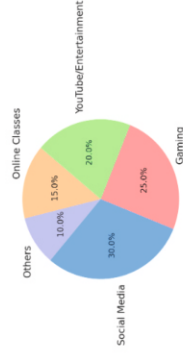
- Research Design**
 - Descriptive cross-sectional survey
- Universe of the Study**
 - Students (8-10 grade) from Govt school
- Sampling**
 - 300 by stratified random sampling
- Tools of Data Collection**
 - Structured questionnaire, Kessler Psychological Distress Scale (K-10)
- Analysis of Data**
 - SPSS - Pearson correlation, t-test/ANOVA

CONCLUSION

Excessive and unguided digital use is affecting adolescent mental health. Strengthening digital wellbeing awareness and promoting balanced digital habits through coordinated school, family and policy interventions is essential for the healthy development of adolescents in the digital age.



SMART PHONE USAGE



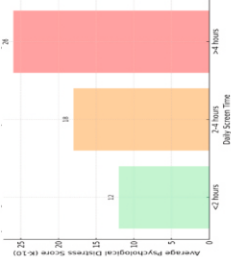
KEY FINDINGS

- Objective 1**
 - Over 80% of students reported daily smartphone use, averaging 3.5 to 5 hours
 - Usage was highest for entertainment (YouTube, gaming) and social media platforms like Instagram and WhatsApp.

- Objective 2**
 - Students with >4 hours of screen time had significantly higher distress scores (Kessler K-10).
 - Excessive use was linked to poor sleep quality and reduced academic focus.

- Objective 3**
 - Girls reported higher levels of emotional symptoms (anxiety, low mood).
 - Boys showed more behavioral concerns, including restlessness and aggression.

PSYCHOLOGICAL DISTRESS LEVEL



- Objective 4**
 - Only 25% of students had even heard of digital wellbeing.
 - Very few practiced screen breaks, digital detox, or online safety habits.

- Objective 5**
 - Around 60% reported little or no parental supervision of screen use.
 - Fewer than 10% of schools had conducted digital wellbeing or mental health sessions.

- Objective 6**
 - Many students expressed feeling anxious or irritated when unable to access devices.
 - Adolescents accepted that screen use helped pass time but also made them feel lonely or tired.



RECOMMENDATIONS



REFERENCES

- Adolescent and Impaired Digital use is affecting adolescent mental health. Strengthening digital wellbeing awareness and promoting balanced digital habits through coordinated school, family, and policy interventions is essential for the healthy development of adolescents in the digital age.
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Submitted By



Dr. A. Sivagami
Associate Professor in Social Work
Bharathidasan University
Trichirappalli – 620 024

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES (INSTITUTE OF NATIONAL IMPORTANCE), BANGALORE – 560 029

Gambling Prevalence: A Global and Indian Perspective

Mrinalini Vishwakarma¹ Sojan Antony² Jayant Mahadevan³ Guru S Gowda⁴, Deepak S Ghadigoankar⁵

Introduction:

Gambling Disorder is characterized by persistent betting despite significant personal, social, or financial consequences (DSM-5 TR, APA, 2022). Gambling-related harms include financial issues, relationship breakdowns, mental health challenges, Child neglect and potential criminal acts (Castrén et al., 2021; Suomi et al., 2022).

Aim: To synthesize existing research on the current literature on gambling prevalence, highlighting both global trends and specific insights from India.

Methodology.

- Narrative review was conducted.
- A structured literature search was performed using electronic databases, including PubMed, PsycINFO, Scopus, and Google Scholar.
- The search was limited to peer-reviewed articles published in English within the last 10 years.

Results

- Globally, 46.2% of adults gambled within the past year (Tran et al., 2024).
- A substantial portion of adults i.e., 0.2–12.3 % youth with problem gambling in North America, Australia and Europe according to a worldwide conducted research (Calado et al., 2017).
- In India, lifetime gambling prevalence is up to 46%, with problem gambling at 7.4% (Parmar, 2024).
- For every individual who experiences gambling problems, 5-10 other people are adversely affected (Parmar, 2024).

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THE DARK SIDE OF DIGITAL CONTENT: Shaping Minds & Disrespecting Women

INTRODUCTION

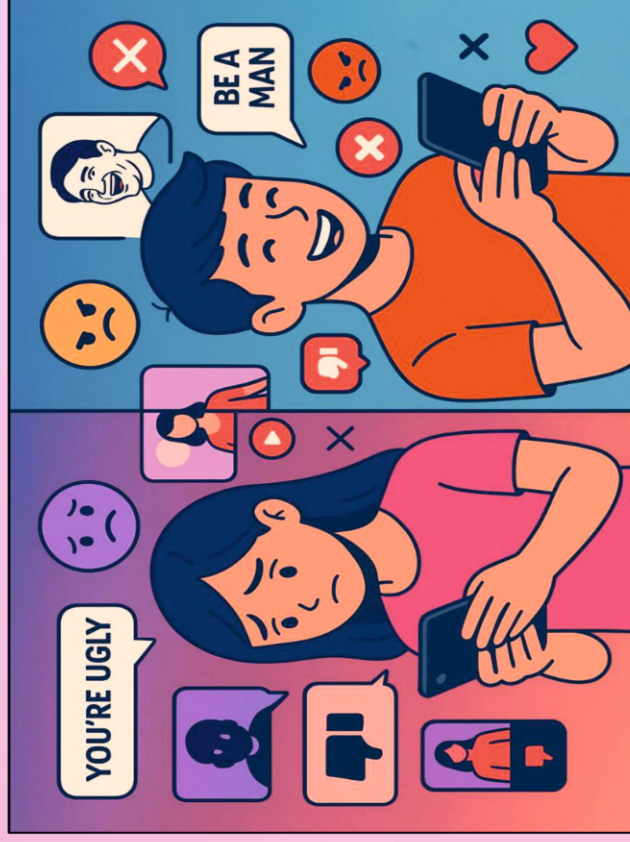
Online content often disrespects women. It shapes how youth think, feel, and behave on and off screen.

OBJECTIVES

- ✓ Explore how online content shapes attitudes toward women
- ✓ Highlight its emotional impact on girls and boys

METHODOLOGY

- Google Form with 13 gender-specific questions
- 17 respondents (11 girls, 6 boys)
- Responses visualized using pie charts



INSIGHTS

- 42.9% self-censored due to trolling
- 83.3% boys admit sexist content shaped their views
- 50% felt pressure to "Act Masculine"

IMPLICATIONS

- Add media literacy in schools/colleges.
- Improve platform tools to fight abuse.
- Promote respectful content through youth & influencers.

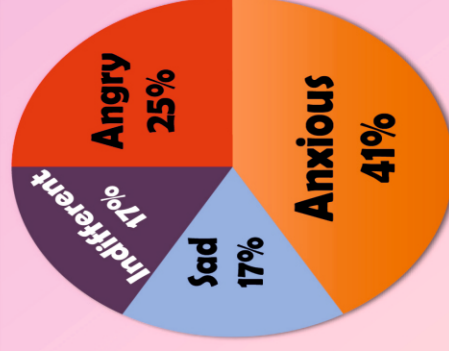
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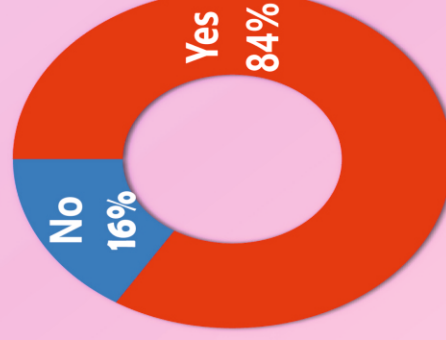
AUTHOR: Likhith P.H

MSW, BNU – Kolar

GUIDE: Dr. Gundappa Devikeri



Emotional Impact of Social Media Content on **Girls**



Boys Exposure to Disrespectful Content

METHODOLOGY

Review and Mapping of Existing Frameworks

Identifying the gaps to address the needs of institutionalized children

Adaptation and Contextualization

RESEARCH EMPHSISE

- Marginalized Groups Face Higher Exclusion in Digital Access: Scheduled Tribes (STs), Muslims, women, and individuals with low education face significantly lower affordability and accessibility, deepening pre-existing inequalities.
- Children and families living in urban areas are nearly three times more likely to own digital devices and twice as likely to know how to use them compared to those in rural areas (Karunakar, 2021)
- Besides infrastructure, digital access, and learning opportunities, mindset and socio-cultural factors in marginalized communities strongly influence digital literacy among youth in Indian tribal ethnic groups (Nayak and Alam, 2022)
- The study recommends a holistic framework for digital literacy tailored to vulnerable and rural populations in India. The model integrates health, financial, and e-safety literacies with technical skills, delivered through tablet-based mobile learning in tribal settlements & an inclusive digital framework (Nedungadi et al, 2018).
- Design and implementation of digital literacy training programme: Findings of a quasi-experimental study from rural India by (Gogoi A et al, 2025) has demonstrated a Digital literacy framework and highlights how structured programs improve access and individual agency among youth.
- Notably, there is a paucity of research that explores the digital divide experienced by children in institutional care, leaving a critical gap in both research and policy-level attention.

IMPLEMENTATION CHALLENGES

01	LIMITED DIGITAL ACCESS AND INFRASTRUCTURE
02	ABSENCE OF STRUCTURED DIGITAL LITERACY PROGRAMS FOR CCI
03	LOW DIGITAL CAPACITY AMONG STAFF AND CAREGIVERS
04	MONITORING AND EVALUATION CHALLENGES
05	LACK OF EMPHASIZE AT THE SCIENTIFIC & POLICY LEVEL FORUM

CONCLUSION

- Despite increasing global focus on digital inclusion, children in CCIs remain largely excluded from digital literacy initiatives, reflecting a significant research and policy neglect in India.
- Limited access to devices, poor digital infrastructure, low staff capacity, and lack of child participation perpetuate digital and educational inequities within institutional settings.
- Most digital literacy programs do not address the unique needs and vulnerabilities of institutionalized children, showing a clear lack of structured, age-appropriate, and rights-based frameworks.
- Bridging the digital divide for children in CCIs is not just about connectivity; it is an important step toward ensuring equity, empowerment, and holistic development.

RECOMMENDATIONS

01	CHILD-FRIENDLY INFRASTRUCTURE READINESS
02	ADAPTING UNESCO FRAMEWORKS INTO CURRICULUM DEVELOPMENT
03	STAFF TRAINING & CAPACITY BUILDING
04	LINK TO FUTURE OPPORTUNITIES , PROMOTE PARTICIPATION AND CREATIVITY
05	MONITORING AND EVALUATION :AGE-APPROPRIATE, CULTURALLY SENSITIVE ASSESSMENT

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AUTHORS

Ms. Nifi Krishna
Ms. Mary Infanta

AFFILIATIONS

Ph.D. Scholars, Department of
Psychiatric Social Work,
NIMHANS

DIGITAL LITERACY FOR HOLISTIC DEVELOPMENT: A MODEL FOR CHILDREN IN INSTITUTIONAL CARE

"Empower Today, Reinvent Tomorrow - Digital Skills as a Right for Every Child"

INTRODUCTION

- UNICEF identifies digital literacy as a core life skill, essential for children's safe and meaningful participation in the digital space, preparing them for school, work, and life both online and offline.
- Children make up one in three internet users globally. While digital technologies offer vast opportunities for education and economic growth, the digital divide persists, excluding millions, especially the 29% of youth (346 million) still offline worldwide.
- In India, children in institutional care remain among the most digitally excluded, facing layered disadvantages in access, skills, education, communication, and employability.
- Despite global digital literacy frameworks, few address the specific needs of vulnerable children. There is an urgent need for a contextual, age-appropriate, rights-based framework that promotes equitable digital inclusion.
- This paper proposes such a framework for children in institutional care in India, aimed at enabling their digital empowerment and comprehensive development.

OBJECTIVE

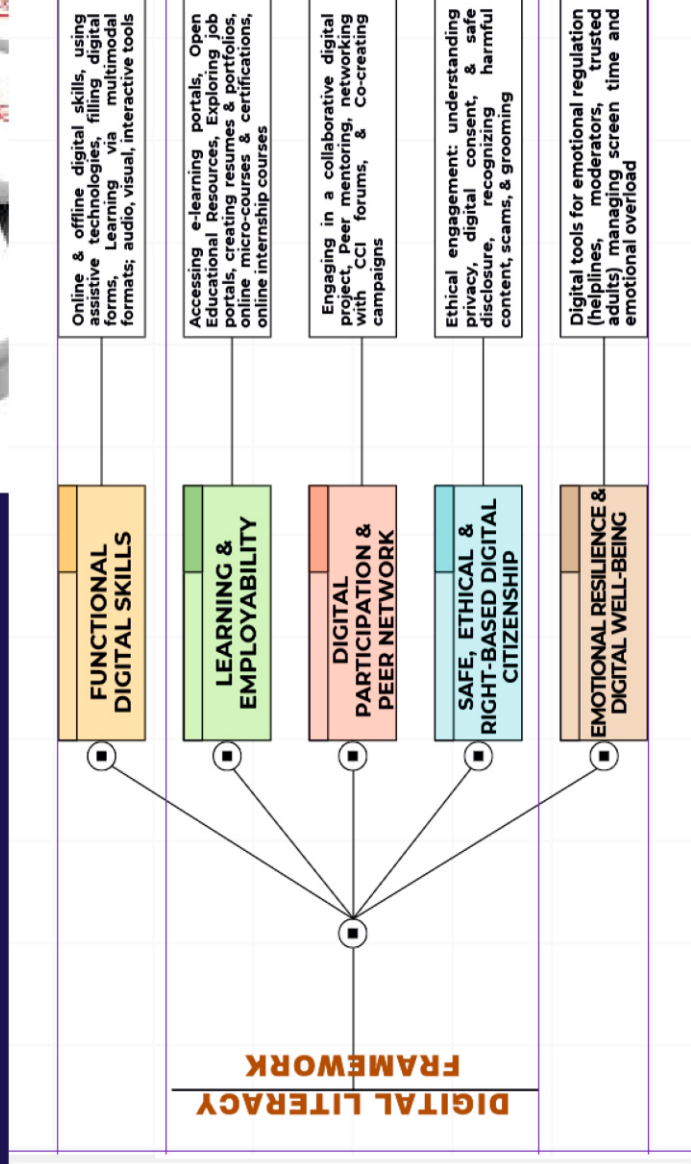
To propose a context-specific digital literacy framework targeting the unique needs of children in institutional care in India, to promote their digital empowerment, educational access, and readiness for reintegration, thereby supporting their holistic development.

DIGITAL DIVIDE

"Digital divide" refers to the gap between individuals, households, businesses, and geographic areas at different socio-economic levels in their opportunities to access information and communication technologies (ICTs) and to use the Internet for a wide variety of activities" (UNESCO)

DIGITAL LITERACY

"Digital literacy" refers to the knowledge, skills, and attitudes enabling children to thrive in a global digital world safely and confidently, aligned with their age, culture, and context"(UNICEF)





ABSTRACT

This study explores transgender persons' challenges in accessing India's digital welfare system. Findings reveal digital illiteracy, documentation hurdles, and systemic discrimination, underscoring the need for inclusive governance, alternative access options, and robust grievance redressal.

Keywords: Transgender, Digital divide, India, Policy inclusion, Welfare.

From Promise to Precarity: Transgender Identities in India's Digital Welfare Landscape

Theme: Digital Empowerment of Marginalized Communities

Harisankar K Das¹, Dr. T R Kanmani², Sridhar R¹

¹PhD Scholar, ²Additional Professor, Department of Psychiatric Social Work, NIMHANS

INTRODUCTION

- Rapid digitalization in India has led to the emergence of a digital welfare state, aimed at improving efficiency, accessibility, and transparency
- However, digitalization has also introduced new barriers, particularly for marginalized groups like the transgender community, who face systemic discrimination, digital illiteracy, and a lack of resources (Chakrapani et al. 2018).
- Not more than 10–15 per cent of transgender persons have access to a digital device (Brindaalakshmi 2021).
- Additionally, the transgender population has only a 54% literacy rate (Census, 2011) and has only very low digital literacy.
- For the transgender community in India, this lack of literacy and digital literacy translates into an inability to use basic digital tools and skills.
- The study explores the lived experiences of transgender persons navigating digital systems, focusing on the National Portal for Transgender Persons (NPTP) under the Transgender Persons (Protection of Rights) Act, 2019.

METHODS AND MATERIALS

- Followed qualitative research design
- Participants – Transgender individuals
- Sample size – 12
- Sampling – Purposive sampling
- Data collection – Semi-structured key informant interview.
- Analysis – Thematic Analysis
- Location – Kerala & Karnataka
- Inclusion criteria - self-identify as transgender; who have experience or knowledge of digital systems; Interacted with National Portal for Transgender Persons (NPTP).

Key Findings

- Theme 1: Digital Divide and Lack of Access**
- Low ownership of digital devices and poor internet connectivity.
 - High illiteracy and low digital literacy.
 - Dependence on NGO's for navigating digital needs
- Theme 2: Complex documentation and financial barriers**
- Requirement of affidavits and supporting documents
 - Financial costs of legal documentation
 - Lack of family support leading to lack of basic IDs.
- Theme 3: Data Exclusion and Representation Issues**
- Binary gender categories in digital systems.
 - Misclassification under the "Others" category in datasets.
 - Under-allocation of resources and poor policy design.
- Theme 4: Privacy and Surveillance Concerns**
- Risk of data breaches and lack of data protection laws.
 - Linking of Aadhaar with health services causing fear of disclosure.



Figure 1: Process of applying for Transgender identity card in NPTP

IMPLICATIONS

- Exclusion from digital welfare services worsens social and economic marginalization.
- Lack of digital access leads to denial of fundamental rights and social benefits.
- Underrepresentation in data affects budget allocation and policy planning.
- Need for a community-based, rights-oriented approach in digital governance.

DISCUSSION

- The digital welfare model in India aims to enhance efficiency and transparency, but fails to account for structural inequalities & digital illiteracy
- Transgender individuals face additional digital barriers, making the welfare system inaccessible to them.
- The requirement for online applications for essential services creates new forms of exclusion.
- Legal processes like affidavits add financial burden and increase dependency on intermediaries.
- Transgender persons face misgendering, deadnaming, and discrimination from officials.
- Despite legal provisions against physical verification, medical and physical checks are still reported.

CONCLUSIONS

Blanket digitalization, without addressing structural inequalities, deepens the marginalization of transgender persons. Strong need for – inclusive policy design with community participation, alternative non-digital options, gender sensitization training for officials, improved digital literacy programs, and data protection frameworks.

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DIGITAL WELLBEING & MENTAL HEALTH

Striking the Balance Between Technology and Emotional Wellness

AUTHOR: ALBIN JACOB TONY

Bachelor of Social Work (BSW)

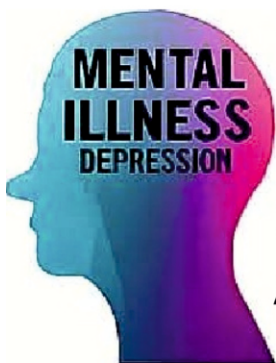
Acharya Institute of Graduate Studies,
Bangalore

INTRODUCTION/OBJECTIVES

The e-poster aims to highlight the significance of mental health and digital well-being by emphasizing technology impact on emotional and psychological wellness in a hyperconnected world.

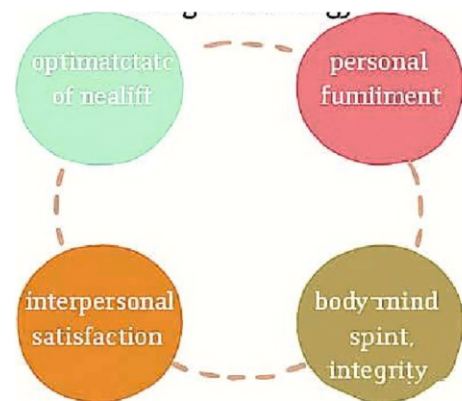
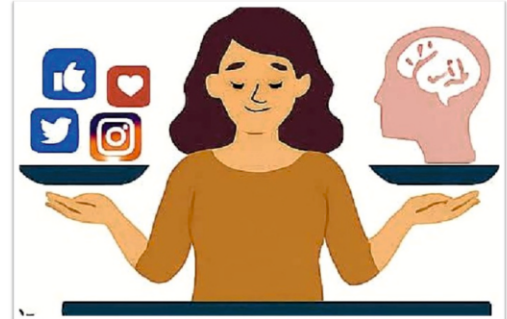
KEY FINDINGS/INSIGHTS

- Mental health includes emotional, psychological, and social wellbeing, not just the absence of illness
- Digital well-being involves balanced screen time, curated content, digital breaks, and real-world connections
- Overuse of devices is linked to anxiety, depression, sleep issues, and social isolation
 - Healthy tech habits lead to better mood, improved sleep, and stronger personal relationships



Digital wellbeing

A holistic approach to life while using technology



CONCLUSION/IMPLICATIONS

Mental health is crucial across lifespan and should be nurtured daily.

With rising screen time, especially among youth, digital wellbeing must become a core part of mental wellness and strategies educating individuals about mindful tech use can enhance overall life satisfaction and emotional resilience.

REFERENCE

Digital Wellness Institute

WHO, Mental Health

Definitions

SurveyPoint.ai (visual reference)

TITLE: IMPACT OF SOCIAL NETWORKING WEBSITES ON YOUTH

AUTHOR NAME: RAHUL KODABAGI

OBJECTIVES: IMPACT OF VIRTUAL SOCIAL NETWORKS ON YOUTH

Conclusion:

The users of the Social Networking Sites before becoming a member of the Social Networking Sites they should be aware about the misuses of Social Networking Sites and the users should be always remember that they should not be share the privacy. There are many uses of the Social Networking Sites therefore the users should try to learn the positive use of the Social Networking Sites. Social Networking Sites is for everyone and everyone can make the use of Social Networking Sites. One can use for study, business, information, guidance etc. Respondents should also be aware about the laws on cybercrime. Users should maintain the limitations in the Social Networking Sites. The users should be accept to those friends request to whom they know. Users should not be make friendship with person whom they do not know.

DIGITAL INCLUSION AND SOCIAL JUSTICE

Achor Adon Santhosh
Bachelor of social Work (BSW)
Acharya institute of graduate studies, Bang

Introduction/Objectives

The E-Poster aims to highlight Digi Inclusion from government reports, NGO publications, and academic literature.

Methodology

This poster is based on secondary research from government reports, NGO publications, and academic literature.

Methodology

This poster is based on secondary research from government reports; NGO publications; and academic literature.

References

World Bank Digital Inclusion Report; 2023

KEY FINDINGS

DIGITAL DIVIDE IN RURAL COMMUNITIES:

Unequal Access:

- Unequal Access
Rural areas often lack the necessary infrastructure like broadband internet



Affordability

Lack of digital skills and knowledge prevents individuals from effectively using technology

Gender Dimension of Digital Access

- Digital Literacy



DIGITAL EMPOWERMENT OF MARGINALIZED COMMUNITIES

Digital Literacy

- Access to Technology
- Gap in digital literacy skills
- Social and Cultural Factors



Conclusion

Digital inclusion is essential for social justice.

Investment in: Infrastructure, affordability programs, gender



Empowering Young People in India Through Digital Storytelling: A Strategy for Mental Health Recovery and Stigma Reduction

Authors: Mr. Sachin T S
Dr Muralidharan K
NIMHANS

Introduction

In India, stigma, insufficient culturally appropriate support, and limited understanding hinder young people's mental health¹. Digital storytelling is a powerful tool for self-expression, helping youth share experiences with mental illness, foster hope, and spark conversation². Initiatives like Baatchheet and It's Okay to Talk illustrate how these narratives enhance emotional connection and reduce stigma³. Qualitative research with thematic analysis is ideal for exploring how digital narratives empower youth and aid recovery⁴.

Objective

- To explore the strategies in which digital storytelling empowers young people who have experienced mental illness.
- To understand how such narratives contribute to personal recovery and reduce social stigma.

Methodology

Design: Qualitative exploratory

Data Sources:

Youth-led campaigns (It's Okay to Talk and Baatchheet)
Digital narratives from YouTube, Instagram, podcasts, blogs

Inclusion Criteria:

Youth aged 15–30

Narratives on mental illness, focus on recovery, empowerment, stigma

Sample Size: 20 publicly available stories

Analysis Tool:

Thematic analysis (Braun & Clarke, 2006)

Implications

- **Clinical:** Can be integrated into therapeutic practices for emotional processing and narrative therapy.
- **Practice:** Useful for social workers, counselors, and peer-support facilitators in community settings.
- **Education:** Enhances mental health literacy programs in educational institutions.
- **Policy:** Highlights the importance of creating safe, inclusive digital environments that support youth mental health advocacy

Conclusion:

From this concept, we aim to explore how digital storytelling acts as a psychosocial intervention in the mental health recovery process of young people.

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Review of Literature

Initiatives like It's Okay to Talk and Baatchheet demonstrate how peer-driven storytelling builds online solidarity and awareness (Barua et al., 2024). Research also shows that digital platforms bridge service gaps in low-resource settings (Naslund et al., 2019), support resilience (De Jager et al., 2017), and enhance accessibility for youth (Lal & Adair, 2014).

Prior studies have addressed these themes separately, this concept is among the first to integrate five sub-domains exploring how storytelling facilitates empowerment and reduces stigma an area still underexplored

Key Findings

The results of this study, once the actual analysis is conducted, are expected to reveal the specific procedure through which storytelling facilitates empowerment and stigma reduction.

The details are given below:

Empowerment & Voice

A sense of self-worth, independence, and validation can be brought through digital self-expression.



Recovery Stories

Stories of recovery, encouragement, and strength can lead to optimism and normalize help-seeking.



Social Interaction

Audience participation and comments can promote a sense of belonging and emotional support.



Reduction of Stigma

Myths were demolished, mental health issues can be accepted, and shame can be reduced via storytelling.



Strategies for Engagement

Awareness can increase by using resources including reels, vlogs, collaborative storytelling, and hashtags related to mental health.



A Stolen Childhood

By Oliviya S.J.

Acharya Institute of Graduate Studies

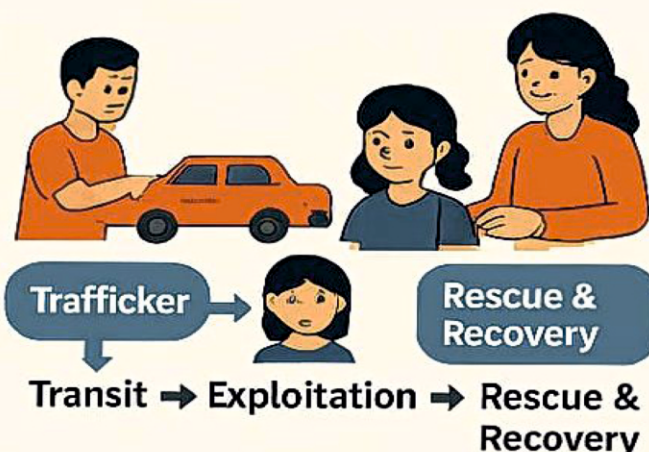
Introduction / Objective

Every 20 seconds, a child is trafficked. Millions of children across the globe are robbed of their innocence, safety, and dreams. This project aims to raise awareness about child trafficking, its consequences, and urgent need to combat this heinous crime

Keywords: Child Trafficking • Human Rights Violation
Awareness • Protection

Methodology

- **Data Collection**
Reports from NGOs, UNICEF, and government databases
- **Case Studies**
Survivors' Stories from India and abroad
- **Expert Interviews**
Social workers, police officers, and counselors
- **Surveys**



Conclusion / Implications

Child trafficking is a silent epidemic. But silence is not an option. With education, vigilance, stricter law enforcement, and community involvement, we can break chains and restore stolen

What You Can Do:

- Educate children and parents
- Report suspicious activity
- Support NGOs and rescue missions



Building Data Skills in Social Work Research: A Questionnaire Framework

Dr. Sangappa Vaggar^{1*}, Dr. Gundappa Devikeri ^{**} Vikram B Koakeri^{***}

Abstract :

Questionnaires are essential tools for social work research that facilitate the systematic collection of data on individual attitudes, behaviours, and experiences. However, if poorly designed, they risk producing unreliable or invalid results. This study outlines a comprehensive framework for designing, testing, and deploying questionnaires in social work research.

Introduction

Designing effective questionnaires is crucial for social work researchers, enabling them to gather relevant data and derive meaningful insights from their studies (Rea & Parker, 1992; Rowley, 2014). However, poorly designed questionnaires can lead to the collection of poor quality data, misleading conclusions, and recommendations that are not generalisable (Boynton and Greenhalgh 2004). Questionnaires serve as vital instruments in research, aiding researchers in gathering pertinent data on their research topics (Caduff and Ranganathan, 2023; Taherdoost, 2022). Questionnaires offer an objective methodology to collect information regarding people's diverse range of knowledge, attitudes, beliefs, and behaviours (Boynton & Greenhalgh, 2004).

Methodology

Questionnaires may not have standard measurement items, necessitating researchers to expand their validity and reliability (Drost 2011). Therefore, researchers should test the validity and reliability of questionnaires before use to ensure that the research methods are sufficiently robust to reproduce the results (Ranganathan et al., 2024; Tabuena et al., 2021). Pre-testing questionnaires before deployment is crucial for refining the instrument and ensuring that the collected data are meaningful and relevant (VAGGAR, 2024). Understanding the study group is also important for obtaining a good response to a questionnaire (Boynton, 2004). Careful consideration of item wording, response options, instrument directions, and item organisation is paramount (Gibson et al., 2020).

Results

The questionnaire design should focus on three main principles: wording, measurement (categorisation, coding, scales and scaling, and reliability and validity), introduction to the respondents, instructions for completion, general appearance, and length of the questionnaire (Annamalah et al., 2018). Researchers should consider user-friendly design, participant selection, the prevention of multiple responses, data management, and ethical considerations when creating questionnaires (Regmi et al., 2017).

Literature Review

The meticulous construction of questionnaires enhances the probability of acquiring data that can be utilised in the pursuit of objective, quantitative, and generalisable truths, which can then inform practical and policy decisions (Murray, 1999). To ensure that the questionnaires fulfil their intended purpose, they should undergo rigorous testing (Collins, 2003). Pilot studies are essential in this regard, as they allow researchers to assess the efficiency and effectiveness of (Tingle & Marsland, 2001). Developing questionnaires requires a systematic approach to ensure the collection of relevant and reliable data (Caduff Ranganathan, 2023).

Conclusion

The mean response rate was 72.1%, although the response rates were not related to questionnaire length (Sitzia & Wood, 1998). Response rates are crucial for minimising bias and ensuring the reliability of the survey results (Fosnacht et al., 2016). Researchers should take steps to reduce non-response bias through careful questionnaire design and administration (Cook et al., 2009). Researchers can expect a 40–50% response rate when conducting a general population health survey (Guo et al., 2016). High response rates can be achieved by manipulating all aspects of the data collection process (Dillman et al., 1974).





DIGITAL INTERVENTIONS/ AI & SPECIFIC LEARNING DISABILITIES

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES
(An Institute of National Importance)



DEPARTMENT OF PSYCHIATRIC SOCIAL WORK

Rita James*, Sojan Antony*, E. Sinu*, Hareesh Angothu**

Introduction

Specific learning disabilities being the most common neuro developmental disorders are largest categories of the students with special needs in the world. According to the APA (2018), SLDs refer to the ongoing problem in one of the three areas reading, spelling/writing or mathematics/arithmetic which are foundational to one's ability to learn. The prevalence of SLD varies from 5% to 15% worldwide (APA, 2013). Digital technology contributes to the development of academic skills in students with SLD

Aim and Objectives

To explore the various digital interventions for people with SLD.

- To assess the different types of assistive devices.
- To assess the different AI tools

Findings



Virtual Manipulatives



ClaroRead



DreamBox Learning



Smartpen



Video-based algebra courses



EDSense



ModMath



Educational E-books



Ghotit Real Writer

Benefits

- Improves academic performance
- Boost self-confidence, self-esteem, and independent learning
- Support personalized education and inclusive classrooms
- Help students to overcome barriers caused by SLD
- Reduce reliance on teachers and parents

Conclusion/Implications

These assistive devices and AI tools are highly helpful as it bridges the gap between caregiver,, teachers, and individuals with SLD. Social Workers can collaborate with educators to integrate these tools into classrooms, teacher-training, caregiver-training, empowering individuals with SLD, and vocational rehabilitation programs.

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Presenter
Rita James
Ph.D. Scholar
Department of PSW
NIMHANS

Guide
Dr. Sojan Antony
Additional professor
Department of PSW
NIMHANS

Co-Guide
Dr. E. Sinu
Additional professor
Department of PSW
NIMHANS

Co-Guide
Dr. Hareesh Angothu
Additional professor
Department of Psychiatry
NIMHANS



Connected Care: Virtual Group Support and Crisis Management in Medical Settings

Dr. T R Kanmani¹, Harisankar K Das², Sridhar R²

¹Additional Professor, ²PhD Scholar, Department of Psychiatric Social Work, NIMHANS



Abstract

The guidelines aim to provide social group work and crisis intervention in medical settings using advanced telecommunication tools. It ensures continuity of care, peer support, and timely crisis response, while promoting accessibility, cost-effectiveness, and ethical practice. The model addresses the psychosocial needs of patients, families, and healthcare providers in both routine and emergency situations.

Introduction

- **Growing Need for Digital Interventions:** Medical settings often face challenges in providing in-person psychosocial care during crises like pandemics, disasters, or geographical constraints.
- **Role of Technology:** Advanced telecommunication tools offer continuity of care for patients, families, and healthcare professionals.
- **Integrated Approach:** Ensures both preventive and responsive psychosocial support in hospital settings.
- **Benefits of Integration:** Enhances accessibility, reduces cost and travel burden, strengthens social support networks, and provides immediate response during emergencies.

Objectives

- **Ensure Continuity of Care:** Deliver psychosocial support to patients, families, and caregivers using advanced telecommunication tools.
- **Provide Emotional Support and Crisis Response:** Address psychological distress through structured group sessions and immediate crisis interventions.
- **Enhance Access and Education:** Facilitate peer support, networking, and psychoeducation for improved coping and resilience.
- **Maintain Ethical and Legal Standards:** Uphold confidentiality, informed consent, and professional guidelines in all digital practices.

Target Population

- **Patients:** With chronic illness, mental health conditions, or rehabilitation needs.
- **Families or Caregivers:** Requiring educational or emotional support.
- **Healthcare staff:** Facing stress and burnout.

Technology Safety & Ethics

- Use an encrypted platform
- Maintain professional boundaries and avoid personal device misuse.
- Adhere to the IT Act 2008, the Mental Health Care Act 2017, and confidentiality norms.

Platforms & Tools

Video Conferencing: Zoom, MS Teams, Google Meet, Telemedicine apps.
Secure Messaging & Email: For updates, follow-ups, and sending educational material.
Online Communities: WhatsApp/Telegram groups for peer and caregiver support.
Digital Records & Forms: Consent forms, session notes, progress tracking.

Tele-Group Work

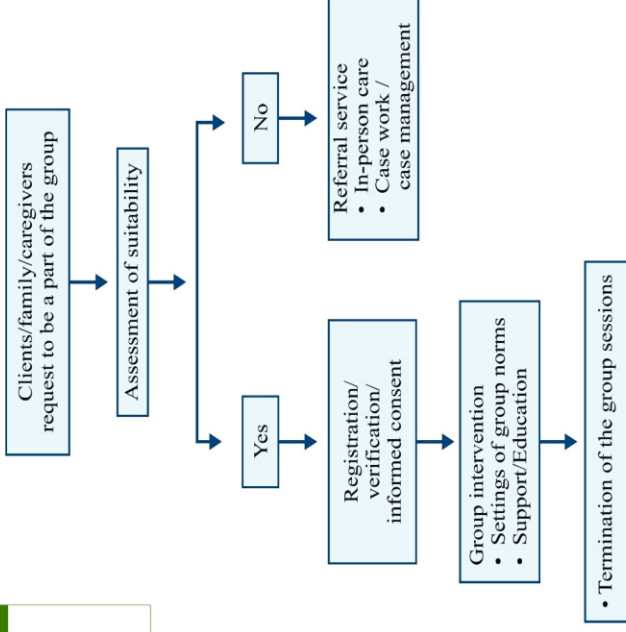


Figure 1: Flow Chart for conducting tele-social group work practice in medical settings

Conclusions

Providing social group work intervention and crisis intervention using advanced telecommunication tools in medical settings ensures accessible, cost-effective, and continuous psychosocial care. This approach empowers patients and caregivers, facilitates peer support, and provides timely crisis response while upholding ethical and legal standards.

Figure 1: Flow Chart for carrying out crisis intervention using digital tools

Monitoring & Evaluation

1. Use online feedback forms after each session.
2. Track engagement and outcomes through digital dashboards.
3. Conduct supervision via teleconferencing for quality assurance.

Crisis Protocol

1. Have an emergency plan: nearest hospital contact, helpline numbers, family contacts.
2. Use Psychological First Aid (PFA) via telecommunication during acute distress.

About the ISPSW

The Indian society of professional social work (ISPSW), formerly known as the Indian society of psychiatric social work, was established in 1970. Registered under the Karnataka societies Registration Act 1960. The ISPSW, in its 55 years of existence, has conducted and reputed institutions across India. IN addition ISPSW regularly publishes the national Journal of professional social work.

<http://www.ispsw.org.in>

About Department of social work Bengaluru city University

The Department of social work at Bengaluru city university is committed to nurturing socially conscious professionals equipped to address complex social challenges. Offering both BSW and MSW programmes, the department blends classroom learning with intensive fieldwork, community engagement and research, with a focus on human rights, social justice, and sustainable development, students are trained to become effective change agents in diverse settings such as healthcare, education, NGOs, Human Resource Management, and policy – making institutions.