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**Perceived effective psychological well-being and social support of mothers with disabled children
(Indigenous Approach)**

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The aim of the study is to find the relationship between psychological well-being and social support of mothers having children with disabilities. This study comprised of 112 mothers with disabled children. General health questionnaire - 12 and multi-dimensional social support scale were used on the sample which was selected by purposive sampling technique. The results indicate that psychological well-being and social support are inversely co-related. Chi-square values shows significant difference among mother's psychological wellbeing and social support in relation to education of mothers, per-capita income of the family and education of the child. The 't' test shows significant difference among mother's psychological wellbeing and social support. The study depicts that psychological wellbeing of mothers might be low irrespective of

the fact that their perceived social support is high. Mothers can be trained to utilize this perceived social support to enhance their overall wellbeing through counselling and yoga therapy. Yoga therapy aims at bringing about a high level of awareness inside a person that makes her to understand the roots of stress and ensure bliss and happiness for all times to come.

Speaker Biography

Jena N has completed her M. Phil at the age of 22 and PhD at the age of 30 from Utkal University, Odisha, India with getting UGC research fellowship. She was the Director of higher education, Govt. of Odisha, India. Presently she is working as a visiting professor at Ravenshaw University, Cuttack and State Advisor at Higher Education department, Govt. of Odisha, India. She has over 100 publications that have been cited over 50 times and she has been serving as an Editorial Board Member of different journals and book chapters.

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