

Effectiveness of Vedic chanting on Cognitive impairments in ADHD child: Case study

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Abstract

The present study aims to find out the effectiveness of Vedic chanting in cognitive impairments in a 6 years old ADHD child. Psychometric and neuropsychological measures such as Digit Cancellation Task, Trail Making task, Digit span test, N back task, IOWA test, VADPRS and VADTRS tests were used for assessing cognitive impairments. Gayatri mantra chanting and computerized training were used for intervention to see the improvements in cognitive functioning where a customized computerized training (MINSTEIN) was used as a controlled condition. Results showed better effectiveness of Gayatri mantra in cognitive improvements as compared to computerized training. It is concluded that Gayatri mantra, as a non-pharmacological intervention can improve cognitive functioning in ADHD children. Keywords: ADHD, Vedic chanting, Gayatri mantra, computerized training, cognitive impairments.



Biography

Nandita Chaube is an Assistant Professor in the Institute of Behavioural Science at Gujarat Forensic Sciences University, Gandhinagar, Gujarat, India. She received her master's degree and doctorate in Psychology from Aligarh Muslim University. In addition to this she acquired P.G. Diploma in Guidance and Counselling from Annamalai University. She has been working as an academican for the past more than 7 years while simultaneously involved in active research which I have presented at many international and national platforms. She has done about 23 research publications in national and international journals and books as well. She has also got two books published in my name and one is about to release. My main research interests are in the areas of clinical, social, sleep, personality, parapsychology and forensic psychology etc. Her recent research areas include spirituality and psychotherapy, dreams, sleep and qualitative analysis of descriptive data. She has also kept the charge of Polygraph (lie detector) for 3 years and also internationally certified in Layered Voice Analysis.

Publications

1. Psychological Correlates of Epileptic Seizures
2. A report on auditory verbal learning and visuo-spatial construct of schizophrenic patients
3. Case study: Paranoid Schizophrenia
4. Case Study: Depression
5. Assessment of anxiety sensitivity and stressful life events among epileptics
6. Post-modernization and mental health
7. A Study of the Psychological State of the Military Personnel Working in Extreme Environmental Conditions
8. Performance Anxiety in Sports Personnel
9. An Investigation Report on the Mental Speed and Sustained Attention of Schizophrenic Patients

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