



# WHAT'S UP ON AU CAMPUS AU TALK

Volume 15 | June 2023





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### Editorial Board

The concept of AU TALK was long  
cherished dream of our Hon'ble Vice  
Chancellor, and finally, her able leadership  
has given wings to this noble thought to  
fly and spread the message across.  
The idea behind this initiative is very  
original and has been taken up for the  
first time in the history of the University.  
It gives us immense pleasure that AU TALK  
adds an extra feather to its academic  
brilliance.

### Patron: Hon'ble Vice Chancellor

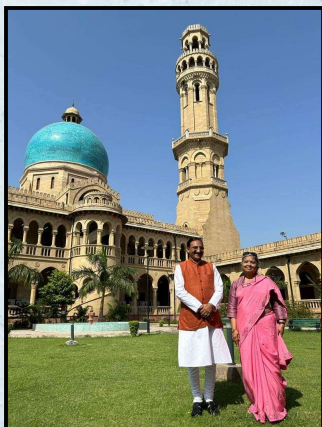
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**Sri Ramesh Pokhariyal Nishank (Former Union Minister of Education) visited the University of Allahabad**

Sri Ramesh Pokhariyal Nishank, Former Union Minister of Education, visited the University on 1<sup>st</sup> June 2023. He was welcomed by the Hon'ble Vice Chancellor Prof. Sangita Srivastava. He visited the Science Faculty Campus and the Senate House Campus.



In the Science Faculty he visited the historic Vizianagram Hall and the Early Childhood Care and Education Centre. He appreciated mesmerizing beauty of the Vizianagram Hall and the beautiful campus of the Science Faculty. He also met the faculty members of the Departments of Hindi and Sanskrit at North Hall. He advised them to make efforts to promote Sanskrit and Hindi as building blocks of the future of the nation in light of the vision of the NEW EDUCATION POLICY 2020. Hon'ble Vice Chancellor briefed about the recent developments like the recruitment of faculty and non-teaching staff, the efforts to implement the New Education Policy 2020, and the development of infrastructure on the campuses. She also shared that an auditorium with a seating capacity of 1500 persons, new buildings for the Chemistry and Biochemistry Departments, and a Lecture Theatre Complex are the upcoming projects of the University. The former Minister praised the initiative of the newsletter AU TALK taken by the University.



He appreciated the development of infrastructure under the leadership of Prof. Sangita Srivastava, and said that it is not too long before the institution will rise to join the top ranked educational institutions of the world.

**World Environment Day June 05 2023**

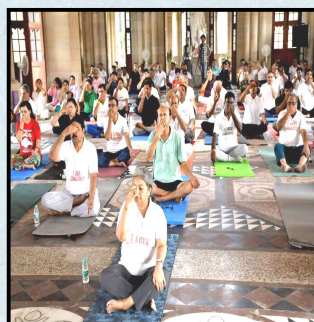
Under the theme 'Solutions to Plastic Pollution', the Centre of Environmental Studies celebrated World Environment Day on 5<sup>th</sup> June 2023. The event was presided over by Hon'ble Vice Chancellor of the University, Prof. Sangita Srivastava. The programme began with the plantation of saplings by the Hon'ble Vice Chancellor, followed by her inaugural address.



She emphasized that Environment Day is every day and one should put in the effort to conserve the environment every single day. Prof. N.K Shukla (Registrar), Prof. Harsh Kumar (Proctor), Prof. Shekhar Srivastava (Director IIDS), Prof. Shanthi Sundaram (DSW), Prof. S.I. Rizwi (Dean Research and Development), Heads of Departments, and Coordinators of Centres graced the occasion. Director IIDS and Dean R&D expressed their views on sustainably conserving the environment. This was followed by an invited lecture on the topic of 'Mission Life: Living in Harmony with Nature' by Dr P.C Abhilash, IESD, Banaras Hindu University, Varanasi. The speaker focused on the importance of staying within planetary and social boundaries. The event concluded with a vote of thanks by Coordinator Dr Puneeta Pandey.

**International Yoga Day 2023**

A Yogabhyas session was conducted in the Vizianagram Hall on the occasion of International Yoga Day 2023 on 21<sup>st</sup> June 2023. The Vice Chancellor, Prof. Sangita Srivastava, along with a large number of faculty members and administrative officials, took part in the early morning Yoga session, conducted by Sri Akhilesh Tiwari, a Yoga teacher.





### Early Childhood Care Centre

A three-day (11<sup>th</sup> -13<sup>th</sup> April 2023) Mural/ Painting Workshop named Rang-Sang was jointly organized by the Department of Visual Arts and the Department of Family and Community Sciences under the dynamic leadership of Prof. Ajay K. Jaitly at the Early Childhood Care Centre, University of Allahabad.



The students of both the Departments enthusiastically participated in the workshop and created magic on the walls of the Childhood Centre, making it vibrant and delightful for children.



### गांधी विचार एवं शांति अध्ययन संस्थान (गांधी भवन)

विश्व पर्यावरण दिवस के अवसर पर दिनांक 5 जून 2023 को पूर्वाह्न 10 बजे पौधरोपण का कार्यक्रम सम्पन्न हुआ। इलाहाबाद विश्वविद्यालय के गांधी भवन परिसर में आमंत्रित विशिष्ट अतिथियों के द्वारा फलदार पौधों का रोपण किया गया। वरिष्ठ आलोचक और कवि श्री राजेन्द्र कुमार, दृश्य कला विभाग के अध्यक्ष प्रो. अजय जैतली, संस्थान के निदेशक प्रो. संतोष भदौरिया, वरिष्ठ कथाकार असरार गांधी, डॉ. राहुल पटेल, डॉ. अमृता, डॉ. रेहान, श्री हरिओम कुमार, शोधार्थी राहुल कुमार, श्वेता, श्रष्टि, धर्मवीर और दरक्शा सहित संस्थान के कर्मचारियों ने मिलकर लगभग एक दर्जन फलदार पौधों का रोपण किया। जिनमें अमरूद, मौसम्मी, संतरा, नींबू, अंगूर, करौंदा के पौधे रोपे गए। पौधारोपण के बाद बातचीत के क्रम में वरिष्ठ आलोचक प्रो. राजेन्द्र कुमार ने कहा कि मनुष्य और मनुष्यता तभी बचेगी जब हम प्रकृति और पर्यावरण को बचाएंगे। संस्थान के निदेशक प्रो. संतोष भदौरिया ने गांधी जी द्वारा पर्यावरण और प्रकृति के संरक्षण के लिए किए गए विभिन्न प्रयासों और उनके दक्षिण अफ्रीका और भारत के विभिन्न आश्रमों की प्रकृति और पर्यावरण की खूबियों को रेखांकित किया।



पौधारोपण कार्यक्रम के अंत में संस्थान के पुस्तकालय के संबंध में अतिथियों को जानकारी दी गई। अगले सत्र से प्रारंभ होने वाले विभिन्न रचनात्मक और अकादमिक गतिविधियों से अवगत कराया गया। आभार ज्ञापन के साथ कार्यक्रम सम्पन्न हुआ।

### राजभाषा अनुभाग

गांधी विचार एवं शांति अध्ययन संस्थान के गांधी सभागार में वित्त वर्ष 2023-24 की प्रथम तिमाही की राजभाषा कार्यान्वयन समिति की बैठक समिति के अध्यक्ष प्रो. नरेन्द्र कुमार शुक्ल की अध्यक्षता में ऑनलाइन एवं ऑफलाइन रूप में आयोजित की गई। इस बैठक में तय किया गया कि माननीय कुलपति महोदया द्वारा अनुमोदित वार्षिक कार्य योजना के अंतर्गत समस्त कार्य किये जाएंगे। जिसमें विश्वविद्यालय में नवनियुक्त कर्मिकों के लिए चरणबद्ध तरीके से प्रशिक्षण कार्यक्रम आयोजित किए जाएंगे तथा इसी क्रम में केंद्रीय अनुवाद ब्यूरो, नई दिल्ली के सहयोग से अनुवाद कार्यशाला एवं राष्ट्रीय पुस्तक न्यास, नई दिल्ली के सहयोग से पुस्तक अनुवाद कार्यशाला आयोजित की जाएंगी। राजभाषा हिंदी के प्रचार- प्रसार के क्रम में चरणबद्ध तरीके से सभी विभागों/कार्यालयों के नामपट्ट आदि में एकरूपता के लिए कार्य किया जाएगा। बैठक में स्वागत वक्तव्य राजभाषा कार्यान्वयन समिति के संयोजक प्रो. संतोष भदौरिया ने दिया। उन्होंने गृह मंत्रालय के राजभाषा संबंधी दिशा-निर्देशों की जानकारी देते हुए सभी सदस्यों का औपचारिक स्वागत किया तथा पिछले तीन माह में हुई विभिन्न रचनात्मक गतिविधियों से समिति के सदस्यों को अवगत कराया।



कार्यक्रम का संचालन राजभाषा अनुभाग के अनुवाद अधिकारी हरिओम कुमार ने किया तथा धन्यवाद ज्ञापन हिंदी अधिकारी श्री प्रवीण श्रीवास्तव ने किया।



### Centre of Behavioural and Cognitive Sciences

The Centre of Behavioural and Cognitive Sciences (CBCS) organized a special lecture on “Computational Advances in 3D Tractography Visualization for Neuroimaging with MR” by Dr Sudhir Pathak, from the University of Pittsburgh, USA, in the Seminar Hall at CBCS on 28th June 2023. The session was chaired by Prof. Sangita Srivastava, Hon’ble Vice Chancellor, University of Allahabad. The event began with a warm welcome to Prof. Sangita Srivastava (Hon’ble Vice Chancellor, UoA) and the Guest speaker by Dr. Niharika Singh and Dr Jay Prakash, Assistant Professors CBCS. The welcome was followed by a brief introduction of the Centre and National Neuroimaging Facility by the Head of the Centre, Prof. Bhoomika Kar. She apprised the audience of the various ongoing research projects by the Centre faculty at the National Neuroimaging facility on meditation, time perception, emotions, obesity, bilingualism, music cognition, affective computing and by scholars from institutions like IISc Bangalore, IIT Kanpur, IIIT Allahabad, IIIT Hyderabad, and University of Auburn, USA. The Chair of the session, Hon’ble Vice Chancellor Prof. Sangita Srivastava, in her address, emphasized the importance of brain research in India in fields like nutrition, health, ageing, artificial intelligence, and clinical applications of MR. Hon’ble Vice Chancellor encouraged the faculty and students of the Centre to engage in basic and applied research using the neuroimaging facility.



Dr Amrendra Singh, Assistant Professor CBCS, introduced the guest speaker, Dr Sudhir Pathak, briefly introduced the “Diffusion-Weighted Imaging”. Diffusion Weighted Imaging is an MR imaging modality that is widely used to infer white matter neuroanatomical microstructure and connectivity in-vivo. This imaging technique uses additional diffusion-sensitive gradients sensitive to the motion of water molecules and their diffusion profiles to indirectly infer the underlying white matter microstructure from the MR signal.

Dr Sudhir Pathak is currently at the Learning Research and Development Centre, at the University of Pittsburgh, USA, and has expertise in high-definition tractography. In his talk, Dr Pathak discussed high-definition fibretractography (HDFT) with examples from clinical case studies on Traumatic brain injury (TBI) and Stroke, explaining how HDFT helped in the presurgical planning and treatment of patients suffering from TBI or Stroke. He also emphasized the need for such innovative research in India and expressed his interest in exploring collaboration with CBCS. The talk led to an engaging discussion on brain research, fibre tracking and its clinical applications with interesting areas of research, including consciousness, meditation, literacy, nutrition and neurological disorders. The need for an Indian Brain template was also emphasized, and Hon’ble Vice Chancellor encouraged the Centre to initiate this line of research and look at various determinants like literacy, nutrition, health, education, socio-cultural context and how these factors shape the brain structure and function.

After the informative talk, Prof. Shiv Sharma, a faculty member of CBCS, presented mementoes to the Chair of the session, the Honorable Vice Chancellor, and the guest speaker, Dr Sudhir Pathak. The session ended with a vote of thanks proposed by Dr Niharika Singh, a faculty member of CBCS. After the talk, the faculty and the Honorable Vice Chancellor visited the National Neuroimaging Facility for a demonstration of MR scans by the faculty and students of the Centre. The Centre looks forward to more interactions with Dr Sudhir Pathak and gain from his expertise in the field of neuroimaging.



Department of Geography

भारतीय भू आकृति वैज्ञानिक संस्थान भूगोल विभाग इलाहाबाद विश्वविद्यालय ने मनाया विश्व महासागर दिवस । इस मौके पर राष्ट्रीय ध्रुवीय और महासागर अनुसंधान केंद्र के निदेशक डॉ रसिक रविन्द्र जो कि समुद्री विज्ञान के क्षेत्र में विश्व विख्यात है आज भारतीय भूआकृतिक वैज्ञानिक संस्थान विभाग, भूगोल विभाग इलाहाबाद विश्वविद्यालय में आईजीआई के युवा वैज्ञानिक फोरम ने अंतरराष्ट्रीय महासागर दिवस को आयोजित किया । इस मौके पर डॉ रसिक रविन्द्र जी ने ब्लू प्लैनेट, क्लाइमेट चेंज, समुद्र और महासागरों पर अन्तराष्ट्रीय राजनिति पर व्याख्यान दिया । उन्होंने महासागरों के कानून, नेवीगेशनल राइट्स, आर्थिक अधिकार, लैंड लॉकड कंट्रीज के समस्याओं और संभावनाओं के बारे में विस्तार से बताया । इसके अलावा तटीय देशों के लाभ, अधिकार, विधिक सीमा और तटीय देशों के कर्तव्य के बारे में बताया ।



इस मौके पर राष्ट्रीय कापोडोस्ट्रियन यूनिवर्सिटी एथेंस, ग्रीस विश्वविद्यालय से प्रोफेसर निकी एविलपिडाऊ ने तटीय प्रदेशों के भविष्य पर व्याख्यान दिया । डा. मलय सहायक प्रोफेसर एशियन इंस्टीट्यूट ऑफ टेक्नोलॉजी, थाईलैंड में वैज्ञानिक है उन्होंने भी महासागरों के शोध के महत्व को बताया । भारतीय भू आकृतिक वैज्ञानिक संघ के महासचिव प्रोफेसर ए आर सिद्दीकी ने इस अवसर पर पूरी दुनिया में पिघलते हुए भूखंड, जैव विविधता, के औसत तापमान का बढ़ना, सागरों के लेवल का बढ़ना, नदियों और समुद्री में बढ़ते हुए प्लास्टिक प्रदूषण की चिंता, चरम जलवायु की घटना आदि जैसे संवेदन मुद्दे पर अपने विचार रखे । इस मौके पर जवाहरलाल नेहरू विश्वविद्यालय के प्रोफेसर मिलाप चंद्र शर्मा जी ने भी विश्व में जलवायु परिवर्तन पर अपनी चिंता व्यक्त की और भारतीय भू आकृतिक वैज्ञानिक संस्थान के अध्यक्ष होने के नाते अतिथियों का स्वागत किया । थाईलैंड एशियन इंस्टीट्यूट ऑफ टेक्नोलॉजी के सहायक प्रोफेसर डॉ मलय ने मैं भी जलवायु में विश्व के औसत तापमान के बढ़ जाने से तटीय क्षेत्रों में बढ़ जाने वाले खतरों से शोधार्थियों को अवगत कराया । विश्व समुद्र दिवस कार्यक्रम को अटेंड करने के लिए लगभग 500 शोधार्थी जुड़े अन्त में आईजीएफ के कन्वेनर डॉक्टर मानसी देवनाथ नागालैंड विश्वविद्यालय और सहायक कन्वेनर डॉक्टर सुमंत्र विश्वास जवाहर लाल विश्वविद्यालय ने धन्यवाद ज्ञापन किया ।



### Department of Economics

The Department of Economics organized its Joint Annual Function of Postgraduate Associations on 09<sup>th</sup> June 2023. The Department has a glorious, half-century history of Post Graduate Economic Associations. They are "Busy Bees" for M.A. previous and "Economic Conversazione" for M.A. final students. Each Association has an executive body, which includes elected student members to manage the activities of the Association under the guidance of the teachers of the Department, who act as President and Treasurer.



The event was organized in the department auditorium under the auspices of Prof. Kiran Singh (Head of the Department), Prof. P.K. Ghosh and the other faculty members. The certificates and prizes were distributed to the winners of essay writing, photo capturing, poster making and quiz competitions. The certificates were also awarded to the executive bodies of the Associations. The students performed various cultural events and shared their association with the Department.

The Department of Economics organized its prize distribution ceremony of Under Graduate Associations on 30<sup>th</sup> June 2023. The department has the glorious history of more than half-century of Under Graduate Economic Associations. They are Artha Samvad (B.A.I), Artha Vimarsh (B.A.II) and Artha Chintan (B.A.III).

The event was organized in the department's auditorium with the remarkable presence of former professors of the department, Prof. R.N. Lohkar, Prof. P.N. Mehrotra, Prof. Rajul Mathur and Prof. M.M. Krishna as well as Dean, Faculty of Commerce, Prof. R.S. Singh. The certificate and prizes were distributed to the essay, painting, quiz and photography competition winners as well as the certificates to the class representatives of the all classes of undergraduate. Head of the department, Prof. Kiran Singh, welcomed everyone and congratulated all the award winners for their achievement. In this way, the department has added one more year in its legacy of 109 years since 1914.





## AWARDS & HONOURS



डॉ. राघवेंद्र मिश्र सहायक आचार्य संस्कृत विभाग, इलाहाबाद विश्वविद्यालय का चयन देशिक अनुसंधान केंद्र नई दिल्ली में मानद फेलो के रूप में हुआ है। देशिक केंद्र डॉ. बी. आर. अम्बेडकर विश्वविद्यालय दिल्ली के तहत कार्यरत है। इस केंद्र का मकसद ब्रिटिश उपनिवेशों से पहले की अवधि में सक्रिय भारतीय भाषाओं और ज्ञान-परम्पराओं को उभार कर सामने लाने और उसके ज़रिये भारत की बौद्धिक तेजस्विता और सांस्कृतिक स्वायत्तता को पुनः कायम करने के लिए अनुसंधान करना है। यह परियोजना युरोकेन्द्रीय विमर्शों के सर्वव्यापी प्रभाव के खिलाफ प्रतिरोध पर एकाग्र है।



Dr. Rahul, Assistant Professor, Department of Zoology has won the "Young Zoologist Award" in the field of Neuropharmacology and Neurodegenerative diseases at 5<sup>th</sup> International Conference CCI 2023 (June 9-11). The conference was held at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Srinagar, J&K and the award was given by the Agricultural & Environmental Technology Development Society (AETDS), U.K., India.



## सेन्टर फॉर थियेटर एण्ड फिल्म

सेन्टर फॉर थियेटर एण्ड फिल्म, इलाहाबाद विश्वविद्यालय को माननीय कुलपति महोदया प्रो. संगीता श्रीवास्तव एवं सहायक कुलसचिव श्री देवेश गोस्वामी जी के सहयोग से शिमला में आयोजित अखिल भारतीय कलाकार संघ के अध्यक्ष एवं मशहूर अभिनेता रोहिताश्व गौड़ और उपाध्यक्ष रेखा गौड़ द्वारा आयोजित किये गये नाट्य प्रतियोगिता में सम्मिलित हुए। इस प्रतियोगिता में देश भर से कई टीमें भी सम्मिलित थी। सेन्टर फॉर थियेटर एण्ड फिल्म की छात्रा सोनी की नाट्य प्रस्तुति 'त्रिशंकू' जो मन्नू भण्डारी की कहानी पर आधारित है, जिसका निर्देशन डॉ. विधु खरे दास ने किया संगीत मंजीत कुमार, लाइट ऋषभ दास और सहयोगी के रूप में लवलेख मिश्रा की शानदार प्रस्तुति हुई। ये नाट्य प्रस्तुति दिनांक 9 जून 2023 को 3 बजे शिमला में विश्व प्रसिद्ध गेय टीथियेटर में प्रस्तुत की गई। मंच पर सोनी, पुनीत कुमार वर्मा, ऋषभ दास, डॉ. विधु खरे दास ने बहुत ही शानदार अभिनय प्रस्तुत किया, मशहूर अभिनेता रोहिताश्व गौड़, उपाध्यक्ष रेखा गौड़ और दर्शकों ने तालियों के साथ सराहा। समापन एवं पुरस्कार दिवस के दिन सेन्टर फॉर थियेटर एण्ड फिल्म की नाट्य प्रस्तुति 'त्रिशंकू' का मशहूर अभिनेता रोहिताश्व गौड़ ने बेस्ट नाट्य प्रस्तुति एवं बेस्ट लाइट डिजाइन के अवार्ड और सर्टिफिकेट के साथ सम्मानित किया, और बोला कि हम आपसे आगे भी ऐसी ही शानदार नाट्य प्रस्तुति की आशा करते हैं और हमारा सहयोग आपके साथ है।





### LiFE: Living in Harmony with Nature

Our planet is under tremendous pressure due to ever-rising population that has crossed the mark of 8 million as on 15<sup>th</sup> November, 2022. This puts a tremendous pressure on the resources of the earth, thus, posing risk to the continued functioning of the earth. It is believed that without any urgent action, severe threats to water, food, biodiversity and other critical resources will prevail.

The beginning of human civilization as hunter-gatherers to domestication of plants and animals lead to development in agriculture. From traditional agricultural practices to advancement in agriculture by means of Green Revolution has led to increase in the agricultural yield. At the same time, numerous negative consequences such as reduced biodiversity, habitat destruction, salinization, desertification, decline in water resources, destruction of farmlands, and damage to soil fertility; have emerged. Not only this, various greenhouse gases (GHGs) such as nitrous oxide (N<sub>2</sub>O), (NO) and methane (CH<sub>4</sub>). Further, chemical pollution due to legacy pollutants such as pesticides and heavy metals also deteriorate the soil quality. As a result, soil is a threatened resource with research studies finding that at some places in the world, soil is being lost about 100 times faster than it is being formed.

The projected ecological footprint indicates that if sustainable practices are not followed, we would need 02 planet Earths by 2050 and 04 planets by 2100 to sustain the population in the current scenario. Thus, a sustainable LiFE style is imperative for living in harmony with nature. In this context, World Environment Day was celebrated on 5<sup>th</sup> June, 2023 under the theme 'Solutions To Plastic Pollution **#BeatPlasticPollution**' all over the world with the aim of reducing plastic pollution by means of policy and regulatory framework of 'Reduce, Reuse, Recycle, Recover'.

In the Indian context, LiFE which means 'Lifestyle For Environment' was introduced by Prime Minister Shri Narendra Modi Ji—at COP26 in Glasgow on 1<sup>st</sup> November 2021—as a mass movement for “mindful and deliberate utilization, instead of mindless and destructive consumption” to protect and preserve the environment. Examples include:

- Switching of the vehicle engines at traffic lights can save up to 22.5 billion kWh of energy
- Turning of running taps when not in active use can save upto 9 trillion litres of water
- Using a cloth bag instead of a plastic bag while shopping can save up to 375 million tonnes of solid waste from entering the landfill
- Discarding non-functioning gadgets in the nearest e-recycling unit can recycle upto 0.75 million tonnes of e-waste
- Composting waste food at home can save up to 15 billion tonnes of food from going to landfills

Thus, Mission LiFE aims to nudge individuals and communities to practice a lifestyle that is synchronous with nature, recognizing them as Pro Planet People. India is the first country to include LiFE in its Nationally Determined Contributions.

This article is a summary of invited lecture by Dr. P.C. Abhilash on the topic 'Mission LiFE: Living in Harmony with Nature' at World Environment Day on June 5<sup>th</sup>, 2023 at Centre of Environmental Studies, Institute of Inter Disciplinary Studies, University of Allahabad.

- **Dr. Puneeta Pandey**

Coordinator

Centre of Environmental Studies

University of Allahabad



## Effect of Stress and its Management on Parkinson's disease

Dr. Anita Pal

Assistant Professor, Department of Zoology

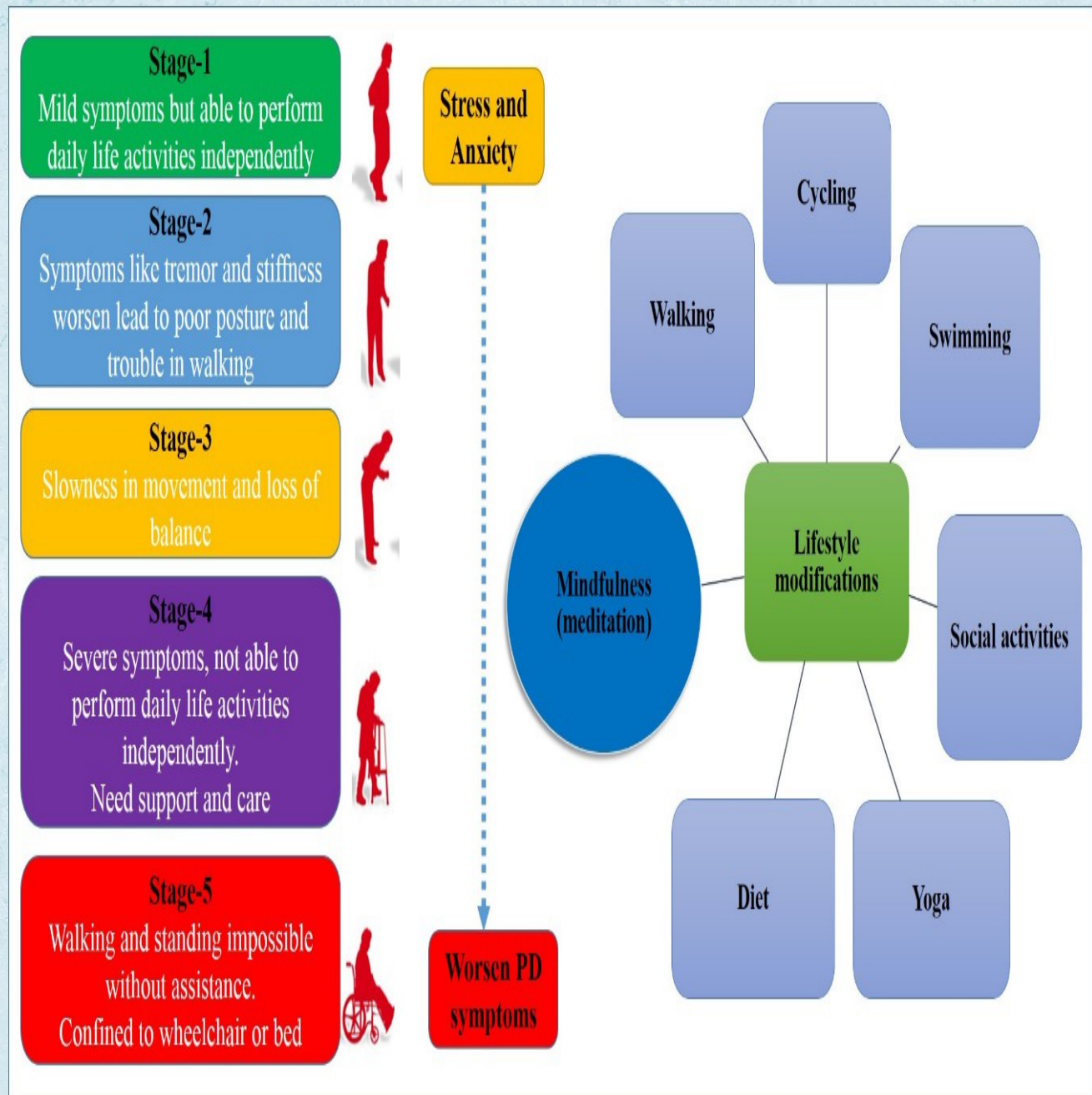
Neurodegenerative disorders are currently a significant global health burden, particularly in the ageing population. All elderly people experience some degree of cognitive decline as they age, but cognitive decline happens much more quickly in neurodegenerative diseases. This condition, in turn, impacts a person's quality of life and places a significant financial, emotional, and physical burden on their caregivers.

Parkinson's disease (PD) is a neurodegenerative condition brought on by the loss of neurons in the substantia nigra, a crucial area of the midbrain that produces the neurotransmitter dopamine. Although the onset of PD is also observed at a young age, the elderly population (those over 60) is the most commonly affected group. In most cases, symptoms develop gradually over time, and they range from moderate tremors and changes in posture, gait, and facial expressions to the loss of balance, sluggishness, frequent falls, stiffness, hallucinations and delusions, mood and sleep disturbances, and cognitive failure. When the illness has progressed, the patient can be bedridden and require round-the-clock care. PD patients' quality of life and healthcare costs are significantly impacted by cognitive impairment, a significant and frequent non-motor characteristic of PD. Dementia can develop from cognitive impairment if not treated in its early stages. Globally, PD affects roughly 100,000 people a year, and more than 10 million people are currently afflicted by this terrible condition. There are 5 stages in the development of this disease, starting with mild symptoms and progressing to more serious ones. The scientific literature has linked a number of responsible genes, environmental factors (such as pesticide exposure), and the effects of ageing on the development of this deadly disease. However, the precise underlying pathophysiology is still largely unknown, and thus it remains incurable.

Two significant lifestyle-dependent risk factors that increase the severity of Parkinson's disease are stress and anxiety. Stress responses that last only a short time have no negative effects. Chronic stress, also known as long-term stress, is problematic because it prevents the body from healing between stressful events. Acute stress frequently worsens the motor symptoms of PD, including gait freezing, dyskinesia and tremor. Such a situation lowers the quality of life and increases the burden on caregivers. Additionally persistent stress exacerbates non-motor symptoms, particularly those related to cognition, anxiety and depression. Stress, regardless of how acute or prolonged, has negative impacts on the pathophysiology of Parkinson's disease if it goes unchecked and may eventually worsen symptoms.

Traditional Levodopa and other dopaminergic drugs and agonists, psychotherapy and a number of alternative treatments are available for PD patients. In addition to pharmacological approaches, numerous stress management techniques should be included in everyday routines to lessen the impact of stress on the development of the condition. The most popular technique is exercise which has been shown to be effective in treating both motor and non-motor symptoms. The second popular self-management technique is mindfulness meditation, which has been shown to reduce both motor and non-motor symptoms. The main idea behind mindfulness-based interventions is to support people in taking control of their condition and adjusting to obstacles on their own.

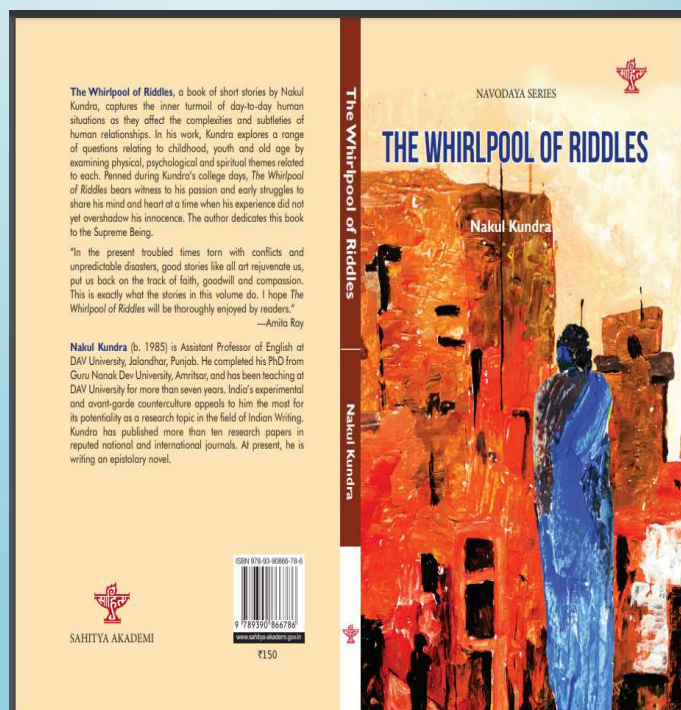
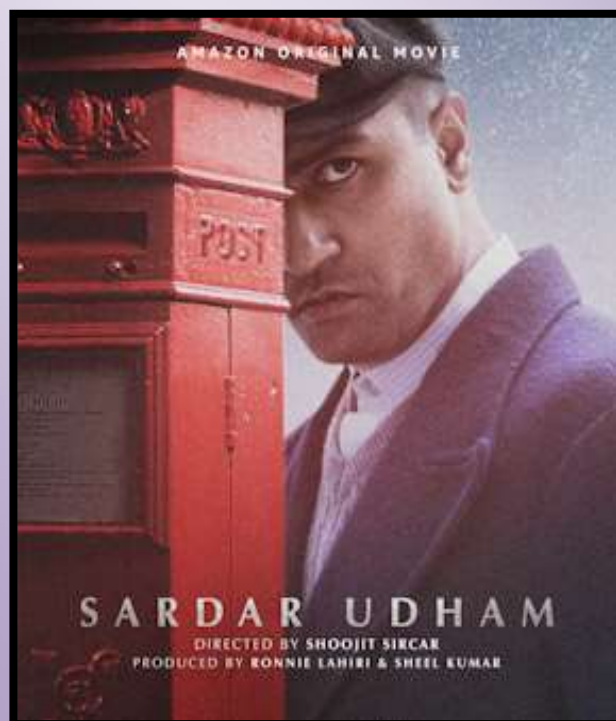




**Figure:** Effect of Stress and its Management on Parkinson's disease

Scientific research has shown that mindfulness techniques change the activity of brain regions associated with stress and reduce the symptoms caused by stress. The findings suggest that altering one's lifestyle can enhance the quality of life and lessen the disease burden.



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