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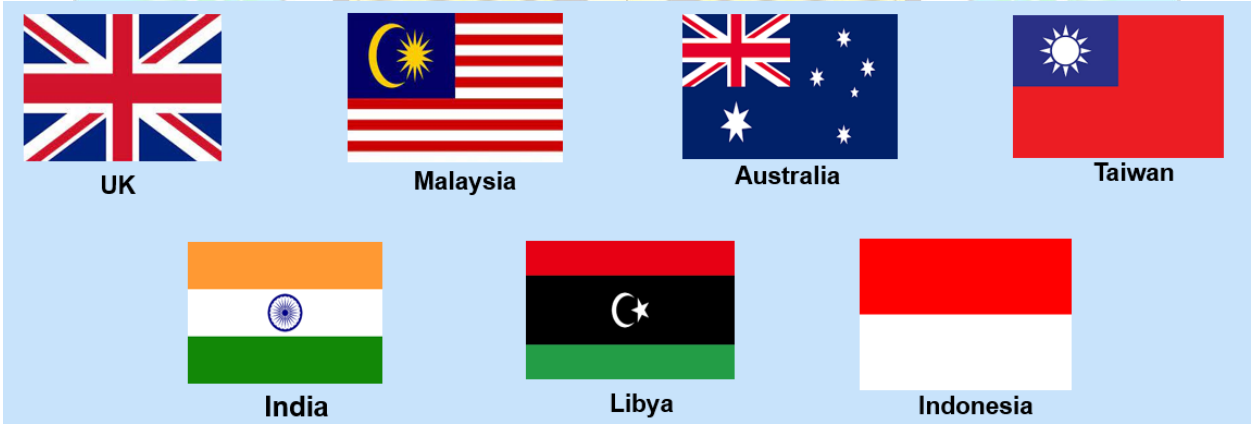

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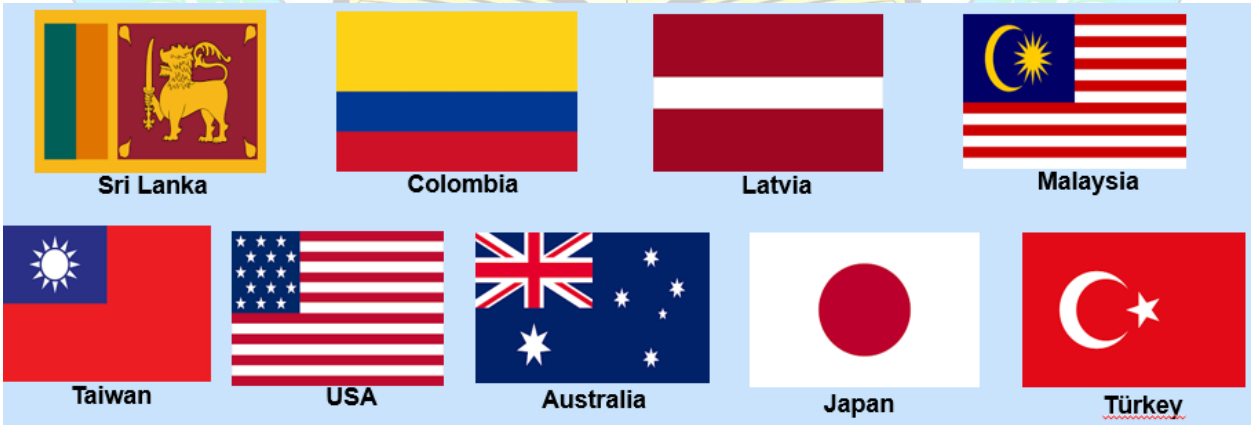

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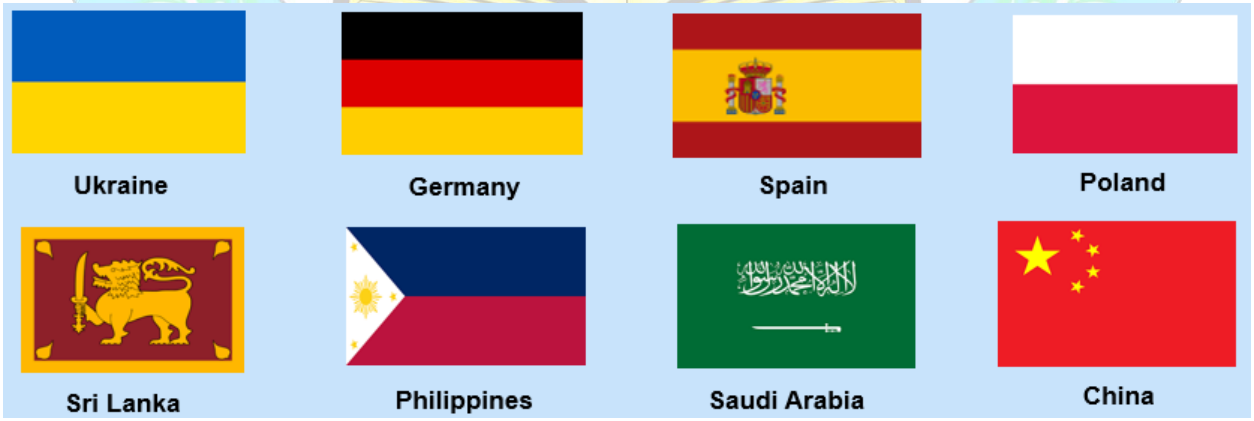

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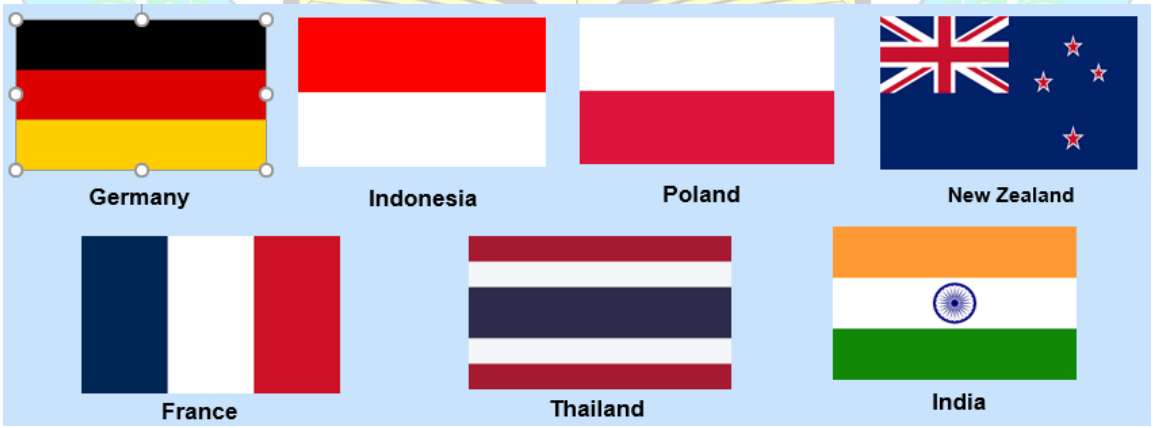

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Healthcare and Biological Sciences Research Association (HBSRA) is an international community of researchers, practitioners, students, and professionals for the development and spread of ideas in the field of healthcare and life sciences.

HBSRA is promoted by Eurasia Research. HBSRA aims to bring together worldwide researchers and professionals, encourage intellectual development, and create opportunities for networking and collaboration. These objectives are achieved through academic networking, meetings, conferences, workshops, projects, research publications, academic awards, and scholarships.

The driving force behind this association is its diverse members and advisory board, who provide inspiration, ideas, efforts and drive collaborations. Scholars, Researchers, Professionals are invited to become a member of HBSRA and join this ever-growing network, working for benefit of society and research with the spirit of sharing and mutual growth.

Salient Features:

- 15000 + and growing network of professionals
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- Conferences in Asia, Europe & Africa
- Events at reputed institutes and grand venues
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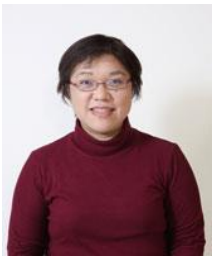

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Preface:

Healthcare and Biological Sciences Research Association (HBSRA) is an international forum of researchers, academicians, and practitioners for sharing knowledge and innovation in the field of healthcare and life sciences. HBSRA aims to bring together worldwide researchers and professionals, encourage intellectual development, and providing opportunities for networking and collaboration. This association meets its objectives through academic networking, meetings, conferences, workshops, projects, research publications, academic awards, and scholarships. HBSRA strives to enrich its diverse group of advisory members. Scholars, Researchers, Professionals are invited to freely join HBSRA and become a part of a diverse academic community, working for benefit of academia and society through collaboration and vision.

For this conference around 20 Participants from around 7different countries have submitted their entries for review and presentation.

HBSRA has now grown to 16,450 followers and 9500 members from 85 countries.

Membership in our scholarly association HBSRA is chargeable.

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The proceeding is a book of abstracts, all the abstracts are published in our conference proceedings a day before the conference.

You can get our conference proceedings at: https://hbsra.org/conference/proceedings/

We hope to have an everlasting and long-term friendly relation with you in the future.

In this context, we would like to share our social media web links:
https://www.facebook.com/eurasiaresearch/

You will be able to freely communicate your queries with us, collaborate and interact with our previous participants, share and browse the conference pictures on the above link.

Our mission is to make continuous efforts in transforming the lives of people around the world through education, application of research & innovative ideas.

Editor: Dr. Davis Lazarus

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KEYNOTE SPEAKER

Prof. Dr. Ferda Halicioglu

Ph.D., Senior Lecturer in Economics, Department of Accountancy, Finance and Economics, Lincoln University, United Kingdom

Topic: Success of International Journal Article Publishing in Social Sciences

Prof. Dr. Ferda Halicioglu is a valued member of the research world and has been associated with many renowned turkish universities and colleges. he is also an editor for global business and economics review. his research has been ranked amongst the u.k. by repec, which indicates that he is in the top 10% according to overall research performance. as of june 2014, the turkish monthly magazine platin identified him as one of the most influential 25 turkish economists in the world. the total citations for his research are more than 4500, and significant numbers of these citations are in international journals with high impact factors. he has been awarded numerous awards and scholarships throughout his career.

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KEYNOTE SPEAKER

Dr. Michel Gagne

Oxford Association of Management in the Grade of Certified Doctor of Business Administration, Kuala Lumpur, Malaysia

Topic: New Trends in Multi-Sensory Imagery Training
(Its impact on the rehabilitation process)

Mr. Gagné is a high-performance lifestyle coach and consultant, a mental preparation coach with Canadian Olympic Medalists athletes ,a management trainer in international corporate circles, a speaker and facilitator for more than 50 years. He has worked in Canada, Europe, Middle East, Asia, Africa and the Caribbean.

Excellent motivator, Michel has worked with several Olympic Medallists and Athletes from Canada and abroad since the 1972 Munich Olympic Games. He has been an advisor, trainer and coach of several Olympic Coaches from Canada, Caribbean Islands, Sri Lanka, India, Malaysia, Singapore, Brunei. He was involved in the Montreal 1976 Olympic Games as Manager of the Training Venues.

He started getting involved in mental preparation for Olympic Athletes in several sports in Canada and abroad from 1972 until now.

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KEYNOTE SPEAKER

Dr Babasaheb Manik More

Professor in Engineering Physics, Dean, Research and Development Cell, Brahmdevdada Mane, Institute of Technology, Solapur, M.S. India

Topic: Variation in Gravitational Pull: New Technique for Aquifers Mapping

Dr. More has completed his M.Sc. in Applied Electronics (Physics)in 1992 and Ph.D. in "Thin Films and Solar Cells" in 1997 from Shivaji University, Kolhapur, India. He has teaching experience of 29 yrs. at Diploma / Engineering Colleges. His interested areas of research are thin films, optoelectronics, solar cells, ground water, gravitation and bio-geo-physics. In these research areas he has published 26 research papers in national / international journals and presented 24 research papers in national / international conferences. Dr More is Research Guide (Ph.D.) of Solapur University, Solapur in subject of Physics. He is associated with many Journals as Reviewer / Associate Editor / Editor / Executive Editor / Editorial Board Member. He has delivered Invited Talks / plenary speech / Key Note Address at various International Conferences. He worked as Convener of International Conference at BMIT, Solapur, India. He is a member of "World Association for Scientific Research and Technical Innovation (WASRTI), Life member of Indian Society for Technical Education (ISTE) AND Life Member of Institute of Scholar (InSc). Dr More awarded "Research Excellence Award 2020 by Institute of Scholar, Bengaluru, India.

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KEYNOTE SPEAKER

Dr. (Mrs.) W. G. Samanthi Konarasinghe

Academic Director, Statistical Consultant, Institute of Mathematics and Management, Sri Lanka

Topic: Use and Misuse of Statistics in Life-Sciences & Healthcare

Dr. (Mrs.) W. G. Samanthi Konarasinghe, an award-winning Scientist has served as a Statistical Consultant and a Lecturer for more than two decades. She has developed various Mathematical and Statistical techniques to the world. The Circular Model (CM) and the Sama Circular Model (SCM) are two of the widely applied techniques whilst the Damped Circular Model (DCM) and Forced Circular Model (FCM) are the recently developed models. Dr. Samanthi has won the Best Paper Award from the International Conference on Advances in Mathematics, Computers & Physical Sciences and the International Conference on Business, Economics, Social Sciences & Humanities for her research findings. She was awarded the"IMRF BEST SCIENTIST AWARD, INDIA" for her invaluable contribution to the field of Statistics. She has been in constant demand due to her new findings, gets an invitation from various destinations to share her knowledge as the keynote speaker, invited speaker, etc. at international research forums in Thailand, Singapore, Malaysia, India, Australia, and many other countries. Also, she was the guest of honor and the chief guest of many International research forums. Dr. Samanthi is a multi-disciplinarian; has obtained a Bachelor of Science Degree in Mathematics; Postgraduate Diploma in Industrial Mathematics; Master of Science in Applied Statistics, Master of Business Administration (MBA), and Doctor of Philosophy in Statistics, Doctor of Philosophy in Statistics. Also has the Diploma in Classical Music. She is a member of; the American Statistical Association (ASA), Statistical Society Australia (SSA), Institute of Applied Statistics, Sri Lanka (IASSL), and National Science Foundation (NSF), Sri Lanka. She is the Editor in Chief of, Journal of New Frontiers in Mathematics & Statistics; Journal of New Frontiers in Economics & Business; Journal of New Frontiers in Healthcare & Biological Sciences; Journal of New Frontiers in Education & Social Sciences, published by the Institute of Mathematics and Management of Sri Lanka. Also, an Editorial board member of the American Journal of Theoretical and Applied Statistics (AJTAS). She is an Advisory Member Technical/ Scientific Conference Committee member of the Scientific and Technical Research Association (STRA). Most interestingly, Dr. Samanthi is not only a Scientist but also an Artist; a Violinist, Painter, Writer, Drama producer, and actress. The membership magazine of the American Statistical Association; "AMSTATNEWS" wrote two testimonials on her.

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KEYNOTE SPEAKER

Prof. Dr. Sergei Gorlatch

University of Muenster, Germany

Topic: Distributed Software Applications Based on Mobile Cloud and Software-Defined Networks

Sergei Gorlatch is a Full Professor of Computer Science at the University of Muenster (Germany) since 2003. Earlier he was an Associate Professor at the Technical University of Berlin, Assistant Professor at the University of Passau, and Humboldt Research Fellow at the Technical University of Munich, all in Germany. Prof. Gorlatch has more than 200 peer-reviewed publications in renowned international books, journals and conferences. He was the principal investigator in several international research and development projects in the field of software for parallel, distributed, Grid and Cloud systems and networking, funded by the European Community and by German national bodies.

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PRESENTERS

(Applicants & Participants)

Sahar Daoud - B ERCICRLSH2205053

Health care cleaners forgotten heroes during covid 19 crisis

Sahar Daoud
Bue, Lrc, Cairo, Egypt

Abstract

The covid-19 pandemic showed the importance of health care systems and how it is important to support front line health workers, yet health facility clearness may have been the neglected workforce in the pandemic. During the pandemic, their jobs were vital to keep hospitals running. They were conducting more frequent cleaning, instead of cleaning an area twice in eight hours, it was cleaned every two hours, they had to do extensive cleaning all over the day. If the environment was not clean and disinfected the virus can spread in the facility to health care providers and to the patients. During the pandemic the risk of contracting covid-19 was higher among the cleaners due to lack of resources, insufficient supplies and most of health cleaners in the lowest income do they may not have basic needs. Also, in some places they did not receive enough training about how to deal with pandemic. In bangladesh, india, gambia, and zanzibar, they found that less than a third of 56 health care facilities analyzed delivered formal training to cleaners (root.r, 2021). They may feel confusion and fear and unlike nurses and doctors they may lack the training to know how to protect themselves. The psychosocial consequences of the coronavirus pandemic (covid-19) were serious for health professionals including doctors and nurses because of their higher level of exposure. Health care providers often face huge psychological pressure because of workload, long hours, critical cases and working in a high-risk environment but at least health care providers like doctors and nurses were feeling the importance of their role and the world showed them appreciation. A study suggests that heath care cleaner eel they provide little value to their workplaces (hewage et al., 2021) the study found that the health clearness is not trained as well as they should be and see themselves. The study further notes that the training for hospital cleaners should ideally focus on organizational and work environment elements as well as intra- and inter-personal skills, such as leadership, self-management, conflict resolution, communication, and emotional intelligence. Even prior to the pandemic cleaners did not have the resources or the attention which had been given to other health care providers. Hopefully is that covid 19 will be a change for recognition of importance of cleanliness and increase the recognition of health care cleaners and recognize cleaner. As part of health care system who needs training and support. They should be included in recovery plans and preparation of the coming pandemic. Training for heath cleaners should focus on their interpersonal skills, their self-esteem and their self-management to be able to handle their jobs. Background: Cancer is one of the most dreadful diseases all over the world that can cause death. Cancer could be treated with different methods such as surgery, chemotherapy or radiotherapy. Methodology: In this review study, various techniques in cancer treatment especially radiotherapy modalities including three dimensional radiation therapy, intensity modulated radiation therapy, image guided radiation therapy, intra operative radiotherapy, stereotactic methods and brachytherapy are reviewed and discussed. Over recent years, radiotherapy techniques have been greatly developed which create various suitable conditions for the treatment of different cancers while sparing normal tissues. As the radiotherapy techniques developed, tumor covering and precision on dose delivery increased. Keywords: Cancer, radiation therapy, chemotherapy, surgery, intra operative radiotherapy, brachytherapy. Cancer is a major public health burden worldwide, affecting millions of people each year. One of the major hallmarks of cancer is rapid growth and progression by evasion of host immune responses. Tumor resistance to conventional anticancer drugs by several mechanisms, such as drug inactivation, efflux pumps and enhanced toxicity to

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normal cells decreases their clinical efficacy. These limitations resulted in the development of new targeted agents, such as monoclonal antibodies and small molecule inhibitors that have high tumor specificity. This paper discusses the therapeutic applications of novel molecular targeted agents and immunotherapy as an alternative treatment option for head and neck cancers, as well as provides insight into future therapeutic approaches for advanced head and neck cancers. Cancer has become a major public health problem worldwide. Researches focus on the new approaches for cancer treatments that involve the specific targets of the cancer disease. The premise of targeted therapy in oncology is the fundamental reliance of tumor cells on biological pathways to which drugs inhibiting those pathways can be applied. Tumor resistance to anticancer drugs is a well-known clinical phenomenon that is now yielding its secrets to investigation at the molecular level. Resistance of immunotherapeutic agents is a matter of concern that is believed to influence the effectiveness of anticancer therapies. The intrinsic or acquired drug resistance directly impacts on the survival and the prognosis of patients with cancer. This review presents the application of molecule targeted therapy in cancer treatment. A particular focus is on the potential mechanism that can facilitate further improvement of anticancer Every year, cancer is responsible for millions of deaths worldwide and, even though much progress has been achieved in medicine, there are still many issues that must be addressed in order to improve cancer therapy. For this reason, oncological research is putting a lot of effort towards finding new and efficient therapies which can alleviate critical side effects caused by conventional treatments. Different technologies are currently under evaluation in clinical trials or have been already introduced into clinical practice. While nanomedicine is contributing to the development of biocompatible materials both for diagnostic and therapeutic purposes, bioengineering of extracellular vesicles and cells derived from patients has allowed designing ad hoc systems and univocal targeting strategies. In this review, we will provide an in-depth analysis of the most innovative advances in basic and applied cancer research cancer, nanomedicine, extracellular vesicles, targeted therapy, immunotherapy, gene therapy, thermal ablation, radiomics, pathomics Extensive investigations of carcinogenesis and tumor characterization have identified various deregulations within tumors and their microenvironments and have helped steer the direction of drug development in cancer. The upgraded knowledge of tumor biology and microenviroment provides information on differences in neoplastic and normal cells. Thus, the need to target these differences led to the development of novel molecules (targeted therapy) active against the neoplastic cells' inner workings. There are several types of targeted agents, including Small Molecules Inhibitors (SMIs), monoclonal antibodies (mAbs), interfering RNA (iRNA) molecules and microRNA. In the clinical practice, these new medicines generate a multilayered step in pharmacokinetics (PK), which encompasses a broad individual PK variability, and unpredictable outcomes according to the pharmacogenetics (PG) profile of the patient (e.g., cytochrome P450 enzyme), and to patient characteristics such as adherence to treatment and environmental factors. This review focuses on the use of targeted agents in-human phase I/II/III clinical trials in cancer-hematology. Thus, it outlines the up-to-date anticancer drugs suitable for targeted therapies and the most recent finding in pharmacogenomics related to drug response. Besides, a summary assessment of the genotyping costs has been discussed. Targeted therapy seems to be an effective and less toxic therapeutic approach in oncohematology. The identification of individual PG profile should be a new resource for oncologists to make treatment decisions for the patients to minimize the toxicity and or inefficacy of therapy. This could allow the clinicians to evaluate benefits and restrictions, regarding costs and applicability, of the most suitable pharmacological approach for performing a tailor.made therapy

Keywords: anticancer mAbs, Tyrosine kinase inhibitors, tailored therapy, personalized medicine, pharmacogenomics Targeted therapies are developed to encompass the nonspecific toxicity associated to standard chemo-drugs and also to ameliorate the efficacy of treatment. Biological agents can be used alone, but very often a combination of targeted molecules and

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conventional anti-tumor drugs is used. This new strategy aims to a selectively killing of malignancy cells by targeting either the expression of specific molecules on cancer cell surface or the different activated molecular pathways that directed to tumor transformation [1]. New therapeutic approaches include a combination of “old” anticancer drugs (i.e., chemotherapies) and innovative molecules (targeted agents). These procedures are planned to mark both primary and metastatic cancer cells. The current classification of cancerhematology targeted drugs includes monoclonal antibodies (mAbs), small-molecule inhibitors (SMIs), interfering RNA (iRNA), microRNA, and oncolytic viruses (OV). Their mechanisms of action can be either tumor specific (by interfering with cancer cell membrane biomarkers, cellsignaling pathways, and DNA or epigenetic targets), or systemic, through triggering of the immune responses [2,3,4

urrently, scientific evidence is still low, to address therapeutic drug monitoring of mAbs and SMIs. In this scenario, their combination with adjuvant therapies may represent a promising cancer treatment approach. In 2001, the first selective ABL Tyrosin Kinase inhibitor Imatinib) was approved by the US Food and Drug Administration (FDA) [6]. This was quickly followed by the monoclonal antibody marking the CD20 antigen (antiCD20mAb, Rituximab) [7]. Both agents accounted the revolution in the management of patients with Chronic Myeloid Leukemia (CML) and non-Hodgkin’s lymphoma (NHL), respectively. These drugs guarantee around 80% response rate; on the other hand, drug-resistance is still a limitation, and new generation TKIs are being developed to by-pass these matters Currently, various new molecules are developed against specific tumor cell targets. Among these, histone deacetylase inhibitors (HDACi) and DNA hypomethylating agents target genetic/epigenetic determinants central for tumor growth ablation. New peptide vaccines targeting novel tumorassociated antigens, alternative checkpoint inhibitors, and chimeric antigen against T receptor (CAR-T) of the lymphocytes are being developed for the patients who have failed classical immunotherapy (often anti-PD1/anti-PD-L1). Newer SMIs targeting a variety of oncogenic signaling are being advanced to overcome the emerging of resistance phenomena to the existing targeted drug procedures [8]. Above Table 1 reviews currently open phase I/II/III clinical trials for onco-hematologic patients. The data in the table were collected from clinicaltrils.gov (accessed on June 2019). It may provide a useful implement to oncologist who treat relapsed refractory hematology malignancy. THE RESEARCH ABSTRACT Cancer has become a major public health burden worldwide, as it is responsible for millions of deaths annually. The discovery and development of effective novel modalities of cancer therapy is mandatory, since classical non targeted treatment of cancer either surgical, chemotherapy or radiation are not highly selective treatment and has a huge negative impact on adjacent and remote normal human cells due to their numerous side effects, therefore, the modern trend regarding anti-cancer drugs focuses nowadays mainly on Targeted anti-cancer therapy which includes monoclonal antibodies (MBAs), small-molecule inhibitors (SMIs), interfering RNA (iRNA), microRNA, and oncolytic viruses (OV), most targeted therapies are either small-molecule drugs or monoclonal antibodies. Tumor cells and normal cells are not identical although cancer cells are considered modified ordinary cells, however, there are some differences which recognize tumor cells, these differences have been extensively studied recently and let to emergence of novel cancer treatment called Targeted anticancer therapy drugs those specifically target and these cell differences and act on proteins that control how cancer cells grow, divide, and spread by different mechanisms such as restricting cell growth, stop tumor vascular formation, they also play a role in assisting immune system destroy cancer cells, and they deprive these cells from necessary hormones required for their growth. Some initiate cancer cell apoptosis and deliver killing substances which led to cell death.

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Dr. Tarafa Krees
ERCICRLSH2205052

Review of a novel approach of breast cancer therapy

Dr. Tarafa krees
Faculty of medicine, university of benghazi, benghazi, libya

Abstract

Breast cancer(bc) is the most common malignancy and leading cause of cancer-related mortality in women. However, the development of imaging and population-based screening programs has reduced bc mortality. Breast conservation is a major goal of cancer treatment, and local excision (lumpectomy) followed by radiation therapy is the current standard of care. However, 35% of patients who undergo lumpectomy note serious breast asymmetry, and morbidity rates of 11% for bleeding and 3% for infections, therefore, many different minimally invasive options have been considered, including thermal breast ablation techniques such as radiofrequency high-intensity focused ultrasonography (us), microwave, interstitial laser, and cryoablation which is also known as cryotherapy or cryosurgery. It uses extreme cold to freeze and destruct cancer cells. The disadvantage of cryoablation for breast cancer is typically only possible for small tumors. Thus, surgery is often used following cryoablation, however, further studies are required to assess possibility for replacing lumpectomy. Cryoablation is also currently being used to treat fibroadenomas of the breast as it depends on extreme cold to act an as anti-inflammatory and relieve pain. Cryoablation is the best visualized of all ablation techniques due to the phase change during ice formation. The margins of low-density, solid ice are well seen with us, ct, and mr imaging. Considering its lower procedural pain, cryoablation may have unique benefits for cost-effective out-patient breast cancer therapy using only local anesthesia and/or mild sedation. The greater resorption of the cryoablation zone than heat-based ablations also fulfills cosmetic goals. However, thorough cryoablation of any breast cancer is paramount over breast conservation and requires the generation of lethal isotherms throughout a tumor by using well-established multi-probe placement considerations. Indeed, under-treatment and local recurrence rate of 38% within 6 months can occur if only two cryoprobes are used for tumors as large as 5 cm, despite mr visualization of tumor coverage by ice. Us-guided breast cryoablation (bc) has shown encouraging results for benign disease. Although only limited application for cancer. Unfortunately, bc reports for cancer used only a single cryoprobe concluded that bc was insufficient for treating breast cancers larger than 1.5 cm. Cryoablation can be successfully performed in an office-based setting with only local anesthesia with no significant complications to the procedure or postprocedural pain requiring narcotic pain medications. Cryoablation destroys the vast majority of cancers <1.0 cm. For tumors between 1.0 and 1.5 cm, this success rate was achieved only in patients with invasive ductal carcinoma without a significant ductal carcinoma-in-situ (dcis) component. For unselected tumors >1.5 cm, cryoablation was unreliable with this technique. Patients with noncalcified dcis were the cause of most cryoablation failures. In conclusion, our results suggest that cryoablation of the primary tumor is safe, painless with no scarring and effective in the treatment of breast cancer patients with good cosmesis.

Keywords: Cryotherapy, Cryosurgery, Breast Cancer, Cryoablation, Tumor, Mass, Lump.

Shalini TV
ERCICRLSH2205056

A Correlation between Physical Constitution of an Individual as per Ayurveda and Gut and Oral Microbiome in Healthy and Urban Subjects of Multi Ethnic Base

Shalini tv
Ramaiah indic specialty ayurveda restoration hospital, new bel road, msr nagar, bangalore, india

Abstract

A correlation between physical constitution of an individual as per ayurveda and gut and oral microbiome in healthy and urban subjects of multi ethnic base. Prakriti (body –mind

	constitutional makeup of a person) is a unique concept described in ayurveda system of medicine. The understanding of prakriti is essential for tailoring and personalizing the medicine and diet. Three dominant traits in prakriti are identified based on the dominance of the doshas (bio humoral, functional units of body) namely- vata, pitta and kapha. Few studies have shown the specific association between prakriti and the biochemical parameters. The human gut micro biome hosts plenty of highly diverse and metabolically active microorganisms, mainly dominated by the bacteria that would alter the physiology and in turn causes pathology. We conducted a study to explore any correlation between the prakriti and oral and gut microbiomes, if any. Study involved 270 healthy volunteers of both gender between 18 to 40 years of age group. They were screened for prakriti using ayusoft software and a questionnaire and categorized into vata, pitta and kapha based on the dominance of the traits after assessing their healthy status. Saliva and stool samples were collected of recruited volunteers were collected as per the established standard operating procedure and bacterial dna was isolated using qiagen kits. The extracted dna was subjected to 16s rrna sequencing using the illumina kits. The sequencing libraries targeting the variable v3 and v4 regions of the 16s rrna gene. Paired sequencing was done on miseq system and raw sequence data was analyzed and processed separately for stool and buccal samples using quantitative insights into microbial ecology (qiime 2) software version 2020.2.0.the results showed that out of the 109 otus considered, 91 otus or 83% of the otus were shared among all the three prakritis. Only 10 otus were unique to any of the three prakriti types but these otus had very low prevalence. Conclusion: in healthy volunteers of multi ethnicity, due to the multi-ethnicityhe various factors, correlation between the prakriti and the gut microbiome was not seen. The correlation can be established by controlling the factors that would influence the gut microbiome. **Keywords:** Ayurveda, Ayurveda Prakriti, Gut Microbiome, 16s Rrna
Renata Bazzo **ERCICPP2206058**	**Variations of Self-Experience in Manic Episodes: A Research Review** Renata Bazzo University of Sao Paulo, Institute of Psychology, Sao Paulo, Brazil Christian Dunker University of Sao Paulo, Institute of Psychology, Sao Paulo, Brazil **Abstract** Many studies on the variations of the Self experiences in the psychopathological field have be favored with a renewed interest in the past decade. However, Self-disorders in mania is still an overlooked issue, because these symptoms are not considered as a core feature of affective syndromes. We argue that detailing the Self distortions in manic episode can be helpful to refine clinical diagnosis, to develop predictive tools and psychotherapeutic strategies for functional recovery after crises. This paper intends to make a theoretical review of the main researches about this topic. For this, four criteria were analyzed: sensorimotor and kinesthetic experience, body structure and boundaries, beliefs on oneself and the others, idealized self. The evidence review suggests that feelings of body vitality and feelings of familiarity and sociability present in the manic episode were the most highlighted aspects in the studies, but further researches are necessary to clarify the psychological basis of these phenomena. There is growing evidence that self-disturbances in the schizophrenia spectrum are different from those in manic episode and, therefore, different research strategies are required. **Keywords**: Ego-disturbances; Mania; Psychopathology; Psychotherapy; Semiology
Cazsia Khryl Eine T. Diaz **ERCICPP2206059**	**Relaxation Techniques of Teenage Learners of Lorma Special Science High School** Cazsia Khryl Eine T. Diaz Special Science High School, Lorma Colleges, Manila, Philippines

Beatrice Allana A. Bautista
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Special Science High School, Lorma Colleges, Manila, Philippines

Abigail C. Tolsma
Special Science High School, Lorma Colleges, Manila, Philippines

Abstract

Teenage learners inevitably experience stress caused by daily challenges, resulting in the usage of relaxation techniques not to prolong the tension. This study aimed to learn about the challenges teenage learners of Lorma Special Science High School face and the relaxation techniques they use. For this purpose, teenagers who do not know how to cope could gain information and identify what relaxation techniques they could use to destress. In addition, the challenges they face could be decreased or avoided. This study utilized a qualitative research design through a semi-structured interview conducted online due to the current pandemic. It has been identified that the most common sources of stress among the teenage learners of Lorma Special Science High School are schoolwork, activities, and personal issues. These factors make them feel anxious and overwhelmed. They practice relaxation techniques such as listening to music, reading, and quality time to alleviate these feelings. The researchers recommend practicing time management and accomplishing the given schoolwork as soon as possible to avoid further stress. In addition, reaching out and venting about their problems with their families and friends and seeking professional help would also be advisable.

Keywords: Stress, Relaxation, Teenage Learners

Princess Nicole Marron
ERCICPP2206060

The Covid 19 Pandemic's Influence on The Changes of Adolescents Behavior

Princess Nicole Marron
LORMA Senior High, LORMA Colleges Basic Education, La Union, Philippines

Abstract

This study was to determine the adolescent's behavior that has changed during the pandemic. The goal of this study was to explore how adolescents actually dealt with the pandemic, what changed in their behavior throughout the pandemic, and why their behavior changed. This study used a qualitative research design with a descriptive approach. Participants were 5 students each from grades 7-10 students of LORMA Junior High School. This study used convenience sampling as its sampling tool and open-ended questions with zoom interviews and messenger calls as its data gathering method. Data analysis was performed using thematization. The research reveals that throughout the pandemic, adolescents had several reasons for changing their behavior. The study showed that adolescents actually suffered from challenges brought by the pandemic due to the declared restrictions that these individuals have to abide on. This study concluded that adolescents today during the pandemic have changes in their behavior. These findings emphasize the necessity of more effectively identifying and assisting teenagers during pandemics.

Keywords: Behavior, Adolescents, Covid-19, Habits, Pandemic, Mood

Jasam Jummah

Review of a Novel Approach to Breast Cancer Therapy

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Alqatany
ERCICRLSH2205053

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Abstract

Cancer is one of the most dreadful diseases all over the world that can cause death. Cancer could be treated with different methods such as surgery, chemotherapy or radiotherapy.In this review study, various techniques in cancer treatment especially radiotherapy modalities including three dimensional radiation therapy, intensity modulated radiation therapy, image guided radiation therapy, intra operative radiotherapy, stereotactic methods and brachytherapy are reviewed and discussed. Over recent years, radiotherapy techniques have been greatly developed which create various suitable conditions for the treatment of different cancers while sparing normal tissues. As the radiotherapy techniques developed, tumor covering and precision on dose delivery increased.

Keywords: Cancer, radiation therapy, chemotherapy, surgery, intraoperative radiotherapy, brachytherapy.

Introduction

Targeted therapies are developed to encompass the nonspecific toxicity associated to standard chemo-drugs and also to ameliorate the efficacy of treatment. Biological agents can be used alone, but very often a combination of targeted molecules and conventional anti-tumor drugs is used. This new strategy aims to a selectively killing of malignancy cells by targeting either the expression of specific molecules on cancer cell surface or the different activated molecular pathways that directed to tumor transformation [1]. New therapeutic approaches include a combination of “old” anticancer drugs (i.e., chemotherapies) and innovative molecules (targeted agents). These procedures are planned to mark both primary and metastatic cancer cells. The current classification of cancer hematology targeted drugs includes monoclonal antibodies (mAbs), small-molecule inhibitors (SMIs), interfering RNA (iRNA), microRNA, and oncolytic viruses (OV). Their mechanisms of action can be either tumor specific (by interfering with cancer cell membrane biomarkers,cell signaling pathways, and DNA or epigenetic targets), or.] systemic, through triggering of the immune responses [2,3,4 Currently, scientific evidence is still low, to address therapeutic drug monitoring of mAbs and SMIs. In this scenario, their combination with adjuvant therapies may represent a] promising cancer treatment approach. In 2001, the first selective ABL Tyrosin Kinase inhibitor (TKI, Imatinib) was approved by the US Food and Drug Administration (FDA) [6]. This was quickly followed by the monoclonal antibody marking the CD20 antigen (antiCD20mAb, Rituximab) [7]. Both agents accounted the revolution in the management of patients with Chronic Myeloid Leukemia (CML) and non-Hodgkin’s lymphoma (NHL), respectively. These drugs guarantee around 80% response rate; on the other hand, drug-resistance is still a limitation, and new generation TKIs are being developed to by-pass these matters Currently, various new molecules are developed against specific tumor cell targets. Among these, histone deacetylase inhibitors (HDACi) and DNA hypomethylating agents target genetic/epigenetic determinants central for tumor growth ablation. New peptide vaccines targeting novel tumor associated antigens, alternative checkpoint inhibitors, and chimeric antigen against T receptor (CAR-T) of the lymphocytes are being developed for the patients who have failed classical immunotherapy (often anti-PD1/anti-PD-L1). Newer SMIs targeting a variety of oncogenic signaling are being advanced to overcome the emerging of resistance phenomena to the existing targeted drug procedures [8]. Above Table 1 reviews currently open phase I/II/III clinical trials for onco-hematologic patients. The data in the table

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	were collected from clinicaltrils.gov (accessed on June 2019). It may provide a useful implement to oncologist who treat relapsed refractory hematology malignancy. Cancer has become a major public health burden worldwide, as it is responsible for millions of deaths annually. The discovery and development of effective novel modalities of cancer therapy is mandatory, since classical non targeted treatment of cancer either surgical, chemotherapy or radiation are not highly selective treatment and has a huge negative impact on adjacent and remote normal human cells due to their numerous side effects, therefore, the modern trend regarding anti-cancer drugs focuses nowadays mainly on Targeted anti-cancer therapy which includes monoclonal antibodies (mAbs), small-molecule inhibitors (SMIs), interfering RNA (iRNA), microRNA, and oncolytic viruses (OV), most targeted therapies are either small-molecule drugs or monoclonal antibodies.. Tumor cells and normal cells are not identical although cancer cells are considered modified ordinary cells, however, there are some differences which recognize tumor cells, these differences have been extensively studied recently and let to emergence of novel cancer treatment called Targeted anticancer therapy drugs those specifically target and these cell differences and act on proteins that control how cancer cells grow, divide, and spread by different mechanisms such as restricting cell growth, stop tumor vascular formation, they also play a role in assisting immune system destroy cancer cells, and they deprive these cells from necessary hormones required for their growth. Some initiate cancer cell apoptosis and deliver killing substances which led to cell death.
Cahit Kaya **ERCICPP2207051**	**Factors Associated with Successful Return to Work Outcomes among Clients with Parkinson's Disease** Cahit Kaya Psychiatry, Arabian Gulf University, Bahrain **Abstract** Purpose: This study investigated the extent to which demographic characteristics, receipt of Social Security benefits, and vocational rehabilitation (VR) services influence competitive employment outcomes for people with Parkinson's Disease who were unemployed at the time they enrolled in the state-Federal VR program. Method: The Rehabilitation Services Administration's Case Service Report (RSA-911) database for Fiscal Year 2014 was examined using a purposeful selection logistic regression analysis. Results: Results indicated that participants who received on-the-job support (both short-term and long-term), job placement, maintenance, and college or university tuition assistance from the VR program were significantly more likely to achieve competitive employment than were participants who did not receive those services. Participants who received assessment services were less likely to achieve competitive employment than were those who did not receive assessment services. In addition, receiving a greater number of VR services over a shorter period of time and not receiving Social Security disability benefits were positively associated with competitive employment outcomes. Conclusion: Overall, the number and type of VR services received had more influence on competitive employment outcomes than did client demographic variables. **Keywords:** Parkinson's Disease, Vocational Rehabilitation, Employment Outcome, Supported Employment, Rehabilitation Service Administration
Cahit Kaya **ERCICPP2207051**	**A Psychometric Validation of the Impact on Participation and Autonomy Questionnaire in a Sample of Turkish Cancer Survivors** Cahit Kaya

Psychiatry, Arabian Gulf University, Bahrain

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Jill Bezyak
University of Northern Colorado, Greeley, CO

Abstract

Participation and autonomy are two of the vital treatment and rehabilitation outcomes for people with chronic illness and disability including people with cancer. The purpose of this study is to investigate psychometric properties of Impact on Participation and Autonomy Scale (IPA) with a sample of cancer patients. Confirmatory factor analysis was used to analyze data collected from 186 cancer patients who completed the IPA, Health Care Climate Questionnaire (HCCQ), Satisfaction with Life scale (SWLS) Scale, and role functioning subscale of the Quality-of-Life Questionnaire (EORTC QLQ-C30). In contrary to original the five-factor solution, the results provided a better fit for a three-factor correlated model (the three factors: ADL/IADL, social relations, and employment and education. The IPA factors were significantly associated with supportive healthcare climate, role functioning, and life satisfaction in the theoretically expected directions providing support for the validity of the scale. Overall, The IPA is a psychometrically sound measure of participation and autonomy that can be used to assess cancer survivors' levels of community participation for treatment planning and selection of evidence-based healthcare and psychosocial interventions for cancer survivors.

Keywords: Rehabilitation, Participation, Autonomy, Cancer and Validity

Alexandra Mari Judan
ERCICPP2207052

SPED Teachers' Techniques in Teaching Children with Special Needs

Alexandra Mari Judan
Lorma Colleges Senior High School, Lorma Colleges, City of San Fernando, La Union, Philippines

Abstract

Distance learning became prevalent over the past years as we face the widespread COVID-19 pandemic. This type of education made teaching children with special needs more difficult whereas the workload of SPED teachers had been draining them. This study aimed to discover, analyze, and associate the challenges and teaching methods that are experienced by SPED teachers in a distance learning setup. Furthermore, as we are in the midst of a pandemic, the researchers decided to use a descriptive qualitative type of research as they gather data from different online resources such as articles, news, and interviews of the SPED teachers regarding utilizing distance learning as a mode to teach SPED students. After gathering information, the researchers used thematic analysis to analyze the gathered data and it revealed that SPED teachers were having difficulties in teaching children with special needs in an online or modular setup. Furthermore, the most common problem of the SPED teachers is the accessibility to internet connection and updated devices. Lastly, the researchers recommended regular communication between SPED teachers and parents of children with special needs to discuss the child's learning progress.

Keywords: Blended Learning, Children with Special Needs, COVID 19 Pandemic, Disabilities, Distanced Learning, Special Education, SPED Teachers.

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Andrea Loraine Casandra Borro
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SPED Teachers' Techniques in Teaching Children with Special Needs

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Abstract

Distance learning became prevalent over the past years as we face the widespread COVID-19 pandemic. This type of education made teaching children with special needs more difficult whereas the workload of SPED teachers had been draining them. This study aimed to discover, analyze, and associate the challenges and teaching methods that are experienced by SPED teachers in a distance learning setup. Furthermore, as we are in the midst of a pandemic, the researchers decided to use a descriptive qualitative type of research as they gather data from different online resources such as articles, news, and interviews of the SPED teachers regarding utilizing distance learning as a mode to teach SPED students. After gathering information, the researchers used thematic analysis to analyze the gathered data and it revealed that SPED teachers were having difficulties in teaching children with special needs in an online or modular setup. Furthermore, the most common problem of the SPED teachers is the accessibility to internet connection and updated devices. Lastly, the researchers recommended regular communication between SPED teachers and parents of children with special needs to discuss the child's learning progress.

Keywords: Blended Learning, Children with Special Needs, COVID 19 Pandemic, Disabilities, Distanced Learning, Special Education, SPED Teachers

Ahmad Khan
ERCICRLSH2208052

Novel Therapeutic Techniques

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Abstract

With the advent of time, therapy is becoming more normal than before. Taking a bird's eye view a few years back, therapy was perceived as taboo. Even an open discourse about it was never considered an appropriate topic for a conversation. (Health, 2013) People who needed therapy would suppress their emotions and be expected to deal with their issues themselves. In rare cases, if people were to seek therapy, they would keep it a secret and not disclose it. This is primarily because seeking therapy was highly stigmatized, and people were looked down upon for going there. This lack of support and acknowledgment had made the area a tricky and complex one for people. (Anne C. Krendl, 2020). However, the attitude of people towards therapy has evolved. Mental health and a focus on mental well-being have become one of the most sought-after issues worldwide. Society has taken a giant leap in this transition toward accepting the importance of mental well-being. It is now appreciated and encouraged to seek mental help if one believes they need it. (Wolk, 2017) Conventionally, the main idea associated with therapy is that people see a therapist, talk about their feelings, and attain clarity and aptitude for managing their everyday affairs and thoughts. While this is true, therapy is not just limited to this. (Health, 2013) There is now a wide spectrum of options through which therapy is made efficacious for the patients. These contemporary therapeutic techniques will be discussed in the paper. There are several ways through which therapy is conducted and has been conducted over time. Undoubtedly, these techniques have evolved as time has passed. However, the main objectives and underlying concepts remain the same for most. In fact, there are some techniques that are still used as they were in previous times. The most common therapeutic techniques are psychodynamic therapy and cognitive behavioral therapy. (Miller, 2022)

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Mariella Tyrrell
ERCICRLSH2208054

The COVID-19 Pandemic's Influence on the Changes in Adolescent's Behavior

Mariella Tyrrell
Lorma Senior High School, Lorma Colleges Basic Education, La Union, Philippines

Abstract

This study was to determine the adolescent's behavior that has changed during the pandemic. The goal of this study was to explore how adolescents actually dealt with the pandemic, what changed in their behavior throughout the pandemic, and why their behavior changed. This study used a qualitative research design with a descriptive approach. Participants were 5 students each from grades 7-10 students of Lorma Junior High School. This study used convenience sampling as its sampling tool and open-ended questions with zoom interviews and messenger calls as its data gathering method. Data analysis was performed using thematization. The research reveals that throughout the pandemic, adolescents had several reasons for changing their behavior. The study showed that adolescents actually suffered from challenges brought by the pandemic due to the declared restrictions that these individuals have to abide on. This study concluded that adolescents today during the pandemic have changes in their behavior. These findings emphasize the necessity of more effectively identifying and assisting teenagers during pandemics.

Charisha Buen
ERCICRLSH2208055

Shedding Light on the Opposite Standpoint: Determining the Contributing Factors Regarding the Anti-vaxxers' Refusal to Get Vaccinated Against COVID-19

Charisha Buen
STEM- Health Allied Strand, Lorma Colleges, Basic Education Schools, Senior High School, La Union, Philippines

Abstract

This study sought to determine the contributing factors that play a part in the anti-vaxxers' refusal to get vaccinated against COVID-19. The anti-vaxxers' perception toward getting vaccinated can reflect their awareness of information and influence their attitude and possible cooperation in their actions. This research investigation utilized the descriptive research design and employed the purposive sampling method in choosing the 20 participants who were questioned using a semi-structured questionnaire. The information gathered was evaluated and categorized through thematization, where the following conclusions were drawn. The factors that can affect a person's willingness to get a jab of the immunization include social influences, beliefs against its efficacy, emotion, and health-related anxiety. It was revealed that the majority of the participants surprisingly had a positive attitude toward the vaccine. Yet most of the anti-vaxxers' also expressed their complete rejection of the idea of getting vaccinated, unless the government mandates vaccination imperative. Determining the outlook of the anti-vaxxers toward the idea of getting vaccinated is essential since it can reflect their awareness of information and can influence their attitude and possible cooperation in their actions. Based on the findings, the researchers concluded that building public trust and enforcing mandatory vaccination uptake are two methods that can be implemented to overcome the problem of anti-vaccination and vaccine hesitancy.

Keywords: Vaccination, COVID-19, Anti-Vaxxers, Factors

Claire Stafford
ERCICPP2209051

Measuring the Effect of CPT-3 Administration on Regional Cerebral Blood Flow with Single-Photon Emission Computed Tomography (SPECT) in Adult ADHD

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Abstract

The aim of this study is to investigate the effect of the administration of the Conners Continuous Performance Test (CPT-3) on cerebral blood flow (CBF) in adults with ADHD. The data for this study was derived from a large database. Participants in the ADHD group (n=81, Mage=37.97) were similar to those in the healthy control group (n=8503, Mage=41.86). All participants were assessed for cerebral blood flow levels before and after CPT-3 administration. Both age and gender were considered covariates. Multiple 2-by-2 ANCOVAs with repeated measures were conducted with sphericity assumed. The main effects of CPT-3 administration on CBF levels were significant in the left and right side of the frontal and occipital, and right temporal lobe. The main effects of ADHD diagnosis were significant in all brain areas assessed. The interaction between CPT-3 administration and ADHD diagnosis was significant in the left and right side of the limbic system, basal ganglia, the frontal lobe, and occipital lobe. Post hoc tests with a Bonferroni adjustment revealed that CBF levels increased following CPT-3 administration but less so in the ADHD group. Individuals had higher levels of CBF following the administration of CPT-3. Due to a significant interaction, we can infer that ADHD diagnosis changes the effect of CPT-3 administration on CBF levels. This is consistent with our hypothesis considering that CPT-3 is a test of sustained attention, a common challenge for children with ADHD. The aforementioned interaction was not found to be significant in the parietal lobe. This may be due to the nature of CPT-3 which does not require integration of sensory information.

Keywords: SPECT, ADHD, Conners Continuous Performance Test

Bence Schneider
ERCICPP2210052

Scale-Free and Oscillatory Spectral Parametrisation of Sleep Stages in Humans

Bence Schneider
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Abstract

Sleep is of utmost importance in mental and physical wellbeing and health. The most conspicuous physiological changes in brain electrodynamics appear during the changes in wake-sleep states. Power spectra of sleep electroencephalograms (EEG) comprise two main components: a decaying power-law corresponding to the aperiodic neural background activity, and spectral peaks present due to neural oscillations. 'Traditional' band-based spectral methods ignore this fundamental structure of the EEG spectra and thus are susceptible to misrepresenting the underlying phenomena. A fitting method that attempts to separate and parametrize the aperiodic and periodic spectral components called `fitting oscillations & one over f' (FOOOF) was applied to a set of annotated whole-night sleep EEG recordings of 251 subjects from a wide age range (4-69 years). Most of the extracted parameters exhibited sleep stage sensitivity; significant main effects and interactions of sleep stage, age, sex, and brain region were found. The spectral slope (describing the steepness of the aperiodic component) showed especially large and consistent variability between sleep stages (and low variability between subjects), making it a candidate indicator of sleep states. The limitations and arisen problems of the FOOOF method are also discussed, possible solutions for some of them are suggested. Finding reliable measures of sleep allow for more efficient and precise sleep management and medicine.

Joana Maria Pereira S Matias
ERCICPP2210054

Psychoeducational Interventions in Chronic Kidney Disease in Patients Undergoing TSFR

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Abstract

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CKD is a global health problem that affects millions of people worldwide. According to the Portuguese Society of Nephrology, the prevalence of stage 5 CKD requiring Renal Replace Therapy (RRT) is very high. In 2020, more than 2,000 patients started some form of RRT. The transition to dialysis requires substantial life adjustments that prove to be stressful for this population. The aim of this study is to implement and assess the effectiveness of a psychoeducational protocol in renal patients admitted to the Nephrology and Renal Transplantation Unit in transition to an RRT and in patients admitted for renal biopsy for diagnostic purposes. sychoeducation is a widely used intervention in hospital settings and has proven to be effective in reducing anxiety in inpatients. However, its use has not been studied so far in the context of renal patients in transition to some RRT.
Keywords: Anxiety, Chronic Kidney Disease, Psychosocial Interventions, Transition, Depression.

Kumud Dave
ERCICRLSH2211052

Predicting the future impact of Climate Change on the Ocean Economy using Machine Learning

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Abstract

Increasingly global warming, deemed from the discussion on the topic, is one of the major agitations of the world today. In our environment, as the greenhouse gases like nitrous oxide, methane and water vapor, carbon dioxide, and fluorinated gases devour more power from the sunlight, the ocean is the planet's gigantic warehouse of carbon, resulting in an increase in sea surface temperature and 83% of the total carbon cycle is circulated by oceans. Our atmosphere progress towards being more incessant and acute Drought, Melting Glaciers, and global Warming Oceans can directly harm living creatures, destroy the zone they live in, wreak havoc on people's subsistence and coterie. As climate change is more exacerbated, dangerous weather circumstances are becoming more frequent or severe. In oceans several problems are occurring like coral bleaching, coastal inundation, coastal erosion, harmful algal blooms, hypoxic (or dead) zones and new marine diseases arise. Hence there is a need for action. The concern is that we do not have a specific model to predict our future climate conditions with a good accuracy percentage. So, taking the lead data from recent scientific and conceptual work on climate change from various journals. Focusing on the factors and parameters which affect ocean climate change. We take multitudinous parameters for this research like Temperature, Sea-Level Rise, Ocean Acidification, Flooding, Rainfall, Coastal Erosion, and Loss in Biodiversity. This paper presents an approach to recognize and predict the future conditions of climate change through machine learning algorithms. The paper illustrates this approach about the Mediterranean Sea, Baltic Sea, Black Sea region, global ocean, North Sea, North Atlantic, and Caribbean Sea region.
Keywords: Climate Change, Oceans, Machine Learning, Sea-level Rise, Mediterranean Sea.

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Lanjie Lei **ERCICRLSH2211054**	**Nonenzymatic Electrochemical Sensor for Wearable Interstitial Fluid Glucose Monitoring** Lanjie Lei School of Biological Science and Medical Engineering, Southeast University, Nanjing, China **Abstract** We report on a nonenzymatic electrochemical sensor for wearable glucose monitoring in interstitial fluid. The sensor exhibited acceptable selectivity and reliability for continuous glucose detection for up to 30 days. The sensor tip is coated with polyurethane, and the biocompatibility of the tip is investigated by tissue staining. A fully integrated wearable glucose monitoring system is developed with a wireless connection with a smartphone. The test results are in agreement with reference methods. So, we believe the sensor is promising for development of a continuous glucose monitoring system and diabetes management. **Keywords:** Nonenzymatic, Sensor, Interstitial Fluid, Glucose, Diabetes
Wael Hadi **ERCICRLSH2211055**	**Pseudomonas Fluorescence B29B Whole-Genome Sequence Analysis with Insight into Asparaginase Genes.** Wael Hadi Biotechnology, University of Kerala, Trivandrum, Kerala **Abstract** Pseudomonas fluorescens is a bacterium that is available in all habitats. The B29B strain was isolated, purified from a marine source, and screened for asparaginase enzyme production. Whole-genome sequencing and annotation were conducted to identify potential proteins sequence for the cloning and expression applications. Results The genome of P. fluorescens B29B was sequenced using the Illumina Hiseq-4000 platform at 151× coverage. At the most minuscule, we find the genome of a 7,331,508 bp single circular chromosome with a GC content of 62.19% and 6883 protein-coding genes. Three hundred forty subsystems were identified, including two predicted asparaginases from the genome analysis of P. fluorescens B29B for further investigation. For further investigation, three hundred ninety subsystems have identified an array of industrial enzymes, including two predicted asparaginases from the genome analysis of P. fluorescens B29B. Novel secondary metabolites included bananamide, tolaasin, and viscosin using antiSMASH. Pangenome analysis was performed for genomes comparison among the same species. Conclusions P. fluorescens strain B29B whole genome is sequenced and annotated. The genetic information for the genes provides the essential research tools to utilise the genes for industrial development. **Keywords**: Pseudomonas, Marine, Kerala, WGS, asparaginase, Genome
Kaye Ariz **ERCICPP2212052**	**The Covid-19 Pandemic's Influence on the Changes of Adolescent's Behavior** Kaye Ariz Health Allied Strand, Lorma Colleges Senior High School, Philippines **Abstract** This study was to determine the adolescent's behavior that has changed during the pandemic. The goal of this study was to explore how adolescents actually dealt with the pandemic, what changed in their behavior throughout the pandemic, and why their behavior changed. This study used a qualitative research design with a descriptive approach. Participants were 5 students each from grades 7-10 students of LORMA Junior High School. This study used

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	convenience sampling as its sampling tool and open-ended questions with zoom interviews and messenger calls as its data gathering method. Data analysis was performed using thematization. The research reveals that throughout the pandemic, adolescents had several reasons for changing their behavior. The study showed that adolescents actually suffered from challenges brought by the pandemic due to the declared restrictions that these individuals have to abide on. This study concluded that adolescents today during the pandemic have changes in their behavior. These findings emphasize the necessity of more effectively identifying and assisting teenagers during pandemics. **Keywords:** Behavior, Adolescents, Covid-19, Habits, Pandemic, Mood.
Mariyam Waseem **ERCICPP2212061**	**The Impact of Hostel Life on Personality Attributes of Young Adults: Case Study of a Public-Sector University** Mariyam Waseem Nishtar Medical University, Multan, Pakistan **Abstract** Background: During transitional period from adolescence to adulthood significant changes occur in the personality and behavior of the individual, determined mainly by genetics, but, transaction with social environment also plays a role. Hence, adolescents living away from family in hostels of higher educational institutes may get influenced by the environment there. This study investigated the perception of female students about the environment of hostels and its impact on personality development. Methods: A cross sectional survey was carried out in a public-sector university through a questionnaire. The responses about the various effects of hostel life were measured on a 5-point likert scale. Two groups were then created according to age and results dichotomized for statistical analysis. Chi-square test was applied for comparison among the two groups. Results: Management skills were most agreed characteristic (92%) achieved by hostelites. Expense management, emotional stability and public dealing were agreed upon by 86%, 85% and 86% respectively. 199 out of 272 respondents confessed to gain confidence and 230 realized that they became more groomed. The results were significant at p<.0001 for all study variables between the two groups. A few undesirable aspects of hostel life were also identified, yet a majority of the girls were not hesitant in recommending hostel residence to others. Conclusion: Hostel residence, besides providing opportunity for higher education to the students of distant towns, can modify their behavior and personality positively.

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(Applicants & Participants)

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