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## Mindfulness: An effective way to enhance resilience

Resilience is an individual's ability to adapt to stress and adversity and also to bounce back from a negative experience. A number of approaches to resilience-building have been developed, gathering attention mainly on the theory and practice of behavioral therapy. Development and enhancement of resilience among military personnel is highly essential as they experience higher degree of stressful situations and adversities. An emerging field in the study of resilience is application of mindfulness meditation towards enhancing resilience. Mindfulness is a process through which one pays attention to experiences in the present moment in an intentional and nonjudgmental manner. There has been a significant increase of interest in research, application and understanding psychological effects of mindfulness-based interventions in recent years. Numerous studies have examined and demonstrated the benefits of these interventions on various domains of human functioning, ranging from cognition, attention, psycho-somatic and physical symptoms, improved well-being and greater psychological resilience. Research has also demonstrated various psychological and neurobiological mechanisms through which mindfulness may lead to improved psychological functioning and enhanced resilience which in turn ensure ready and resilient workforce. This workshop conducted by Dr AA Pawar and Dr JK Panda aims to integrate findings from studies from various disciplines that highlight a variety of ways through which mindfulness enhances resilience. The workshop will also include an experiential exercise, during which the audience will be invited to engage in a brief, guided mindfulness practice to gain practical understanding of mindfulness.

## Biography

Alhad Anant Pawar is recognized as a Psychiatrist with a strong history and solid reputation for innovative military leadership, community based interventions, integrity based outcomes and an unprecedented ability to ensure optimal state of mind of the clientele. He has vast professional and personal experiences in his duties as a Military Leader, Keynote Speaker, Physician, Academician, Researcher, Author, Guide and Mindfulness Instructor. He is a strategic visionary who has combined 27+ years of experience in mental health with a comprehensive understanding of the issues in today's life environments. He has completed his MBBS and MD from Armed Forces Medical College, India and currently commanding the largest hospital of Indian Navy.

Dr JK Panda is a medical graduate from SCB Medical College, Cuttack, Odisha and has done post-graduation in Public Health (MPH) from Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, Kerala, India. His research interests include Mindfulness, Resilience, Positive Psychology, Quality of Life and overall Mental Health. He is trained in Vipassana and practicing mindfulness regularly. He has conducted mindfulness training programs for personnel from various trades, echelons and spheres of life. He has conducted various studies on mindfulness, resilience, stress, depression; and actively involved in a range of mental health initiatives towards bulletproofing of minds of military personnel. He aspires to help improve the quality and accessibility of mental health services through teaching, research, community outreach and advocacy.

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