

Culture-Fair Method of Behaviour Modification: An Activity Rescheduling Technique

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Abstract

It is a theoretical and empirically based psychological intervention program that can be used across cultures. In the competitive world neuropsychiatric problems are increasing day by day. To cope with these problems, non-pharmaceutical methods are generally recommended. The available intervention methods are largely based on ego psychology. The latest intervention method is the "Family interactive model" where the interaction of the client with family is improved to minimize the agony of the subject and his family. This later model is easy to teach and practice with transparency and encouraging results. This method is suitable for children, adolescents, and adults with mental, chronic neurological/ physical problems, and is culture-fair. A newer method was devised based on the Family interactive model' called the Activity Rescheduling Technique of daily activities, in the year 2010 and was presented at the 3rd International Conference on Positivism held at Amity University Jaipur, India. The proposed method can be taught to nursing staff, school teachers, and counsellors. It is easy to administer and easy for the subject to practice at home, interacting with designated family members. Some of the important activities, separately for children, adolescents, and adults were developed. In addition, a brief relaxation exercise for 5 minutes duration is proposed. Before administering the 'Activities Rescheduling Program', a brief history of family members living together, and a history of activity the client does almost regularly is recorded, And a brief psychological test, choosing amongst health questionnaire or behavior checklist, and a short intelligence test [like Colour Progressive Matrices, may be administered. There after activity rescheduling program is advised with strong words that do these activities regularly and see how 'change, changes everything in life'.

Keywords: Psychological Intervention; Treatment Program for Minor Behavior Problems; Neurotic Illness and Treatment; Activity Rescheduling Technique; Family Interactive Model; Relaxation Exercise

Abbreviations

ADHD: Attention Deficit and Hyperactivity Disorders.

Introduction

The number of subjects [both adult and children] is suffering mental health problems leading to loss of working

hours. In a National Mental Health Survey of India, 2015-2016. Murthy RS, [1] reported current mental morbidity of over 10% excluding suicidal risk in another over 6% of cases and childhood disorders in the country. This report also highlighted insufficient mental health services in the country. Murthy; chief of the survey opined that suitable non-pharmaceutical, family-based alternate helping strategies need to be developed to handle such problems in the

community itself. Sengar KS, [2] in his editorial emphasized developing appropriate strategies to handle such problems. He further remarked that in the last three to four decades, the onus had shifted to therapists assuming the responsibility of adopting to meet the requirements of the client hailing from a diversified culture.

Family Model in the Development

Psychological principles have been utilized for the correction of behavioral and emotional problems for a long time now and in behavioral sciences from the time of Sigmund Freud who promoted the psychoanalytic principle. Corey G [3] said, "In the 1960s and 1970s, psychodynamic, behavioral, and humanistic approaches [called the first, second, and third force, respectively] dominated counseling and psychotherapy. Today, the various approaches to the family system represent a paradigm shift that we might even call the fourth force". Family system therapies were based on interactive processes of the subject with his family members that were generalized to society and interjected within to show positive effects. The psychodynamic, behavioral, and humanistic approaches had been individualistic by and large whereas family interactive approaches were interactive approach. The main differences between individualistic and family interactive systems are shown below in the table.

Thapa K [4], during her HN Murthy Oration, delivered at the 44th National Annual Conference of the Indian Association of Clinical Psychology held at the School of Humanities and Social Sciences, Gautama Buddha University, Noida on 25th February 2018 said, "Familial self is characterized by, symbiosis-reciprocity [which includes intensely emotional relationship, a 'we-self' that is relational in nature], and the narcissistic configuration of 'we-self' denoted self-esteem derived from identification with the family and other groups and a socially contextual ego ideal". The spiritual self in her view was a basic assumption in Hindu culture and was psychologically engraved in the preconscious of all Indians.

Emotional/behavioral problems might be specific to the situation or might be generalized over a while. Two concepts were central to the understanding of family pathology these were:

- The double bind and
- Family homeostasis.

Double Bind Theory [5] concept evolved based on research

on schizophrenics and it referred to the contradictory messages conveyed to the subject. A subject/ victim in the family receive contradictory messages which makes it impossible for the subject to act consistently and satisfactorily. Whatever course he takes he loses. The young subject may be told that he should be more assertive and stand up for his rights at the same time; he discovers that he is expected to respect his parents. What was asked in words was contradicted by the gesture. In the normal course of life, this was often observed to be operative in the families where both parents were working. It was also observed that in a joint family system where aged grandparents were also living, contradictory messages were passed on to developing school-going children. They expected from the child a different mode of behavior than what they expressively asked him for. The mother may express love and affection but as the child approaches, draws away. In modern societies, children from the age of 3 years are expected to excel in cognition not in emotional and behavioural harmony. Such contradictory messages often involve different levels and modes of communication and may cause maladaptation and the adoption of unhealthy defense mechanisms.

Family homeostasis [6] was another concept that arose from observations in family therapy in which it was noted that disturbance might appear elsewhere in a family if one member's condition improved. Thus look at the family as a dynamic homeostatic system that tends to maintain stability when threatened. Hence to bring about a better level of functioning in family members, the family system must be influenced as a whole rather than its component members.

Because of family dynamics and double bind some of the subjects may become different than others in the family and may become stress-laden. They are the scapegoat of family pathology. Coleman JC, [7] said that a maladaptive lifestyle is typified by anxiety and defense-orientated avoidant behavior. He further emphasized that basic to this neurotic lifestyle were

Neurotic nucleus: the faulty evaluation of reality and tendency to avoid rather than cope with stress and

The neurotic paradox: the tendency to maintain this lifestyle despite its self-defeating and maladaptive nature Table 1.

Individualistic Model	Family Interactive Model
Focuses on individual alone	Focuses on the individual in the family
the diagnostic formulation is essential	The diagnostic formulation is the least essential but the exploration of a family system and interactive style is essential, perhaps using a genogram
Based on the psycho-dynamic orientation	Based on the interactive model in the family and learning undesirable adaptive skills for survival in the family
Based on the premises that the patient is responsible for his problem and has the potential to resolve his problem with the help of the therapist	Based on the premises that the client is the scapegoat of family pathology and the faulty family interactive system can be corrected
Confidentiality of the sessions is maintained. Parents [family members] do not know what conspires between the therapist/counselor and the patients	It is completely transparent whereby family [parents] do interact with the client under the guidance of the therapist but family secrets are kept confidential
In this system; sessions are conducted with patients alone and the family members are not allowed to interfere with the therapeutic process	In this system, family members participate as co-therapists under the guidance of the therapist
It is time time-consuming process	It is less time-consuming
Cognitive ability in the form of analytic-synthetic ability is a must for inflicting benefit on the patient	Operationalization of cognitive ability is minimally required for positive/ desirable effects in the client
The therapist is credited for the recovery of the patient]Family [parents] is credited for the desirable shift in the interactive adaptive process of the client
it is less objective and transparent to induce changes in family style	it is more objective and transparent to induce changes in family style

Table 1: Difference between Individualistic and Family Models in the Treatment.

Objectives and Purpose of the Study

To develop a simple, transparent family-based interactive therapeutic model to manage emotional, behavioral, and neurotic adjustment problems in children, adolescents, and adults.

Rationale for the Proposed Model

Based on the review, presented in the introduction following rationale was kept in mind for developing the system:

- Individual problems did not exist in a vacuum and family members tended to contribute to each other's functioning. Bringing the entire family into treatment alliances would be beneficial, for both the client and family members.
- The family system was a significant element in the well-being and functioning. Families perform vital socialization tasks establishing positive encouraging and reinforcing bonding or attachment to each other. Each member of the family was a biological unit, built of a nervous system as a survival device, coupled with endocrinal functioning responsible for interpreting the stimuli and responding in a personalized manner using the mechanism of 'fight' or 'flight' arousing intense emotions, both positive and negative. Each individual was unique in his perception of

cues received and responding to them depending on the social environment.

- The techniques used in this model focus on increasing family bonding to increase desirable behavior and decrease undesirable behavior using logical sequencing rather than affective patterning.

Planning to Develop

Based on working with psychiatric patients for decades and discovering areas of functioning that had been irking the family were identified. The identified areas of disturbances in routine were, late sleeping -late awaking, poor hygiene, and personal care, low awareness of current news, preferring to avoid communication or fear of speaking, preferring to be alone take meals alone, carelessness in socialization, poor impulse control, not caring for others, inability to control anger, etc. fearing criticism from them. To bring improvement in these areas certain activities were listed and a brief relaxation exercise was developed.

Administration

Each subject was interviewed along with family members to elicit

- A history of problems, and treatment sought with

the result. It might include how these problems were affecting his routine functioning [activities];

- Histories of academic achievement, vocational engagement, and marital adjustment;
- History related to family constellation including their education, working status, and time of going and coming back to home along with their emotional and interactive lifestyle;
- Enquire detailed schedule of daily activities of the subject in term of clock time of going to sleep and leaving the bed in the morning, time spent on morning activities, time spent on TV/ laptop/ cell phone, clock time of going and coming after meeting friends/ college /workplace, etc., time spent on news reading, outdoor play [account of 24-hour's of his daily activities].

Thereafter administer two brief tests [a] one, choosing amongst health questionnaires that takes only 2 3 minutes in administration and should have been in colloquial vernacular language. The author has been using the PGI Health Questionnaire [8]. The second amongst perceptual and logical acuity. The author has been using Raven's Colored Progressive Matrices [9]. This takes nearly 5 minutes and

can evaluate the IQ of an adult person by converting the score into the standard score. These two tests may be again repeated after 2-3 months of treatment to see the effect of treatment adherence.

During the first visit after completing history taking and administering two simple tests; prescribe three activities that are simple to be performed by the subject, explain the purpose of these activities, and request to come again after one week for follow-up. Inform the subject that on follow-up, relaxation exercises will be administered to him. On follow-up, review the adherence of management. If the subject cannot do any activities then reinforce the need to do prescribe activities regularly for positive results. Three activities were prescribed in the first initial interview that he could not do, now add two more activities to the list and ask him to choose any three that he thinks he will be able to do. And administer relaxation treatment. At no point in time restrain the subject from abstinence from certain activities except for the use of addictive substances. Ask him to come again after two weeks if he can do these prescribed activities else should come after one week Table 2.

Activities for Children	Activities for Adolescents and Adults
1. Supervised physical games	1. Morning walk without mobile phone
2. Drawing five minutes each day	2. Excess intake of water before breakfast
3. Training in dressing and undressing	3. News reading and narrating
4. Words writing	4. Daily bath>puja>breakfasts
5. Communication skill	5. One meal together
6. Identification of currency coins	6. Petty shopping [with spouse if married]
7. Reading clock time	7. Verbal interaction with male authority
8. Colour identification	8. Watching TV together [for the married couple]
9. Delay demands	9. Stroll together after dinner [for married couples]
10. Avoid criticizing and negative commands	10. Remove electronics from bed before going to sleep
	11. Brief Relaxation exercise twice a day

Table 2: Proposed Activities for Children, Adolescents and Adults.

Rescheduling for Children

Assessment and Administration of Rescheduling

Evaluate each child for his sensory-motor development, adaptive skill, and level of his IQ. The subject might be suffering from intellectual disability, ADHD [attention deficit and hyperactivity disorders], learning disability [10]. Autistic spectrum disorder, and other neurological-developmental or psychiatric conditions. The diagnostic assessment however is least important. More important assessment requires family constellation and parental daily routine. Based on

child and family information an activity schedule is prepared for the child, choosing two or three activities for the child. How these activities will be carried out is given below. The interactive process is more important than activities alone. Ask the parents for a follow-up alter 10-15 days, to review whether activities are carried out as suggested. Add one or two actives on follow-up visits depending upon adherence to earlier scheduling. If required similar activities can also be formulated by the counselors.

Supervised Physical Games: The mother will take the child to a nearby playground and will play with him and watch him.

The activities prescribed to the child by the mother could be throwing a ball and asking the child to bring it back. Again do it and ask the child to do it fast. Or it could be rope skipping in fast mode. Or the mother runs and asks the child to catch her or sometimes the child can be instructed to ride on a tricycle or bicycle and drive it fast and fast. Mother should always either be participating with the child or playing with the child. She is not supposed to carry the child on the ground and get herself busy gossiping with other ladies or involving herself in knitting etc. These activities are supposed to be continued till the child is tired, or nearly for 20 to 30 minutes every day without a break, seven days a week. She must involve herself in doing these activities with a smiling face so that the child learns to be happy, no contradictory messages are delivered. While returning home after doing the above activity, the mother will entertain him by giving him a coin of RS. 5/ or 10/- and will show him a shop and will ask the child, to go there and buy a toffee of his choice or take ice candy of your choice. The mother will watch the child but will not accompany him. [As far as possible this activity is not transferable, only the mother has to involve herself with the child].

This entire activity will make the child active and smart, increase obedience and confidence, improve interaction with unfamiliar persons, and develop a sense of responsibility and decision-making. Mother-child bonding and a sense of belongingness will improve. The child's hyperactivity and restlessness will decrease and thus may help in increasing attention concentration.

Drawing Five Minutes Each Day: This activity again will be supervised by the mother. The mother will provide a paper and a pack of sketch pens [colored pen] to the child and will ask him to make whatever he desires on the paper. If he cannot do then the mother may draw a circle and ask him to fill it with the color of his choice, or draw a profile and ask the child to add arms, legs, and ears to the profile [or any other similar activity using color on paper but not the school's home assignment]. Mother will sit with the child watching him; with no work in her hand. On the expiry of five minutes, the mother will instruct the child to write today's day and date on the paper [if the child cannot do this, she will write with her hand] and ask the child to file it. The child may be provided some edible of his liking, [like toffee/ banana/ sweet / ice candy, or may be allowed to watch TV/ cartoon film, etc.] as a token of reward on completion of this work.

This activity will help improve attention concentration, promoting opportunities for outlet anger/ aggression and motivating him to excel. This activity may reduce distractibility and over-activity of the child over a few weeks of practice. The mother will also learn to control her impulsive behavior by sitting near the child without any

work and without criticizing.

Training in Dressing Undressing: Children with low IQ are never trained in this activity. Mother should train the child. Ask the child to stand in front of the dressing table and first try to unbutton and ask the child to do the same. If the buttons are bigger than the holes then replace the buttons or make the holes comparative. Repeated practice can make the child do the desired activity. Praise the child or give some other reinforcement.

Words Writing: If the child can read and write then again mother will sit with him for a few minutes and will provide a paper and a pencil. She will write a letter of the alphabet of the preferred language on the top of the paper and ask the child to write 8 or 10 words that start with that letter. She will instruct the child to write neatly with equal distance amongst letters and all letters should be of the same size. The mother will not prompt but can encourage him to find words himself. If spelling is wrong even then mother will not say so. She will continue to sit along while watching him. When he throws, the mother will take a pen of red color in her hand and will cut a word that is wrongly spelled and in front of that she will write the correct spelling while the child is watching her doing correction [she will not criticize the child for writing wrong spelling]. She is not supposed to say it is wrong. The child is watching the mother's correction thus he will come to know where he was wrong. She will then ask the child to write today's day and date at the top and file it.

This exercise will promote imaginativeness; searching words himself and thus will optimize his potential. The child will come to know about his mistakes without criticism of the mother. He will learn to write neatly and cleanly. It will boost his confidence. The mother has to resist her impulsive behavior while correcting; this will promote the feeling of trust and faith. This exercise helps children suffering from learning disability.

Communication Skill: This is the task assigned to a father or male authority figure. In this activity, the male authority figure usually the father asks three to four questions of general knowledge from the subject. The important thing is that the child should give a complete answer 'speaking loudly' and 'stretching or prolonging the sentence'. The question should not be related to his school work or study. A few examples of questions are: What is the function of the ear? The answer should be 'function of the ear is hearing' and what is the color of the banana? Answer: yellow is not the complete answer. It should be the bananas are yellow or the color of the banana is yellow. How many inches are there in a foot? A foot consists of 12 inches. How many paisa are in a rupee? There is a hundred paisa in a rupee. How many days in a week? The complete answer should be, there are seven days in a week. Which animal gives us milk? The answer should be 'cow or buffalo gives us milk'. Questions should be asked from simple to difficult. These questions should be such that are

required in daily practice and require brain searching for the child. Male authority should ask these questions regularly except when he is not in a good mood. However, ask these questions regularly with a smiling face. Without criticizing the child if he does not answer. If a child is not giving a full answer; tell him the complete answer and ask him to repeat. To win over him, some reward may be given on completion of this exercise. Reward/ reinforcement should not be given at the start of this exercise. This exercise works in many ways. It helps both the subject and his father to improve their acceptable/desirable behavior. It improves bonding with male authority. It helps in correcting articulation and minor speech defects. It helps children to develop confidence and proper communication. It helps the child in improving interaction with classmates and peers because the child asks the same questions from his friends and then comes to know that he is better than others. Prolongation in communication helps in impulse control thus reducing anger and aggressive behavior. It also helps male authority in controlling his anger consciously/ voluntarily. Thus improves his socialization in a family setting.

Identification of Currency Coins: Depending upon the age of the child, the mother should train the child in the identification of currency coins. Make this activity an interesting play. Pour the coins on the table from the purse, separate coins of different denominations, and ask the child to help her in sorting the coins. Doing this activity for a week or two, the child will learn to identify coins. How long it will take to learn will depend on the IQ level of the child.

Reading Clock Time: Nearly 8-9-year-old children can learn reading time from the armed clock [not a digital watch]. If an individual cannot read it, you are supposed to teach him this activity. Take a clock, write 5, 10, 15, 20... Up to 55 against Figures 1, 2, 3... 11. Teach the child to read the numerals near the small needle and read the numerals that are nearer the longer needle. Small needles represent the hours and longer needles represent the minutes. After training the child for a week or two, Put this habit into practice by asking several times a day what is the time. This way child will learn generalization and will feel happy that he can do it.

Color Identification: If the child is around 5-6 years old and cannot identify colors, the mother has to train him using the method of pairing. The child does not recognize the colors but can recognize vegetables, fruits, and common articles of dressing by name. Make a habit of using a pairing technique where she will use the name of the color first then the name of the object, like bringing a red tomato from the freeze, bringing the black shoes from the rake, bringing a yellow lemon, etc. This way the child will learn color identification.

Delay demands: All of us try to fulfill the demands of children as quickly as possible. This makes the child stubborn, impulsive, demanding, and at times throwing a temper. Train him to postpone even his biological needs. If the child says he wants to go for passing urine, ask him to wait a while and

let me clean the pot/ washroom. If he is hungry and cries, ask him to wait for his father. Do not try to fulfill his needs instantly. This way he will learn impulse control.

Avoid Negative Commands: Family members are advised to avoid giving negative instructions to the child to shape his behavior. Instead of saying do not tell a lie, try to speak the truth. Instead of saying don't do this, say do this. Instead of saying don't play with it, say play with that. Parents should be made conscious of the fact that all of us have been trained with negative commands from generations. It is difficult to convert all commands into positive but try to convert at least one command a day into positive. It will be your success and it will have an impact on your child. Never criticize the child that may create a negative feeling.

Activities for Adolescents and Adults

Morning Walk without Mobile Phone

A large number of subjects continue to sleep till mid-day. Their parents get annoyed with them. Efforts should be made to correct this habit first. Ask the subject, to get up early in the morning [nearly 30 minutes before the sun rises] and go outside the house [living premises] without a mobile, for a jogging / brisk walk. The client is to assume responsibility for getting up early; it should not be the duty of family members to wake him/ her. However, if the client requests the family members they may assume responsibility for awaking him/ her. It should be seven days a week, no Sunday, no holiday, or no festival day. Subject may be allowed to go to sleep after completing morning walk.

Advantages of this Activity: This activity might bring a positive change in the subject of getting up early in the morning. Many of the neurotic/ maladjusted subjects were observed keeping asleep till about mid-day. This could make them late for their work and they keep on feeling tired the whole day. Their family members kept on nagging them for their bad habits which further made the subjects feel that family members were not cordial, and not able to understand the problem the subjects were facing. Morning walks usually help subjects to feel fresh for the whole day. After a few weeks of regularity, they might start feeling confident of themselves that they could get up early. This activity thus works to improve a positive, acceptable lifestyle. Not carrying a smartphone had another advantage in that many of the subjects had feelings of insecurity when they were alone. They had a dependency need. They sometimes argued that keeping mobile would help them ALERTING someone in case of emergency. The therapist might encourage them that nothing would happen in half an hour. This might lead to developing a feeling of independence. National Institute of Health [11] in its health capsule reported that walking in the morning might lower the risk of high blood pressure,

heart disease, and diabetics and help to maintain a healthy weight and improve mood'. UandBlog [12] reported seven advantages of morning walk. These advantages were:

- Weight control,
- Fight against cancer,
- Energizes the body,
- Reduce heart disease,
- Gives better sleep,
- Improve brain power,
- Fight against diabetes.

Excess Intake of Water in the Morning

Ask the subject to consume excess fresh or lukewarm water in the morning after leaving bed. The total quantity of intake of water in the morning should be about one liter. This could be spread into 2 or 3 doses if required but should have been taken before breakfast or before going to work. The subject could consume a glass of water while going on a walk, another glass of water on return from the walk, and a third before bath and breakfast. Make it clear to the subject that it would help to improve the digestive system, metabolic rate, and complexion and will reduce fatigue, headache, and tension.

Advantages of this Activity

There are many advantages to drinking enough water in the morning. It could be a matter of change in habit. In many patients with psychological disorders; constipation, headache, and fatigue were observed to be associated problems. Taking enough water in the morning prevents and relieves constipation, improves physical performance, and has a major effect on energy levels and brain functioning. It might work like filling the tank with fuel in the morning and consuming it whole the day without worry. Leech Joe, [13] reported 7 science-based health benefits of drinking enough water. These benefits were

- It helps maximize physical performance,
- Hydration has a major effect on energy levels and brain functioning,
- Helps to prevent and treat headaches,
- Helps relieve constipation,
- Drinking water may help treat kidney stones,
- Prevents hangovers and
- Helps with weight loss.

News Reading and Narrating

Ask the subject to make a habit of reading the newspaper for 30 to 40 minutes daily, any time of the day but not in the office or not at the workplace, not at the dining table, and not when the subject was in a hurry of doing something else or going on some assignment. After reading the newspaper, he/she should narrate four important but different news items

either to himself or to a female authority of the family. If the subject was narrating to someone else then, three important ingredients should be kept in mind:

- It should be a complete sentence with logical sequencing,
- Speaking a little loudly and distinctly, and
- Each sentence should be prolonged/ stretched. For example, if the subject says, 'India has won'. But it is an incomplete sentence; rather he should say 'India has won the cricket match, played between India and Australia in England'. The person who was listening to the news, should not criticize the subject by saying, it was not the correct news. The listener could ask the subject to elaborate on the news to make it completely meaningful with sequencing or reference. The listener should have no work in her hand while hearing the narration of the client/ subject.

Advantages of this Activity

Reading newspapers could be the best source to improve concentration, memory, and communication skills. It would also boost the confidence and horizon of current information he already had. Narrating to a domineering figure would improve the interpersonal relationship and learning to control impulsive behaviour in conversation. While the horizon of current information improved it would help in establishing workable effective communication with colleagues, friends, seniors-juniors, and others in public dealing. Prolongation of sentences might help the subject in controlling his impulsive [involuntary] behavior. Negative information is as important as positive for adaptive behavior and as a source of knowledge carrying factual information. We must be prepared for good as well as bad in our lives. One of the websites [news-magazines.knoji.com] had many advantages of news reading, some of these were: it provides information and general knowledge, makes a good habit, and is already part of modern life. Reading newspapers enables us to take part in every discussion about the world's current affairs; it eases us to relate to others who often talk about current events. Another website edited by Assunta NG [14] wrote. Reading news helps to develop an open and critical mind, it helps slow down aging, it enhances creativity, it inspires finding solutions, and it helps improve language skills. Trombetta S [15] reported, learning changes the physical structure of the brain, these structural changes, alter the functional organization of the brain; in other words, learning organizes and reorganizes the brain, and different parts of the brain may be ready to learn at different times. It expands attention span, increases working memory, rewires the brain to create a new white matter, and heightens brain connectivity. Nevertheless reading a newspaper and making it a habit, makes a difference in interpersonal relationships and involvement with others.

Daily Bath → Puja → Breakfast

Ask the subject to have a daily bath, and do some religious rituals for one or two minutes. It could be reading a few lines from a religious book practiced at home, reciting the name of his/ her preferred deity/god/goddess a fixed number of times, or lighting fragmented sticks or lamps [Deepak] and chanting some lines from memorized religious script in standing or sitting posture but before taking breakfast in the morning [or first meal of the day]. Instruct the subject to follow it seven days a week. If for some reason this activity could not be carried out then the subject would not take his breakfast/ first meal voluntarily as self-induced punishment, but he would take his lunch and dinner as usual.

Advantages of this Activity: In addition to change in habit and inculcating a sociocultural and family-approved activity it had many other advantages. Significant among them was learning 'time management'. This activity might create faith in God an ultimate source of solace in disgrace. It could be a source of inner energy and faith in someone who would not harm. It might teach the fear of wrongdoing. Archer M, [16] reviewed researches published in 2016 and found that religion had an overwhelmingly positive relationship between religiosity and numerous measures of emotional well-being. After reviewing 3000 scholarly articles, Stefano L, et al. [17] found positive effects of religion/spirituality on a variety of conditions of health outcomes including, faster recovery from depressive episodes, and lower rates of suicide, and lesser abuse of substance dependence, greater well-being, and self-reported happiness. Archer M [16] concluded, "The benefits of religion to mental health are consistent across age, race, gender, nationality, and socioeconomic status. Religious coping is an advantageous tool in mental illness recovery that is free, accessible, and effective." National Health Portal, India in an article [18]; on spirituality and health, mentioned that patients suffering from chronic illnesses such as cancer may benefit in alleviating their suffering from spirituality and religious practices. The same papers also wrote that religious practices could be of help in curing and preventing physical and mental illnesses and are essential in promoting a healthy lifestyle.

One Meal Together

Ask the subject and request the family to have one meal together [preferably dinner] when each member of the family is back home after their day-long work. Also, explain the procedure that

- Everyone should sit together on the dining table or mat on the floor facing each other,
- Switch off television/ radio, and keep mobile away or on silent mode,
- No discussion, no criticism of the food, no demand of chapatti/ vegetable or of drinking water [serve yourself],

no talking together,

- Start and finish meal simultaneously. Encourage the family to take meals together, sitting together with all members in the family or a maximum number of members with the subject [index member who needs support]. Ask everyone to postpone or pre-pone the evening engagement for dinner together.

Advantages of this Activity: Eating together promotes family solidity and an opportunity for family members to come together. This activity strengthens ties and builds better interpersonal relationships within family life. Each of the members starts building a sense of belongingness which leads to better self-esteem. It organizes the family, regularly bringing family members together and contributing to their physical, mental, and social well-being. Nowadays everyone is excessively busy watching TV, spending time on mobile, and working on the net. If during a meal for 10-15 minutes, one shuts these gadgets regularly it would bring a positive lifestyle change, promoting a good habit. When one watches TV or pretends to be busy on the phone, during a meal with others, it symbolizes emotional or psychological avoidance of others and when one is busy internally and in a hurry to finish the meal, he does not enjoy the food, does not enjoy the taste and does not chew it properly. After practicing this model for a few weeks, everyone in the family starts realizing a feeling of friendship where no one is criticizing each other. Starting and finishing meals simultaneously change the habit of taking care of others as well instead of being self-centered.

Petty Shopping [With Spouse If Married]

Ask the subject to go to the small market in the neighborhood [not the mall or big store], for petty shopping and for bringing articles of daily needs. Emphasize, the subject to enquire rate and adjudge the quality of commodity to be purchased. Enquire it, from another shop also. Choose the shop with the best quality and rate. Look at the weighing balance [machine], as to how many grams or kilo grams he is weighing. Calculate money, how much you need to pay him, or how much he would return you if you had given him a currency note of higher denomination [value]. If it was a packed commodity, read for the expiry date, weight, and price written on the pack. Do not purchase a commodity nearing to expiry date; do not purchase a pack that is of higher or smaller weight disproportionate to serve your family's needs. Again calculate how much you need to pay and how much you will get back. If the dealer has given you a cash receipt, check it and calculate [get it corrected for any omission or error, before making payment]. Make the shopping 'a pleasurable/ inter-active activity' rather than a work or burden on your shoulder. When returning home, entertain yourself with softie/collapse/ chat-pakori/tea-coffee/ juice/ or whatever interests you but the amount

spent on such activity should be a meager one. In the case of married people all the above activities should be done by the index subject and another unit of the couple will accompany the subject. While entertaining on return, the choice of eating should be decided by both but on alternate days. Walk together side by side and on the way avoid argument and criticism of each other. Reaching home make an account of expenditure incurred and check the balance in hand.

Advantages of this Activity: This activity has many advantages, like

- A change in habit and finding time for the welfare of the family, doing something for other members of the family, thus inculcating the feeling of contributing to the family.
- It helps in improving interaction with unknown persons and helps to improve tolerance because sometimes a small shopkeeper can talk rudely.
- It makes you attentive and engrossed in the process by watching, calculating, judging, etc.
- It may bring stability in the habit of doing things at ease rather than doing them impulsively/ quickly.
- It can boost confidence in remembering and calculating when one writes an account of expenditure and finds it is correct.
- It boosts confidence in each other when one entertains each other returning home, an unspoken gesture of 'I care for you, you care for me'.

Verbal Interaction with Male Authority

Request the subject and male authority to ask four questions of general knowledge and current information from each other. This activity has been mentioned in earlier reports also. The modus operandi was to request the subject and father to ask four simple questions of general and current information that had some relevance to routine living with each other with smiling faces. The respondent should give a complete answer, speaking loudly and starching [prolonging] the sentence. For example, if the question was, 'How many paisa in a rupee?' The answer should be, 'There are 100 paisa in a rupee'. Where does the moon rise? The answer should be, 'moon rises from the east'. How many coins of five rupees will come in one five hundred rupees? The answer should be, 'One hundred coins of five rupees each will come in five hundred rupees'. How many centimeters a foot [scale] consist? The answer should be, 'One foot consists of 30 centimeters'. Meter is longer or yard is longer? Answerer should be, 'Meter is longer than yard'. This activity should be done daily but not on the dining table and not hurriedly. Do it when both [subject and male authority] have time and are in a pleasant mood. If the respondent does not know the answer or gives the wrong answer, explain the answer logically in a smiling/ friendly manner, and do not get angry. Avoid questions, geared to pin down the respondent [19-21].

Advantages of this Activity: Interaction with male authority in a cordial situation is an important activity to improve fluency in communication skills without fumbling, bumping, and fuming. It provides a learning experience to adjust and to have confidence in conversation. During the pre-TV/ mobile era, this activity was done through telling stories to each other. Now no one has time to sit with each other on the pretext of cognitive development of the youngers at the exclusion of social and emotional well-being, arguing lack of time to youngers because they have other important activities like attending tuitions, doing academic assignments at home, or preparing for a competitive exam that too sitting away from family members. No one knows about the outcome of these activities. Another limitation evoked by modern communication development was using shorter forms of conversation learned through SMS messaging. Short forms of communication might be misinterpreted causing irrelevance or incoherency in conversation, reinforcing the subject to become segregated or to prefer to cut off himself from usual socialization. To counteract these pitfalls the proposed activity of asking questions and responding appropriately seems to be a logical strategy.

The advantages of this activity are numerous like improving faith in authority, better communication skills, improvement in knowledge, developing the skill to scratch the brain to recall required material from a subconscious level, etc. Learning to speak complete sentences a little loudly, minimizes the chances of misunderstanding and indicates confidence in communication/ expression. Prolongation of sentences minimizes many minor speech disorders like articulation defects and stammering. It restores confidence in communication because prolongation means speaking consciously/ voluntarily and speaking fast is an involuntary response. This activity helps the scratching mind to find the answer to the question asked and thus learns to recall old material pushed back in the subconscious because of disuse. Skills acquired through this activity could help to improve communication with friends and colleagues at work. It would help in socialization and adjustment with authority. It is a process of impulse control in general.

Watching TV Together [For Marred Couple]

This activity is generally prescribed to young married couples having difficulty in their conjugal relationship as a part of psychiatric morbidity or adjustment problems owing to different ideologies and expectations from each other. Ask the subject to watch TV together in a sitting position for 30 minutes at least. Explain that sitting together means, sitting side by side and rubbing shoulders. The choice of channel may be changed on alternative days. One day wife will choose the channel of her liking and the husband will watch this program without making faces and will verbalize that he is

enjoying this program [irrespective of the fact whether he likes it or not]. On other days husband will hold the remote and choose the TV program [channel] of his liking and the wife will speak with a pleasant face that she enjoyed this program and will not make the faces in between. Selection of the program however should be from the preferred language of both the persons [husband and wife].

Advantages of this Activity: This activity is more useful for improving adjustment in young married subjects. Sitting together and rubbing shoulders means, developing physical proximity between two persons and realizing the body heat that transmits from each other. It might lead feeling of belongingness. It might help control the instinct of aggression and hostility at least for 30 minutes which is expected to be generalized and extended beyond 30 minutes with practice in general life situations. Subjects may learn to appreciate the interest of each other thus improving expression and verbal communication. It may lead to finding positive assets in each other rather than criticizing every minor issue.

Stroll Together after Dinner [For Married Couple]

Married couples with adjustment difficulty may also be advised to stroll together after a night meal to a nearby temple, mosque, church, or gurdwara. They should walk together without talking while going to or returning from the designated site. If there is no religious place as cited above then, the couple can choose some other location like a big tree or a road crossing to fix up a distance to be covered daily. The total duration of the stroll should not cross 10-15 minutes per day. If they have a small child and no one is there to look after the child, the child may also be taken along on the pram, not on their lap.

Advantages: Strolling after dinner improves digestion and sleep and helps in the management of stress-related problems. It promotes interpersonal relationships and companionship between husband and wife. On a web page, Pushpendra S, [22] wrote about thirteen benefits of walking after eating dinner. These benefits were “better digestion, fewer stomach problems, speeds up metabolism, improves blood circulation, lowers triglycerides, controls blood sugar level, burns more calories, helps in weight loss efforts, prevents obesity, makes the immune system strong, relieves stress, better sleep, improves quality time with a companion”. Only 10 to 15 minutes of regular walking after dinner is sufficient. Walking with a life companion without criticizing each other could be a method of impulse control wilfully [voluntarily] and might lead to a feeling of better adjustment. Adding the distance by marking some religious places might be an additional advantage. The author, however, did not insist on going inside the religious place or not, but simply

a distance to be covered regularly. Religion always played a positive role in the thinking and feeling of each of us.

Remove Electronics from Bed before Going to Sleep

Instruct the client to remove all electronic gadgets like mobile phone, laptop, and computer; remote of TV/air conditioner, etc. from the bed at night before going to sleep. Keep all these belongings nearly 3-4 feet away from the bed, on a side table adjacent to the bed. Emphasize that nothing will happen even if the subject cannot attend a phone call at midnight. Ask him how many times he had received a call after midnight during the past month. If not then why does the subject anticipate a call now?

Advantages of this Activity: It induces a positive change in habit, passiveness to activeness, and inculcates habit for preparing himself for night sleep. It might relieve him from the dependency need and anticipation of disaster to happen at any time. It could help the subject preserve his sleep continuously rather than interrupting to recheck his phone and laptop for any news. Smartphones have been proven to emit dangerous radiation which causes an alteration in the system of certain self-regulating processes, such as a biological clock or cardiac rhythm. Pulse Nigeria wave site reported an Australian study showing that there was an important relation between the use of Smartphones and sterility in men [23], as well as reduced sperm quality. Rosie Osmun in an article for Lifehack on a website had given five ways electronics affect sleep and health, these were

- Blue light suppresses melatonin- electronics like televisions, smartphones, tablets, computers, and even LED lights emit blue light, which is believed to be particularly important when it comes recent researches from Harvard and University of Toronto researchers found that light in the blue spectrum acts on our body by natural melatonin. It is the hormone that induces drowsiness, delaying its release means more time spent awake and difficulty getting sleepy.
- Stimulation and stress keep the mind awake: active and engaging electronics stimulate the mind and distract from sleep.
- Regularly missing sleep sets the stage for weight gain.
- Delayed sleep and wake lag can affect health and productivity. Excessive use delays the sleep and wake schedule. Insufficient sleep was also reported to be associated with impaired cognition and learning, impaired memory and decision-making, daytime fatigue, and a wide range of health problems over time.
- Associating bed with other activities makes sleep harder. If one does not get proper rest at night he may find difficulty in routine activities and may feel stress-laden.

A Brief Relaxation Exercise

June 21 is a yoga day. An international day for yoga was declared unanimously by the United Nations General Assembly, a day of promotion of global health, harmony, and peace. Yoga is a physical, mental, and spiritual practice originated in India, popularized by Baba Ramdev an Indian yoga guru, and the movement was strengthened and brought to the international level by Prime Minister of India Shri Narendra Damodardas Modi. Yoga's incorporation of meditation and breathing improves a person's mental well-being; it relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration. Yoga has become a fashion and most psychotherapists and counselors are using it as a treatment procedure for reducing anxiety, tension, and stress and improving general wellbeing.

To effectively combat stress, one needs to activate the body's natural relaxation response. This can be done by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, and yoga. Fitting these activities into a routine lifestyle can help reduce everyday stress boost energy and mood, and improve physical and psychological well-being. When stress overwhelms our nervous system the body is flooded with chemicals and glandular secretions that prepare us for "fight or flight." This stress response can be lifesaving in emergencies where one needs to act quickly. But when it's constantly activated by the stresses of everyday life, it can wear our body down and take a toll on physical and emotional health. No one can avoid stress in life, but one can counteract its detrimental effects by learning how to produce the relaxation response, a state of deep rest that is the polar apart the stress response. The relaxation response puts the brakes on stress and brings our body and mind back into a state of equilibrium.

When the relaxation response is activated, then it makes positive and productive changes in physique and psyche 'body and mind'. Changes in the physique are:

- Heart rate slows down,
- Breathing becomes slower and deeper,
- Blood pressure drops or stabilizes,
- Muscles relax and
- Blood flow to the brain increases.

The changes in the psyche could

- Increase energy and focus,
- Combat illness,
- Relieve aches and pains,
- Improve the ability to solve problems, and
- Boost motivation and productivity.

Best of all, anyone can reap these benefits with regular practice of relaxation. Several relaxation techniques can be

done on your own with periodic supervision of a clinician psychotherapist or yoga teacher.

There is no single relaxation technique that is the best for everyone. The right relaxation technique is the one that resonates with you, fits your lifestyle, and can focus one's mind and interrupt one's everyday thoughts to elicit the relaxation response. One may even find that alternating or combining different techniques provides the best results. How one reacts to stress may also influence the relaxation technique that works best for you. When one is under stress and severe anxiety it might evoke one of the three natural response patterns of a biological system. These patterns are fight or flight or immobilization. In a "fight" response one tends to become angry, agitated, or keyed up under stress, one will respond best to stress relief activities that quiet you down, such as meditation, progressive muscle relaxation, deep breathing, or guided imagery. In the "flight" response, one tends to become depressed, withdrawn, or spaced out under stress, one will respond best to stress relief activities that stimulate and energize the nervous system, such as rhythmic exercise, massage, mindfulness, or yoga. In the immobilization response, one experiences some type of trauma and tends to "freeze" or become "stuck" under stress, his challenge is to first rouse his nervous system to a fight or flight response to enable him to employ the applicable stress relief techniques. To do this, choose a physical activity that engages both your arms and legs, such as running, dancing, and focusing on the sensations in your limbs, body, and mind.

The aims of all relaxation exercises are altering the consciousness at will, controlling mind and body together, and turning involuntary activities into voluntary ones. It is the process of self-restraint and a process of experiencing mind and body together. Relaxation, breathing, and meditation have been well-recognized in India for the management of psychiatric patients for several decades [24-26]. There are many methods to provide relaxation of body and mind like hypnosis, transcendental meditation, yoga, and others. The modalities through which they operate are different [27,28]. Jacobson's Progressive Muscular Relaxation Therapy is popular amongst mental health professionals, but it takes a long time and cannot be taught to a naive illiterate individual with moderate intelligence. Moreover, self-practice of it will require nearly 40-60 minutes. In the busy schedule of life, one finds it hard to spare so much time at a stretch, especially one who suffers from anxiety/ tension and cannot follow the schedule tightly. There are several other models of relaxation exercises described in yoga books.

The authors, however, described here a simple, effective, practicable model of relaxation that takes nearly 10 minutes to practice. This is an amalgamation of

- Deep and long breaths,

- Imaging,
- Partial hypnosis,
- Human magnetism, and
- Suggestions during relaxation stage.

This brief relaxation therapy model was developed by Pershad D [19] and has been practiced now for several years with encouraging results both in the rate of success and acceptability of the procedure [empirical observation]. The chief purpose behind developing this model was to provide a simple, straightforward, acceptable, and effective method to take the client to a deep state of relaxation of the body and mind at will. This method is known to help subjects suffering from irritable bowel syndrome, indigestion, respiratory problems, passing excessive gas with bad odor, and nasal allergy in addition to improving mental and emotional well-being.

Preparation of the Subject

- The therapist should communicate distinctly with the prolongation technique using the simple and preferred language of the client. And explain about the treatment/relaxation.
- The room where relaxation is administered should be dimly light and airy.
- An attendant of the client should be allowed to sit within the treatment/therapy room but away from the relaxation/ treatment table/bed.
- Ask the client to lie down on the bed or relaxation/ treatment table after loosening the belt.
- Ask him to stare at the ceiling without blinking his eyes and relaxing his mind and body.
- Inform him, this is a simple exercise. You are not supposed to do anything in this exercise. This is a relaxation exercise. Simply listen to me and follow whatever I say and follow it silently in your mind. You are not supposed to rotate/ move your body. You are not supposed to speak. If you do not follow what I have said; you simply ignore it as I repeat the same again and again.
- Inform the client that this exercise is known differently by different clinicians. Some may call it a “breathing exercise” others may call it a “relaxation exercise” “meditation” “aerobic exercise” or “Yoga Nindra”. The purpose of this exercise is self-control.
- You will get a feeling of pleasure in performing this exercise. This will help you to overcome your problems. It will take nearly 10 minutes.

Procedure

Ask the subject to lie down on the bed, lose his/ her belt, stare at the ceiling, and, relax the body and relax the mind. Relax to the extent that you start feeling lifelessness in your body as

if you are sleepy. Keep on staring at the ceiling. I would like your eyes to get tired and a few drops of tears/ water roll over your cheek. Now take deep and long breaths through your nose, and keep your mouth closed. Move your tummy up and move your tummy down but slow and slow. Keep on doing this. Make it a rhythmic movement. The time required in the up and down movement of the tummy should approximately be the same. There should be no jerky movement in your tummy. If required; the therapist/ counsellor may put his hand on his tummy and may push the belly down slowly and slowly. Remove the hand and let the subject move his belly up and down. Let him do this nearly for two minutes. Running commentary may continue rhythmically with a distinct voice prolonging the sentences encouraging him to ‘keep on doing like this’; ‘you are doing exactly what I liked you to do’. Nearly after two minutes of encouragement/ reinforcement, ask the subject to feel judged [sensation] in his tummy. Keep on enjoying the pleasure of rhythmic movement of your abdomen. This total process may continue nearly for five minutes with running commentary to breathe in and out. Encourage and reinforce his efforts.

After the lapse of five minutes, ask the subject to close his eyes softly. Ask him to continue deep and long breaths or keep on moving his tummy up and down but slow and slow. Keep on doing this. Feel as if you are getting lighter and lighter with every breath that you exhale/ blow out. With every downward movement of your tummy you are getting lighter and lighter [repeat this 3-4 times]. Now, feel as if; there is no weight in your body and your body is rising in the air. Feel as if you are going up and up. Now you are hanging in the air. Keep your eyes closed. Keep on moving your tummy up and down and have the pleasure of hanging in the air. Now your mind has reached a state of peace and your body is in a state of complete rest. Keep on enjoying the pleasure of hanging in the air. Continue commentary nearly for two minutes.

Now lift the arm of the client and put a little pressure on his wrist from your hand with commentary [suggestions] that I am sending magnetic pressure in your body and mind. It will start flowing in your whole body and mind and will help you to help yourself. Give suggestions -This magnetic pressure will improve your ‘confidence’, it will improve your ‘interpersonal relations’, it will improve your ‘logical thinking’, it will help you to improve your ‘concentration and memory’, it will help you to control your ‘anger and impulsive behavior; it will help you to help yourself. With this magnetic pressure, you will start feeling better. the full dose of magnetic pressure has reached your body and has started functioning for which it was sent. Put the arm of the subject on the bed gently. Maintain silence for about 30 seconds then start again, and feel magnetic pressure flowing in your body and mind. The effect of this magnetic pressure will last for several days and continue to help you to help yourself.

Repeat the suggestions. Again emphasize its effect will last in his body and mind for several days and will continue to help him to help himself. Pause for nearly 30 seconds.

Now your mind has reached a state of param-anand [complete peace/ eternal peace] and your body has reached into a state of yoga-nidra [a state of complete rest]. Keep on enjoying it. Keep your eyes closed and keep on enjoying the pleasure of rhythmic movement of the abdomen and the flow of magnetic pressure in your body and mind. Do not open your eyes until and unless I ask you to do so. Give a pause of nearly sixty seconds. Ask the client to feel that now his body is dipping down [coming down] on the bed, slow and slow. Now you are on the bed. Experience your mind and body are in complete rest and peace. Pause for 30 seconds and ask him to open his eyes slowly and slowly. When he has opened his eyes, ask him to get up comfortably and come to his usual senses.

Ingredients

This method of relaxation exercise is much nearer to the concept of general masses. It is the simplest procedure. One can find 10 minutes to practice it. There are minimum chances that steps are forgotten. No extra controls are required to practice this exercise. The essential ingredients that help the clients to drive benefit from this exercise are:

- Experiencing breathing voluntarily as opposed to involuntary. It will keep the client busy attending to his breathing movement consciously thus there will be some break in his thinking/ feeling. Thus it may work as response prevention and keep him away from brooding about the past or thinking about far future; thus would control feelings of depression and anxiety.
- It helps in developing obedience, a form of submission and faith in someone else.
- Staring at the ceiling tires the eye muscles and produces sleepiness. Thus when the subject closes his eyes he gets a feeling of intense rest and tranquility and continuous peace.
- Putting pressure [magnetic pressure/ human magnetism] on the wrist of the client; helps the patient to search for the sensation hence it may improve concentration almost at will.
- Giving suggestions under partial trance state of the mind, helps the subject to improve and to see hope to come out of his problems.
- Overall, it improves his routine and compliance at will.
- Slow and slow, he learns to have faith in his strength to overcome his problems with his efforts, thus positive changes in his overt behavior are sure to come.
- In the words of Professor Hussain A, [29] anything that imparts vigor in conviction and brings solace and strength that certitude iman [faith] is spirituality, and

this exercise brings solace and strength to the client.

Post Relaxation Instructions

- Do it twice a day,
- Do it whenever you have time,
- There should be nearly 5 to 6 hours gap between two exercises,
- The second exercise should be done at least two hours before night sleep,
- Regulate time sequencing from your biological clock,
- There is no harm if you complete it, a few minutes in advance or take a little longer,
- It should not be completed in 5 minutes and it should not take longer than 15 minutes,
- You are unlikely to forget steps required,
- 5 minutes breathing in and out with open eyes and 5 minutes breathing closing eyes experiencing as if you are hanging in the air,
- If you feel you have forgotten certain steps, don't worry, do breathing exercise as much as you remember 5 minutes with open eyes and 5 minutes with closed eyes till you come on follow up visit,
- If subject or his family asks any question, answer judiciously.

Epilogue

The procedure as laid down above is a package to engage a subject in meaningful, socially acceptable activities from morning till evening. No single activity is sufficient to inflict positive desirable and acceptable changes in the lifestyle of the subject. Supervision of the Family and their participation in some of the activities would bring change in their emotional pattern of communication, motivating the subject to be engrossed in these activities. Regularity in performing assigned tasks is important. The theory of 'karma, niyama, and dharma' [karma= activity; niyama= regularity; dharma= religious/ spirituality reward] is important here. Any activity carried out regularly will not go unrewarded and will bring positive changes in action thought and feeling. In all neurotic maladaptive cases of behavior and personality adjustment and chronic medical illness, psychic energy becomes undisciplined and tends to wander; here the aim is disciplining the energy to be more acceptable to society and conserving the psychic energy for better productivity.

Conclusion

The researcher is using this procedure with children, adolescents, and adults with encouraging results. This is a culture-fair method, easy to teach to nursing staff, counselors, and health workers with short training and continuous monitoring for a short time. Those who had undergone a brief training are using this system in their practice and

reported that this system was simple and more workable with transparency. However, no statistical data is available to support this.

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