<div align="center">**Panel Proposal**

**Title: Ethnographies of Mental Health**</div>

The proposed panel aims to delve into the rich tapestry of human experiences surrounding mental health through the lens of ethnography. Ethnography, a qualitative research method, offers a unique perspective by immersing researchers in the natural settings of individuals, capturing everyday patterns and the nuanced interplay between culture, society, and mental well-being.

The objectives of this panel are to understand:

1. The diverse cultural nuances that influence perceptions, stigmas, and coping mechanisms related to mental health across different regions and communities.
2. The significance of mental illness narratives in coping with mental health problems.
3. Personal stories and lived experiences to humanise mental health narratives, fostering empathy and understanding.
4. The role of religious shrines and religious practitioners in mental health
5. Various theoretical positions on the linkages between social, physical and mental experiences.

The panel invites research papers and articles based on ethnographic and theoretical insights:

- Approaches to study Mental Health
- Methodological journeys and challenges
- Cultural Variations in the Perceptions of Mental Health and Illness
- Intersectionality: Exploring the Interconnectedness of Mental Health with Gender, Caste, Class and Race
- Stigma and Mental Health: A Cross-Cultural Examination
- Between modernity and tradition: shifting healing practices
- Religion, place and mental health
- The Role of the Community in Supporting Mental Well-being
- Mental health policy landscape in India

Outcome:

The panel hopes to create an academic platform to engage in discussions and actions to provide critical insights into current research on mental health. The participants will get a deeper/immersive understanding of the intricate relationship between culture and mental health, fostering a collaborative approach to address our global mental health challenges.

The panel will also provide a platform for researchers to engage in discussions that bridge the gap between academic research on mental health and its practical applications in diverse socio-cultural contexts.

Join us in this intellectual exploration as we embark on a journey to unravel the ethnography of mental health and pave the way for a more inclusive and culturally sensitive approach to mental well-being.

**Name of Proposers:**

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