

29th January, 2022 , Dr. Lalit Kumar Singh , Assistant Professor, Department of Psychiatry, Postgraduate Institute of Medical Education And research, Chandigarh took an orientation session on “ Biofeedback as an adjunctive aid to psychotherapy” organized by the University of Lucknow, Department of Psychology with the efforts of Prof. Madhurima Pradhan, Director, Happy Thinking Laboratory, Department of Psychology, University of Lucknow and Dr. Archana Shukla, Head, Department of Psychology, University of Lucknow . The event was attended by more than 70 students and research scholars . He mentioned about the functioning of Neurobiofeedback which is a process whereby electronic monitoring of a normally automatic bodily function is used to train someone to acquire voluntary control of that function. He also mentioned about the types which included Brain waves. This type uses scalp sensors to monitor your brain waves using an electroencephalograph (EEG). Breathing. During respiratory biofeedback, bands are placed around your abdomen and chest to monitor your breathing patterns and respiration rate. Heart rate. This type uses finger or earlobe sensors with a device used to detect blood volume changes (photoplethysmograph). Or sensors placed on your chest, lower torso or wrists use an electrocardiograph (ECG) to measure your heart rate and how your heart rate varies. Muscle contraction. This type involves placing sensors over your skeletal muscles with an electromyograph (EMG) to monitor the electrical activity that causes muscle contraction. Sweat gland activity. Sensors attached around your fingers or on your palm or wrist with an electrodermograph (EDG) measure the activity of your sweat glands and the amount of perspiration on your skin, alerting you to anxiety. Temperature. Sensors attached to your fingers or feet measure blood flow to your skin. Because your temperature often drops when you're under stress, a low reading can prompt you to begin relaxation techniques. Finally the vote of thanks was rendered by Dr. Megha Singh and the event ended with a beautiful interactive session with the students.



