



BRANCH OF INDIAN
PSYCHIATRIC SOCIETY
(KERALA)

EDITOR'S REPORT 2025



Report of Activities of Kerala Journal of Psychiatry

INTRODUCTION

The Kerala Journal of Psychiatry is indexed with DOAJ and is available online and as a **limited print edition**. The limited print edition policy was adopted in 2025. The journal has successfully implemented the double-anonymized peer review system for all research articles to comply with the highest standards of research.

The journal is an open-access publication, hosted on the Open Journal System (OJS).

Kerala Journal of Psychiatry is published biannually by the Branch of the Indian Psychiatric Society (Kerala)

ISSN: 0377-0699 (Print) and 2395-1486 (Online) [Website Display since 2025]

The Journal aims to promote and publish research related to mental health and publishes original works in all fields of Psychiatry. We publish the following types of submissions:

- Research reports
- Case reports
- Review articles
- New in Psychiatry
- Local innovations
- Psychiatry in Kerala
- Viewpoints
- Rating scales in Malayalam
- Letters to the Editor

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- Book reviews
- Movie reviews

Peer Review Process

All submissions, except Editorial, Presidential Address, and book and movie reviews, undergo a rigorous internal and external peer review. Papers are carefully screened and reviewed by the Editors. Any articles that do not meet ethical standards, journal scope, and publication standards are subject to desk rejection. The suitable articles then undergo editorial review. Following this, two or more peer reviewers thoroughly review each manuscript.

We follow the principle of anonymized peer review (double anonymized peer review), ensuring the reviewers do not know the identity or other details of the authors and vice versa. The interaction transparency type is the Editor type, per the [Standard Terminology for Peer Review](#) drafted by NISO and STM.

No information regarding peer review (summaries or reports) and editorial decisions is published. No person is permitted to take any role in the peer review of a paper in which they have an interest, defined as follows: fees or grants from, employment by, consultancy for, shared ownership in, or any close relationship with, an organization whose interests, financial or otherwise, may be affected by the publication of the paper.

The average review time is 2-4 weeks, ensuring a thorough and timely process.

Publication Frequency

The journal will be published biannually, with one issue in June and one in December. (Changed from May and November)

The issue will be published online within 3 weeks of the last day of June or December.

However, all articles receiving acceptance after double-anonymized peer review will be posted immediately online in the ahead-of-print section.

Publication Fee

Kerala Journal of Psychiatry does not collect any article submission or processing charge from the authors or their institutions.

Plagiarism and AI Use Policy

Plagiarism can occur in two forms: 1) author(s) intentionally copy someone else's work and claim it to be their own, or 2) author(s) copy their own previously published material, either in whole or in part, without providing appropriate references.

[Type text]

KJP actively checks for plagiarism using Google, Grammarly, and the free online plagiarism checker tool <http://www.duplichecker.com>.

We reject submissions whenever plagiarism is detected in parts of a manuscript. If the author(s) submit a revised draft, we will send it again for peer review.

If the entire manuscript is plagiarized, we reject it and will not entertain resubmissions.

Authors submitting a paper in which a chatbot/AI (Artificial Intelligence) was used to draft new text should note such use in the acknowledgment. When an AI tool such as a chatbot is used to carry out or generate analytical work, help report results, or write computer codes, this should be stated in the body of the paper, in both the Abstract and the Methods section. The time and date of the query, the AI tool used, and its version should be provided. Authors are responsible for the material a chatbot provides in their articles and for the appropriate attribution of all sources. Authors of articles written with the help of a chatbot are accountable for the material generated by the chatbot, including its accuracy. Authors should identify the chatbot used and the specific prompt (query statement) used with the chatbot. They should specify what they have done to mitigate the risk of plagiarism, provide a balanced view, and ensure the accuracy of all their references. Self-citation in this regard should be kept below eight percent.

The journal will follow the WAME (World Association of Medical Editors) Recommendations on Chatbots and Generative Artificial Intelligence in Relation to Scholarly Publications regarding the use of such tools.

[Chatbots, Generative AI, and Scholarly Manuscripts](#)

Open Access Policy

On this website, the Kerala Journal of Psychiatry provides open access to its content, following the principle that making research freely available to the public supports a greater global knowledge exchange. All articles we publish online are licensed under a Creative Commons Attribution-Non-commercial 4.0 International License, ensuring that our research is accessible to all.

Advertisement Policy

The website will not allow any advertisements.

Selected advertisements, by set policies, may be included whenever print versions are brought out. The Journal reserves the right to reject any advertisement considered unsuitable according to our set policies. The appearance of advertising or product information in the various sections of the Journal does not constitute an endorsement or approval by the Journal and/or its publisher of the quality or value of the said product or claims made by its manufacturer.

Disclaimer

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Print Subscription

The Journal is available free online. A subscription to the Kerala Journal of Psychiatry print copies comprises two issues. Prices include postage. The annual subscription rate for non-members is as follows:

***Institutional:* INR 5,900 (including GST) for India; \$ 300 for other countries**

***Personal:* INR 1770(including GST) for India; \$ 100 for other countries**

Payments should be made as cheques or DDs drawn in favour of the Branch of Indian Psychiatric Society, Kerala, payable at Thiruvananthapuram, and sent to the Editorial Office's address.

Alternately, you can make payments to the QR Code given below and send all details, including payment, via e-mail to editorkjp85@gmail.com. Please also send the payment details as an email (cc) to treasureripsksb@gmail.com

Retraction and Correction Policy

All submitted articles require the corresponding author's written consent if they need correction after publication. This policy is in place to ensure that authors have complete control over their work and are respected in the decision-making process. If the article involves any change in the author's list, written consent from all authors is required, further reinforcing respect for the authors' contributions.

An article will be considered for retraction if there is clear evidence that the findings are unreliable, either as a result of a significant error (e.g., miscalculation or experimental error) or as a result of fabrication (eg, of data) or falsification (eg, image manipulation). The retraction can also be due to plagiarism or when findings have previously been published

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elsewhere without proper attribution to previous sources or disclosure to the editor, permission to republish, or justification (ie, cases of redundant publication) or when it contains material or data without authorization. This detailed explanation of the retraction criteria aims to keep authors informed and aware of the journal's policies. Retraction will be considered if the copyright has been infringed or there is a severe legal issue (eg, libel, privacy). Retraction will be undertaken if the research reported is proven unethical. Retraction will be considered if there is a compromised or manipulated peer review process, failure of the author(s) to disclose a major competing interest (aka, conflict of interest) that, in the view of the editor, would have unduly affected interpretations of the work or recommendations by editors and peer reviewers.

Editorial expression of concern is to be considered if there is any ambiguity regarding authors' misconduct, an ongoing investigation into such allegations may take time, or an author raises a dispute regarding the contributor list.

Retraction notices will be linked to the retracted article wherever possible (i.e., in all online versions). It will identify the retracted article (e.g., by including the title and authors in the retraction heading or citing the retracted article) and identified as a retraction (i.e., distinct from other types of correction or comment). The retraction will be published promptly to minimize harmful effects. The retraction notice will clearly state who is retracting the article and the reason(s) for retraction. Retraction shall be performed in an objective, factual manner, avoiding inflammatory language. The retracted article will be freely available to all readers (i.e., not behind access barriers or available only to subscribers).

Retracted articles will be unmistakably identified in all online sources (e.g., on the journal website, the original article, and bibliographic databases). A link to the original article in all electronic versions of the journal follows the retracted article. The title and name of the authors would be present in the retraction heading. The retracted article will clearly state who is retracting the article and the reason(s) for retraction.

The journal is not a member of COPE. However, it follows the ethical principles of COPE.

<https://publicationethics.org/retraction-guidelines>

All complaints about the author, reviewer, and editorial actions will be forwarded to the journal editor.

Email for the purpose: editorkjp85@gmail.com

Author Guidelines

Changes brought include

Pre-submission Instructions

Please go through the [Journal Submission Checklist](#)

[Type text]

Articles should be submitted after carefully reviewing the guidelines for writing articles to facilitate standardized reporting easily. It would be worthwhile to adopt standardized protocols while reporting different types of studies. The journal requires that you follow the guidelines and modify the article as appropriate. The standard formats are given for the convenience of the authors.

Checklists to follow while submitting articles

Cross-Sectional Studies [Strobe Checklist](#)

Cohort Studies [Strobe Checklist](#)

Case-control Studies [Strobe Checklist](#)

Qualitative Studies [SRQR Checklist](#), [COREQ Checklist](#)

Case Report [Care Checklist](#)

Randomized Control Trials [CONSORT Checklist](#)

Systematic Reviews [PRISMA Checklist](#)

Are you interested in submitting to this journal? We would recommend that you review the [About the Journal](#) page for the journal's section policies and the portable document file (pdf) of the [Author Guidelines](#). Authors need to [register](#) with the journal before submitting, or if they are already registered, they can [log in](#) and begin the five-step process.

JOURNAL ACTIVITIES IN 2024-2025

I took official **charge of the website from 13 October 2024.**

After proposing in the EC group, we created three posts of Editor Emeritus.

Before taking charge, **I completed the World Association of Medical Editors (WAME) Medical Journal Editor Course.**

We appointed the three active past editors, **Dr. Shahul Ameen, Dr. Vidhukumar K, and Dr. Indu PV as Emeritus Editors.**

After discussion with the honourable past editors, we decided to step up the peer review process by inducting more peer reviewers. Dr. Shahul Ameen oversaw the process and, based on his suggestion, we made **Dr. Vijay Krishnan, Associate Professor of Psychiatry, AIIMS Rishikesh, and Dr. Sreejayan K, Psychiatrist at Northern Health, Melbourne, assistant editors.** Both are active reviewers for IJP and IJPM. The office issued certificates of appointment based on the circulated Peer Review certificate. The office appointed **Dr. Migita D'Cruz as Section Editor of Geriatric Psychiatry. She is a high-quality peer reviewer for IJP, IJPM, and a DM in geriatric psychiatry, currently working at KIMS, Thiruvananthapuram.** **Dr. The office also appointed Dr. Uvais NA, Consultant Psychiatrist, Iqraa hospital, as a peer reviewer based on his extensive peer reviewing experience for IJP and IJPM.** The office is conducting a trial of inviting psychiatrists to peer review the articles and assess their quality. We appointed Dr. Sreya Salim, Senior Resident at Manjeri Medical College, and Prof. Pradeep Palaniappan as peer reviewers via this process.

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Further, we created a dedicated mail address, editorokjp85@gmail.com, which will archive all proceedings and hand it over to future editors. This will eliminate the current practice of personal e-mails for additional journal correspondence.

Later, Dr. Rachna George was appointed as the Section Editor of Child Psychiatry and Child Rights. Prof. Arun B Nair was appointed as Media and Advocacy Editor.

We updated the journal website mentioning all these appointments. We created a paper retraction policy alongside a complaint registration policy with the guidance from COPE. We added a section on AI use to the plagiarism column. We also added mentions of the ISSN and the LOCKSS archiving system on the website.

The journal website sidebar was updated, adding archives, ahead of print, and other headings to increase mobile usability. These changes helped us meet COPE criteria, and we applied for a COPE membership. The website also added a "Make a Submission" button at the top of the sidebar to increase submissions. This is a step of initial editorial review as mandated by WAME.

The journal had a hitherto unnoticed policy on its website: it would accept articles from Kerala alone, or require that work done elsewhere be conducted in Kerala. We revised the policy to be more beneficial to DOAJ and other indexing services, focusing on the acceptance of all high-quality, ethical research.

We have initiated a trial of uploading all articles in HTML to enhance the journal's readability and ensure compliance with the standards of major journals. The two articles

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published in the ahead-of-print (The Presidential Address and Art in Psychiatry column) come with HTML and PDF versions.

Past editor Dr. Indu PV submitted a bill of Rs. 1 35 737 to me to meet the printing charges. The bill was forwarded to the President, Secretary, and the Treasurer. Further, she will submit invoices to be given to the advertisers in the past edition, especially Sun Pharmaceuticals.

The only proposal is to implement a policy of restricted printing for paid subscribers and authors who demand the same, and to maintain a predominant e-policy.

The Kerala Journal of Psychiatry website incorporated the IPS—Kerala State official Address, the Official UPI-ID, and the QR Code. Creative Publication placed a subscription order and credited the money via the QRC.

Website development with full ORCID ID integration was completed.

The editor@kjponline.com email ID was recovered and made functional alongside the new editorkjp85@gmail.com

All articles are now in HTML and PDF

We started giving Peer Review and Section Editing Certificates on completion of editions.

Proposal 1:

As an expansion plan, the Journal was in talks with multiple publishers. **Jaypee**

Publications placed a quotation for journal adoption.

Online Services Website Development, Manuscript Management System and Online First

Charges

Sr. No.	Services	Charges (INR)
1	Price for the journal setup & transition (includes development of New Website for Journal & Manuscript Submission System)	2,50,000 (one time charge)
2	Price for the e-publishing	1,05,000 Per Issue
3	Price for the digital printing up to 200 copies (NON-MANDATORY SERVICE)	280 Per Copy
4	Price for the maintenance of Submission platform and website (annual charges – from second year onwards)	50,000 Per Year
5	Price for the Advanced Indexing Support	1,00,000 per year (till journal is indexed)

Notes

- The charges are exclusive to the GST.
- E-publication process includes Copyediting, Proofreading, Layout designing, Plagiarism Check, XML & HTML conversion, DOI number procurement for each article.
- E-publishing charges are subject to an increase of 10% from 2nd year onwards.
- Postage and mailing will be additional and on actuals plus 10% handling charges

The charges for the

Journal setup is Rs. 2.5 Lakhs (currently none)

For e-publishing – Rs. 1.05 Lakhs; (Currently Rs. 5, 000)

• The E-publication process includes **Copyediting, Proofreading, Layout designing, Plagiarism Check, XML & HTML conversion** (Done free), and DOI number procurement for each article (Rs. 5K net).

• E-publishing charges are subject to an increase of 10% from 2nd year onwards.

Maintenance-Rs. 50 K (Rs. 2500)

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Indexing support Rs. 1 L;

Printing charges: (200 copies) – Rs. 56k (Currently: Rs. 1, 36000 for 280 copies)

Net: Initial: Rs. 5,61,000

Annually: 2 L +/- Rs. 1 L (delay in indexing) – 10% yearly increments (Rs. 10,500 yearly)

Net Revenue is generated through advertisements from the Journal Owner's end for printed and online media, and the Journal Owner will share 20% of Net Revenue with the Publisher per annum. (Entire Amount to us)

The journal's Article Processing Charges (APC) will be submitted to the publisher's portal via a built-in third-party tool. The publisher will retain 20% of the APC as handling charges and transfer the 80% back to the Journal Owner. (None)

After the journal/editor accepts the manuscript, the publisher will **take 35 to 45 business days** to make the articles LIVE on the website. **(Currently less than 24 hours)**

Discussion: Dr. Shahul Ameen has said to wait and see whether we can get indexing on our own

Points as per mutual discussion were:

1. Publishers may delay indexing- LWW and Sage have done the same with IJP and IJPM to get the money
2. We cannot make immediate changes, and the slightest change to the website will be delayed by 20-30 days

3. With the current model, we can save on e-publishing and minimize print publication.
4. Advertising charges can be increased, and this can be used to get revenue if the proposal for an educational grant comes through that will help run the journal at a no profit no, loss status
5. Currently, for 400 copies it is Rs. 1, 35, 800
 - a. Current advertising revenue is Rs. 1, 35, 000 (for two editions)
 - b. Front Cover Inner Page: Rs. 15 K; (revisions:25K)
 - c. Back Cover: Rs. 20 K (35K)
 - d. Back Cover Inner Page: Rs. 10 K (20K)
 - e. Inner Page: Rs. 7.5 K (15 K)
6. We may try for one more year with the regularization of publication and the PubMed application, and decide

Proposal 1: Since we must reject the Jaypee offer due to financial constraints, we will proceed with OJS and acquire additional space. (This was completed)

Proposal 2: A formal proposal for an educational grant, duly signed by the President, Secretary, and Editor, has been submitted to Sun Pharmaceuticals. (Response, however, was negative.)

Proposal 3: In February, we intend to commence the first steps of PubMed indexing after the publication of the 2024 edition. We are discussing setting up a monitoring group with two emeritus editors, two Assistant editors, and external advisors to aid the process.

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The June-December 2024 edition of KJP was published online on 15 February 2025.

The printing this time will be restricted to the least number possible, based on subscriptions and authors who require hard copies. The typeset PDF with advertisements will be sent to all other members in addition to the online version. Zignet Publication PVT. Limited under Jayakumar will be given the publication task. The Sun Pharmaceutical advert cheque for Rs. 150,800 has come in. Sun Pharma has rejected the proposal for the educational grant. Further, the invoice by Informatics Publishing Limited of Rs. 2655/- towards DOI registration was submitted to the treasurer today.

The journal website has exhausted 87.12% of the allotted disk space, so the disk space needs to be upgraded. The net charge is approximately Rs. 1500/—per year. Emeritus Editor Dr. Shahul Ameen completed this. The only issue was that the journal's June-December edition was published without the customary EPS Oration Award Paper. The author had not turned in the manuscript despite 6 months of waiting, including a month from January 15th to February 15th, for only this article.

The Kerala Journal of Psychiatry has printed 50 copies of the June–December 2024 edition. We are also providing 50 copies to subscribed partners and authors upon request. The delay was due to 2 pharmaceutical companies not paying advertisement bills, which they have now committed to paying by April 15th.

The January-June edition Volume 38 (1) was published online on July 15th. The print edition will be published once an agreement has been reached with the advertisers.

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KJP ACCOUNTS

EXPENDITURE HEAD	AMOUNT	INCOME HEAD	AMOUNT
KJP EDITION 37(1) PRINTING CHARGES	₹ 1,35,737.00	ADVERTISEMENT SUN	₹ 1,50,080.00
DOI Charges	₹ 2,655.00	ADVERTISEMENT TALENT	₹ 17,700.00
KJP EDITION 37(2) PRINTING CHARGES	₹ 77,068.00	ADVERTISEMENT ZIS	₹ 17,700.00
DOI CHARGES	₹ 2,832.00	ADVERTISEMENT TORRENT	₹ 17,700.00
SPACE EXPANSION AND HOSTING SUBSCRIPTION	₹ 1288.00	SUBSCRIPTION AT 4500	₹ 13,500.00
EXPENDITURE	₹ 2,19,580.00	INCOME	₹ 2,16,680.00
INCOME	₹ 2,16,680.00		
REVENUE	Deficit of ₹ 2900		

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KIP METRICS

Name	2024-08-09 — 2025-08-08
Submissions Received	67 (51)
Submissions Accepted	36
Submissions Declined	15
Submissions Declined (Desk Reject)	7
Submissions Declined (After Review)	8
Submissions Published	36
Days to First Editorial Decision Description for Days to First Editorial Decision	31
Days to Accept	126
Days to Reject	152
Acceptance Rate Description for Acceptance Rate	70.5%
Rejection Rate Description for Rejection Rate	29.4%
Desk Reject Rate	46.7%
After Review Reject Rate	53.3%



36

Active Submissions

15

Submission

20

Review

1

Copyediting

0

Production

MEDIA AND ADVOCACY

A policy adoption was to have a science and society interface. The plan was envisioned to champion causes that may impact society actively. The media and advocacy editor, Prof. Arun B Nair, effectively took the message from the scientific space to the societal space.

The first topic was based on the Child's Right to Play- based on the UNCRC. The scientific aspects were dealt with in an Editorial by Prof. John Vijaysagar of NIMHANS and a Viewpoint article led by Prof. Priya Mammen and Dr. Rachna George of Vellore.

Then it turned into a series of newspaper articles and channel discussions.

Viewpoint

PRESERVING THE 'RIGHT TO PLAY'- STORIES OF LOST PLAYGROUNDS

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ABSTRACT

Play, an essential element of childhood is characterized by freedom, creativity, and spontaneity. It offers children a self-directed space for exploration, inquiry, and enjoyment. Beyond recreation, play fosters cognitive, emotional, and social development through theoretical underpinnings like Piaget's cognitive development theory, Vygotsky's sociocultural approach, and Freud's psychodynamic lens.

Developmentally, play evolves through stages, from solitary to cooperative interactions, as described by Mildred Parten. Ethological studies reveal that play contributes to social hierarchies and adaptive skills even in the animal kingdom. However, modern urbanization, digital entertainment, and structured activities have eroded unstructured outdoor play opportunities. Legislative efforts, such as the UNCRC's Article 31, affirm children's right to play, yet implementation varies globally. Case studies from Wales, India, and Scandinavia highlight innovative solutions to reclaim play, including mobile play hubs, community-driven spaces, and play-centric policies.

Play's role extends beyond individual development to shaping societal values. Structural and policy changes, such as inclusive urban planning and international advocacy, combined with attitudinal shifts prioritizing unstructured play, are imperative. Recognizing play as a fundamental right is essential to nurturing creativity, critical thinking, and well-being, ensuring children grow into well-rounded individuals.

Keywords: UNCRC Article 31, Right to Play, Child development

"Child, I have forgotten the art of being absorbed in sticks and mud pies.

I seek out costly playthings and gather lumps of gold and silver.

With whatever you find you create your glad games,

I spend both my time and my strength over things I never can obtain."

— "Playthings" by Rabindranath Tagore

Introduction to Play and its Theoretical Underpinnings

Play is the essentiality of childhood, and is characterized by freedom, creativity, and spontaneity. Defined as a process that is freely chosen, personally directed, and intrinsically motivated, play allows children to control their activities, content, and intent based on their own instincts and interests. Play is a self-directed

pursuit that children undertake for their own enjoyment and purposes.¹

Far from being mere recreation, play is also critical for the holistic development of a child. When examined through the lens of Piaget's cognitive development theory, play fosters cognitive growth through imaginative scenarios, problem-solving, and critical thinking. Exploration in free play in a Piagetian model can aid a child in understanding the adaptive significance of an object.² Vygotsky's astute observations on private speech through self-dialogue in play gave valuable insights into how children build on their executive functions. Self-directed speech during play is a cognitive scaffold that helps children plan, organise and regulate their thoughts and emotions.



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Guest Editorial

PLAY AND ITS SALIENCE IN CHILDREN

John Vijay Sagar Kommu¹

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I had an interesting experience recently with a 12 year old child with whom I was interacting in our busy outpatient clinic. The child was brought by his parents with a history suggestive of dissociative symptoms of repeated brief spells of falls and unresponsiveness since one month. After establishing rapport with the child, I was asking specific questions to elicit any stressors. The child reported that his daily routine involves self care activities, attending school, attending multiple tuition classes, and completing homework. He lamented that there was no time to engage in any play activities and how he felt very bored with his current routine that involves only academic activities. He recollected and shared the joyful moments he spent in play activities in the past and how he was deprived of such experiences by his parents since the last two years. This was due to the opinion that engaging in play activities is a 'waste of time' that will lead to a decline in child's scholastic performance. The child requested me to tell his parents to allow him at least one hour of outdoor play every day.

Play ensures holistic development of a child across all the developmental domains, provides valuable learning opportunities, enables children to practice and strengthen their skill repertoire and provides a sense of

agency to children. Play is an important medium to initiate and maintain peer relationships. Play allows children to express their feelings and an opportunity to work with unacceptable feelings. Article 31 of the United Nations Rights of the Child mentions that play is the right of all children.¹ There are multiple factors that act as impediments to play activities in children. These include increased emphasis on academic activities, hectic daily routine, lack of spaces for outdoor play, long working hours of parents with limited quality time with children, access to gadgets like smartphone, laptop, tablet etc.

There is extensive research evidence supporting the positive influence of play on mental health of children. Play facilitates the formation of secure emotional attachment early in a child's life, healthy brain development, the regulation of emotions, the ability to show empathy, the ability to form emotional relationships, emotional resilience, and effective coping with stress.²

Children need safe environment to play with unhindered access to play materials that are provided with emphasis on their safety, durability, age appropriateness and cultural background.³ Play has to be made an integral part of every school curriculum. Mental health professionals have to educate parents about



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കേരള കാമുദി
Trivandrum SINCE 1911 05 Apr 2025

കുട്ടികളിലെ ഡിജിറ്റൽ അടിമത്തം കളികളിലൂടെ പ്രതിരോധിക്കാം

■ ആർ. സ്മിതാദേവി

തിരുവനന്തപുരം: കുട്ടികളിലെ ഡിജിറ്റൽ അടിമത്തവും അക്രമസ്വഭാവവും ലഹരി ഉപയോഗവും കുളികളിലൂടെ പ്രതിരോധിക്കാമെന്ന് പഠനം. കേരള ജേർണൽ ഫെഡറേഷൻ പ്രസിദ്ധീകരിച്ച പഠനത്തിലാണിത്. വെല്ലുഴി ക്രിസ്ത്യൻ മെഡിക്കൽ കോളേജിലെ സൈക്യാറ്റിവിറ്റാസ് ഡോക്ടർമാരായ ഡോ. രചന ജോർജ്ജ്, ഡോ. പ്രിയ മാമ്മൻ, ഡോ. സുജിത ടി, ഡോ.

ശ്വേത മാധുരി, ഡോ. ജിജു ജോസഫ് എന്നിവർ നടത്തിയ പ്രിസർവ്വിംഗ് റെറ്റേറ്റ് ഫ്ലക്സ്-സ്റ്റോറിസ് ഫെഡറേഷൻ ഫ്ലക്സ് ഗ്രൂപ്പിംഗ് എന്ന പഠനമാണ് കുട്ടികളുടെ മാനസികാരോഗ്യത്തിൽ കുളികളുടെ പങ്ക് വ്യക്തമാക്കുന്നത്.

കുളികളുടെ പ്രാധാന്യത്തെക്കുറിച്ച് ലോകത്തിന്റെ പല ഭാഗത്തെയും പരീക്ഷണങ്ങളും പഠനം എടുത്ത് പറയുന്നുണ്ട്. തായ്‌ലൻഡ്, വെയ്ത്ത്സ് എന്നിവിടങ്ങളിൽ കുട്ടികൾക്ക് കളിക്കാനുള്ള സ്ഥലമൊ



ഡിജിറ്റൽ അടിമത്തവും ലഹരി ഉപയോഗവും യുവതലമുറയുടെ മാനസികാരോഗ്യത്തെ ബാധിക്കുന്നതിനാൽ തലച്ചോറിലെ ഡോപമിന്റെ അളവ് വർദ്ധിപ്പിക്കുന്നതിന് കായികവിനോദങ്ങൾ പ്രധാനമാണ്. ചെറുപ്പത്തിൽത്തന്നെ കളിക്കാനും കുളികളിലൂടെ ജീവിതനിപുണത ആർജ്ജിക്കാനുള്ള അവസരം വീടുകളിലൊരുക്കണം. ഇത് കുട്ടികളുടെ മാനസികാരോഗ്യം പഠനനിലവാരവും മെച്ചപ്പെടുത്തും.

-ഡോ. അരുൺ ബി. നായർ
പ്രൊഫസർ, സൈക്യാറ്റിവിറ്റാസ്
മെഡി. കോളേജ്, തിരുവനന്തപുരം

രുക്കിക്കൊടുക്കുകയും പൊതുവെ കുളിക്കാൻ തുറന്നുകൊടുക്കുകയും ചെയ്തതിലൂടെ കുട്ടികളിൽ ഡിജിറ്റൽ അടിമത്തവും അക്ര

മസ്വഭാവവും ലഹരി ഉപയോഗവും കുറഞ്ഞെന്നും പഠനത്തിൽ ശ്രദ്ധയൂഹകാഗ്രതയും മെച്ചപ്പെടുത്തുന്ന ഈ പഠനം ചൂണ്ടിക്കാട്ടുന്നു.

'കുട്ടിക്കളി' വിലക്കല്ലേ; അവർ വളരുകയാണ്

വിശദപഠനവുമായി ആരോഗ്യ വിദഗ്ധർ



എസ് കിരൺ ബാബു
തിരുവനന്തപുരം

കളിച്ചുനടക്കുന്ന കുട്ടികളെ വഴക്കുപറഞ്ഞ് വിട്ടിലിരുത്തുന്നവരാണ് നിങ്ങൾ. എന്നാൽ, ഇനിയത് വേണ്ട. കുട്ടിക്കാലത്തെ കുളികൾ വെറും കുട്ടിക്കളിയല്ല. ബൗദ്ധിക, സാമൂഹിക, വൈജ്ഞാനിക വികാസത്തിന്റെ ആണിക്കല്ലാണെന്ന് വെല്ലുഴി ക്രിസ്ത്യൻ മെഡിക്കൽ കോളേജിലെ ആരോഗ്യവിദഗ്ധർ നടത്തിയ പഠനം. ആരോഗ്യം മെച്ചപ്പെടുന്നതിനൊപ്പം

സർഗാത്മകതയും ആസ്വാദന - ചിന്താശേഷിയും വളർത്തുമെന്നാണ് കണ്ടെത്തൽ.

'കുട്ടികളുടെ വളർച്ചയ്ക്ക് കളിയുടെ പ്രാധാന്യം' എന്ന വിഷയത്തിൽ നടത്തിയ പഠനം കേരള ജേണൽ ഓഫ് സൈക്യാട്രിയിൽ പ്രസിദ്ധീകരിച്ചു. ശൈശവകാലത്തെ ഒറ്റയ്ക്കുള്ള കളി പുതിയ കാര്യങ്ങൾ കണ്ടെത്താനുള്ള ശേഷി വർദ്ധിപ്പിക്കും. മൃഗങ്ങളുടെ ഇടയിൽവരെ ഇതുണ്ട്. ഡിജിറ്റൽ അടിമത്തത്തിലേക്കും ലഹരി അടിമത്തത്തിലേക്കും കൗമാരക്കാർ പോകാതിരിക്കാൻ കുട്ടികാലത്ത് തന്നെ കായികവിനോദങ്ങളിൽ ഏർപ്പെടുന്നത് പ്രോത്സാഹിപ്പിക്കുന്നത് പ്രതിവിധിയാണ്. ദിവസേന ഒരു മണിക്കൂറേങ്കിലും വിദ്യാഭ്യാസ പാഠ്യപദ്ധതിയുടെ ഭാഗമായി സൂര്യപ്രകാശം കൊണ്ടുള്ള കായിക വിനോദങ്ങൾക്ക് സമയം ഉറപ്പാക്കണം. കുട്ടികളുടെ കൗമാരക്കാരുടെയും മനസിക വികാസത്തിലേക്ക് ഡോക്ടർമാരായ രചന ജോർജ്ജ്, പ്രിയ മാമൻ, ടി സുജിത, ശ്യാമ മാധുരി, ജിജു ജോസഫ് എന്നിവരാണ് പഠന സംഘത്തിൽ ഉണ്ടായിരുന്നത്.

വ്യായാമം പ്രോത്സാഹിപ്പിക്കണം

അവധിക്കാലത്ത് കുട്ടികൾ ഡിജിറ്റൽ ലോകത്ത് ഒതുങ്ങിപ്പോകാതെ കായികവ്യായാമങ്ങൾ ചെയ്യാനുള്ള പ്രോത്സാഹനം മാതാപിതാക്കൾ ചെയ്യണം. സ്ഥിരമായി കായിക അധ്വാനത്തിൽ ഏർപ്പെടുന്ന കുട്ടികളിൽ തലച്ചോറിൽ ഡോപാമിൻ എന്ന രാസവസ്തുവിന്റെ അളവ് വർദ്ധിക്കും. ഇത് അവരുടെ ഏകാഗ്രത മെച്ചപ്പെടുത്തും. തല

ച്ചോറിലെ എൻഡോർഫിൻസ് എന്ന രാസവസ്തു വർദ്ധിക്കുന്നതോടെ കൂടുതൽ ഉല്ലാസവാന്മാരാകും. ശരീരത്തിലെ രക്തയോട്ടം കൂടുന്നത് ഊർജസ്വലതയും വർദ്ധിപ്പിക്കും.

ഡോ. അരുൺ ബി നായർ
(തിരുവനന്തപുരം മെഡിക്കൽ കോളേജ് സൈക്യാട്രി വിഭാഗം അസോസിയേറ്റ് പ്രൊഫസർ)



കളിച്ചിട്ടെന്ത് കാര്യം? PT പിരിഡുകൾ വേണോ? | Dr Arun B Nair

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▷ ഡോ: അരുൺ ബി. നായർ

[illegible][illegible]

**കളിക്കാനുള്ള
അവകാശം**

ജാതങ്ങൾ പലമാതൃകയിലാണ് മനുഷ്യൻ ഉത്ഭവിച്ചത്. പക്ഷെ വനിതാപുരുഷങ്ങളെക്കുറിച്ച് കൃത്യമായ വിവരങ്ങൾ ലഭ്യമാകാൻ കഴിയാത്ത അവസ്ഥയിലാണ് ഇന്ന്. കേരളത്തിലെ പല ഭാഗങ്ങളിലും ഇത്തരം പാരമ്പര്യങ്ങൾ നിലനിൽക്കുന്നുണ്ട്. പക്ഷെ ഇവയെക്കുറിച്ച് കൃത്യമായ വിവരങ്ങൾ ലഭ്യമാകാൻ കഴിയാത്ത അവസ്ഥയിലാണ് ഇന്ന്. കേരളത്തിലെ പല ഭാഗങ്ങളിലും ഇത്തരം പാരമ്പര്യങ്ങൾ നിലനിൽക്കുന്നുണ്ട്. പക്ഷെ ഇവയെക്കുറിച്ച് കൃത്യമായ വിവരങ്ങൾ ലഭ്യമാകാൻ കഴിയാത്ത അവസ്ഥയിലാണ് ഇന്ന്.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Epaper

കളിക്കാനുള്ള അവകാശം ഉറപ്പുവരുത്താം
കളിയുടെ മനോവ്യായാമം



റിപ്പബ്ലിക്കൻ പാർട്ടിയിൽ അംഗമാകാൻ തയ്യാറാകണമെന്നും, അതിനായി പാർട്ടിയുടെ പ്രാധാന്യം ഉയർത്തിക്കാണിക്കണമെന്നും അഭ്യർത്ഥിച്ചു.

ചെറുപ്പത്തുനിന്നു തന്നെ എല്ലാത്തരം കളി
 കളിയിലും പങ്കെടുക്കാൻ തന്നെ പറ്റാത്തവരാണ്
 കമ്മ്യൂണിസ്റ്റ് പാർട്ടിയിലെ അംഗങ്ങൾ. പാർട്ടി
 നേതാക്കളുടെയും പാർട്ടിയിലെ അംഗങ്ങളുടെയും
 പങ്കെടുക്കൽ കൂടെയാണ് കളി. പാർട്ടിയിലെ
 അംഗങ്ങൾ കളി കളിക്കാൻ പറ്റാത്തവരാണ്
 കളി കളിക്കാൻ പറ്റാത്തവരാണ്. കളി കളിക്കാൻ
 പറ്റാത്തവരാണ്. കളി കളിക്കാൻ പറ്റാത്തവരാണ്.

**കളിക്കളത്തിലെ
സാമൂഹ്യപാഠം**

സാമൂഹിക ക്രോണിക്കളക്കുറിച്ചും അധികാര വ്യവസ്ഥിതികളെക്കുറിച്ചും ജനധിപത്യത്തെക്കുറിച്ചും ഒക്കെ കട്ടികൾക്ക് യോഗ്യമായൊരു കളികൾ ഏറ്റെടുക്കുകയാണ് തന്റെ മുൻപിൽ അയാൾ തിരിക്കപ്പെടുന്ന ഒരു വിവരത്തിന്റെ ശക്തിയെക്കുറിച്ചുവെച്ചിട്ടുള്ളതാണ് ആദ്യകാലത്തെ ഗ്രന്ഥങ്ങൾ. യൂണിവേഴ്സിറ്റിയിൽ വെച്ച്

യെടുക്കുന്നതിനും കളികളും അതിലൂടെ സ്വായത്തമാക്കുന്ന സാമൂഹിക ബന്ധങ്ങളും സഹായകമാകുന്നു. കളികളിലെ ജയങ്ങളും പരാജയങ്ങളുമാകെ തൊടുകാലികളാണെന്ന തിരിച്ചറിവിന് ജീവിതത്തിലെ പരാജയങ്ങളേ നേരിടാനുള്ള പ്രാപ്തി വർദ്ധിക്കാനും ഇതുകുന്നു.

[illegible]

കാതെ പുറത്തേക്കു പോയി കളിക്കാൻ കൂട്ടികളെ പ്രോത്സാഹിപ്പിക്കുന്നു.

**ആയുസ് നൽകുന്ന
സൗഹൃദങ്ങൾ**

[illegible]

കുട്ടികൾ അവനവരുടെയിടയിൽ ഉൾക്കൊള്ളാനാവാത്ത വിധം വേർതിരിച്ചു. ഇതാണ് ഇപ്പോൾ നമ്മുടെ സാമ്പത്തിക പ്രശ്നം. ഇതാണ് ഇപ്പോൾ നമ്മുടെ സാമ്പത്തിക പ്രശ്നം. ഇതാണ് ഇപ്പോൾ നമ്മുടെ സാമ്പത്തിക പ്രശ്നം.

**കളിച്ചു നേടാം
ബുദ്ധി, ശ്രദ്ധ!**

[illegible][illegible]

ലുടെ സാധിക്കും. കട്ടിക്കാലത്തും കൗമാരപ്രായത്തിലും വികസിപ്പിക്കുന്ന വൃത്തി ബലസമ്മേളനം ഉണ്ടാകണമെന്നും അദ്ദേഹം പറയുന്നു. ആയുർവ്വേദത്തിലും ഏറ്റവും കൂടുതൽ വാദിക്കപ്പെടുന്നതാണ് ഹാർവേർഡ് മനുഷ്യ വികാസ പഠനം വെളിപ്പെടുത്തുന്നത്. ഈ ആശയം ഉൾക്കൊള്ളാം. നമ്മുടെ കട്ടികൾക്കും ആരോഗ്യവും സന്തോഷവുമുള്ളതിലേയ്ക്കായാണ് ഉറപ്പായതെന്ന് നമുക്ക് ഉത്തരവാദിത്തമുണ്ട്.

(തിരുവനന്തപുരം ഫൈനിക്കൽ കോളേജിലെ സൈക്യാട്രി വിഭാഗം പ്രൊഫസറാണ് ലേഖകൻ)



[Type text]

The entire scientific and media article was sent to the Ministry of Education when the crisis of digital and drug dependence came about, and this in turn influenced, to some extent, the Kerala Government policy on the importance of physical education.

The impact of this campaign was basically the answer to the question we posed as to whether a drill period was necessary.

ഡ്രിൽ പിരിഡിൽ ഇനി കണക്ക് പഠിപ്പിക്കാൻ നോക്കേണ്ട, കുട്ടികൾ കളിച്ച് വളരുടെ; സ്കൂളുകൾക്ക് കർശന നിർദ്ദേശം

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തിരുവനന്തപുരം: ഡ്രിൽ പിരിഡ് തരുന്നില്ലെന്ന കുട്ടികളുടെ സ്ഥിരം പരാതിക്ക് പരിഹാരമാകുന്നു. സ്കൂളുകളിൽ കായിക ഇനങ്ങൾക്ക് ഭവണ്ടി മാറ്റിവച്ചു പിരിഡിൽ മറ്റ് വിഷയങ്ങൾ പഠിപ്പിക്കുന്നത് വിലക്കി. ഇത് സംബന്ധിച്ച കർശന നിർദ്ദേശം സ്കൂളുകൾക്ക് നൽകിയിട്ടുണ്ടെന്ന് വിദ്യാഭ്യാസ മന്ത്രി വി. ശിവൻകുട്ടി പറഞ്ഞു.

The second campaign underway is on parenting in the digital age. The report of this will be presented in the next AGB.

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