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Reclaiming Mental Wellness in a Fractured World**Shreyasi Shukla**

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Statement of the Problem: Contemporary mental health interventions predominantly address surface-level symptoms while overlooking the deeper psychological fragmentation increasingly reported by individuals navigating high-pressure modern environments. The absence of structured, evidence-informed frameworks that integrate contemplative practices with psychological science represents a significant gap in global mental wellness care.

Methodology & Theoretical Orientation: This paper presents the Bodhagamya integrative wellness framework, developed and implemented through retreat-based and educational programmes across India. The model draws on three core therapeutic elements — solitude-based reflection, structured self-inquiry, and mind-body-spirit integration — grounded in contemplative theory and evidence-based psychological principles. A qualitative participant observation approach was employed to document outcomes across programme cohorts.

Findings: Participants engaged with the framework reported measurable improvements in chronic stress management, emotional regulation, and psychological clarity. Individuals

presenting with burnout, identity fragmentation, and anxiety demonstrated sustained recovery across follow-up periods, suggesting the model's efficacy as a depth-oriented therapeutic complement.

Conclusion & Significance: Integrative frameworks anchored in contemplative practice and Philosophical self-inquiry offer sustainable, scalable alternatives to symptom-focused interventions. The Bodhagamya model demonstrates particular relevance for workplace wellness, cross-cultural mental health programming, and the growing global demand for holistic psychological restoration frameworks.

Biography

Shreyasi Shukla is the founder of Bodhagamya Pvt Ltd, a wellness company based in New Delhi, India, and the creator of the Ekantika mental healing education framework. She is a published Scholastic author of *Daughter of the Nile* and the non-fiction work *Soul Consciousness*, a recipient of the Rabindranath Tagore Literature Award, and a Scholastic panelist at the World Book Fair 2025. She is currently pursuing BA Honours Psychology at the University of Delhi, holds a Junior MBA from Clever Harvey, and completed an entrepreneurship programme at Harvard Student Agencies.