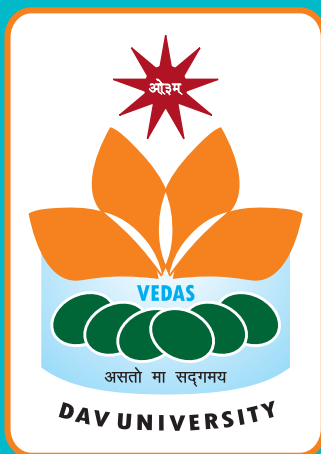


**INTERNATIONAL
WORKSHOP
AND
CONFERENCE
ON**

**MENTAL
WELL BEING-
A STATE OF
MENTAL HEALTH,
ITS RELATION
WITH
EDUCATION
AND
SOCIETY**



**5th - 6th
FEBRUARY
2019**

**ORGANISED BY
DEPARTMENT OF PSYCHOLOGY
AND EDUCATION
DAV UNIVERSITY, JALANDHAR**

ABOUT DAV UNIVERSITY

DAV University, Jalandhar is promoted by DAV College Managing Committee which is India's single largest non-government educational organization that manages more than 900 institutions in the country. It has been providing students with an excellent education in the modern academic environment.

The University traces its roots to the legacy that has been reforming and redefining India's educational scenario for more than 130 years. It is a multi-disciplinary institution, home to faculties of teaching excellence in subjects from engineering to languages to natural sciences including physical and life sciences.

VISION

With a vision to provide excellent human resources to public and private sectors, DAV University ensures the multidimensional growth of the students by focusing on education, creativity, and innovation, so that the students live up to the expectations of the society as well as industry excellently.

MISSION

The mission of DAV University is to contribute to society through the pursuit of education, learning, and research at the highest international levels of excellence imbibing the following core values: freedom of thought and expression, freedom from discrimination, the encouragement of a questioning spirit, the close inter-relationship between teaching, scholarship, education and research.

ABOUT THE PSYCHOLOGY DEPARTMENT

The Department of Psychology was established in the year 2017 with an objective of bringing together academicians, practitioners and students and provide them a platform to promote psychology as a vast domain for exploring the solutions of human problems. Since mental health issues have become a glaringly common ailment across all ages, classes, communities and gender, it has become imperative to include psychology in academics and practice.

The Department of Psychology aims to prepare students to become resourceful professional psychologists, counselors, and mental health practitioners who can effectively deal with psychosocial problems like anxiety, depression, stress, suicidal tendencies, etc. By dealing with all these problems, psychology promotes mental health and well-being by mainly discovering various causes of human behaviour. It also helps in understanding different cognitive processes, social behaviors, developmental issues, etc.

The Department has a state-of-the-art laboratory and well-qualified and experienced faculty. The M.A. Psychology course includes the latest trends in Psychology with an emphasis on practical training and field work that stimulates the interest in students for pursuing careers in different fields of psychology. Catering to the needs of the present scenario, our curriculum focuses on theoretical as well as applied aspects of the subject.

KEYNOTE SPEAKERS



Dr. Dean Van Leuven
Founder President
World Emotional Literacy League, USA



Dr. Hina Chatha
Ph.D in Clinical Psychology
Trained Therapist in CBT, Canada



Dr. Shreya Pahwa
RE&CBT Therapist
Advance training from
Albert Ellis Institute,
New York
Branch Head, Rationally Yours - Bhopal
Founder - Manahstithi



Prof. Roshan Lal
Dept. of Psychology
Panjab University, Chandigarh

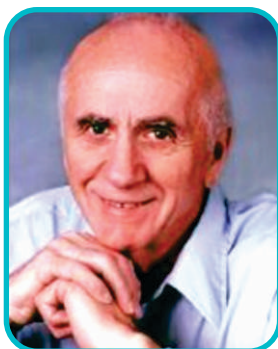
SUB THEMES

- The future of Well-Being in Tech-Saturated World
- Technology Addiction and Mental Well-Being
- Mental Well-Being and Social Media
- Emotional Biochemistry
- Gardening Chemistry and Mental Health
- Nutrition, Depression and Mental illness
- Drug Use and Mental Well-Being
- Alienation and Mental Well-Being
- Myths and Misconceptions about Mental Well-Being
- Impact of physical and urban environment on Mental Well-Being
- Mental Well-Being and Behavioral Economics
- Mental Well-Being and Organizational Stress
- Mental Well-Being and Biological Basis
- Mental Well-Being and Sports Related Activities
- Mental Well-Being, Science and Technology
- Mental Well-Being and Biochemistry
- Organizational Psychology and Mental Well-Being
- Anthropology and Mental Well-Being
- Positive Psychology
- Vedas and Mental health
- AYUSH: Ancient Mechanism of Well-Being
- Neuro-Linguistic Programming (NLP)
- Mental Well-Being and Reiki
- Counseling Psychology
- Community and Health Psychology
- Clinical Psychology and Mental Well-Being
- Developmental Psychology and Mental Well-Being
- Mental Toughness and Well-Being in the Work Place
- Cognitive Psychology and Mental Well-Being
- Social Psychology and Mental Well-Being
- Gender Psychology and Mental Well-Being
- Geriatric Psychology and Mental Well-Being
- Biochemistry and Mental Depression
- Special Education and Mental Well-Being
- NGOs in India: Grass Root Agents of Mental Well-Being

*The given list is suggestive, not exhaustive. Any other relevant topic related to the general theme of the conference will be considered.

EDUCATIONAL TRAINING PROGRAMMES

Workshop on LIFE WITHOUT ANGER February 5th, 2019



Dr. Dean Van Leuven
Founder President
World Emotional Literacy League, USA

Workshop on SELF DISCIPLINE February 5th, 2019



Dr. Shreya Pahwa
RE&CBT Therapist
Advance training from Albert Ellis
Institute, New York
Branch Head, Rationally Yours - Bhopal
Founder - Manahsthiti

Workshop on MINDFULNESS BASED STRESS REDUCTION TECHNIQUES February 6th, 2019



Dr. Hina Chatha
Ph.D in Clinical Psychology
Trained Therapist in CBT, Canada

REGISTRATION FEE

CATEGORY	WORKSHOP ONLY	PAPER PRESENTATION INCLUDING WORKSHOPS
TEACHERS/ACADEMICIANS/INDUSTRY EXPERTS	INR 800 per workshop	INR 2000
RESEARCH SCHOLARS	INR 800 per workshop	INR 2000
TRAINEES/STUDENTS	INR 500 per workshop	INR 1500

* Two workshops INR 1600, three workshops INR 2000 for Teachers/ Research Scholars

** Two workshops INR 1000, three workshops INR 1500 for Students

Last date of Registration
30th January, 2019

REGISTRATION PROCESS

- A person can send one entry for presentation in the international conference.
- Maximum number of registrations would be 100 on first come first served basis
- Papers for presentation can be submitted online at internationalconf.dav@gmail.com
- Abstracts can be sent till 30th January, 2019.

MODE OF PAYMENT

- All the payments should be made in favor of "REGISTRAR, DAV UNIVERSITY", payable at Jalandhar.
- The Registration fee can be paid directly in the account or through Demand Draft.
- Name of the A/C holder : Registrar, DAV University
Bank Branch & Address : State Bank of India, DAV University Campus Branch, Sarmastpur, Jalandhar.
MICR Code: 144002045 Bank Account Number:32960453224
IFS Code: SBIN0016307 Unique Agency Code*- DAV University
- Note: Bank Transactions must be communicated via e-mail: internationalconf.dav@gmail.com and also to submit the same at registration desk, failing which no claim will be entertained.
- Registration Form is attached. The information required in the registration form must be sent to WhatsApp No. 9878479267

PAPER PRESENTATION

Call for Papers:

All authors are encouraged to contribute to make the conference a great success through submission of their research abstracts, papers and posters. Quality research contributions describing original and unpublished results of conceptual, empirical and experimental work in area of Well-being, mental health, education and society are cordially invited for presentation at the conference. The conference solicits contributions of abstracts, papers and posters that address themes and topics of the conference. Special Abstract Booklet will be compiled and published by the committee for the delegates attending the conference.

- The soft copy (MS- Word file) of the abstract and full paper should be submitted at internationalconf.dav@gmail.com

Guidelines for Full Paper:

Page Format: A4 size, Margins: Left, top, Bottom, and Right – 2.0 cm

Title: Times New Roman 18 pt, bold, justified, alignment left, upper case, single spacing.

Authors: Times New Roman 12 pt, bold, alignment left, single spacing.

Order: Last Name, First Name Initial(s).

Text: Times New Roman 12pt, Justified, Single-spacing comprises- Introduction, Methodology, Results, Discussion, and Conclusion.

Tables & Graphs: Should be as per APA-6 style.

References: APA-6 style.

Author's Instructions:

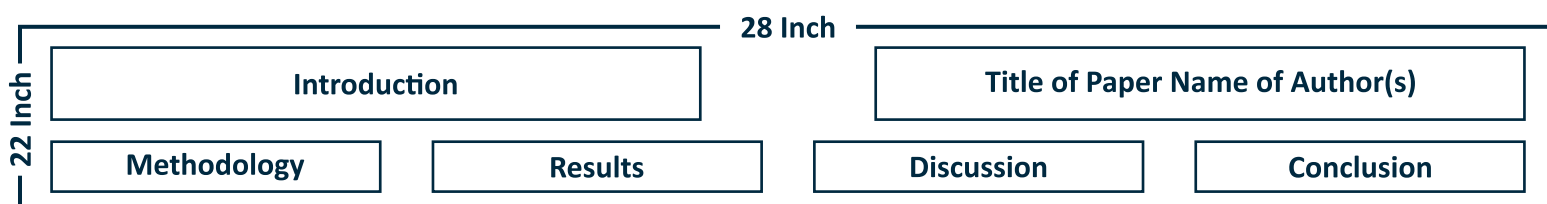
Title of Abstract: Must be capitalized with font size 14, followed by Author's name(s) and affiliation in italics (font size 11).

Maximum 200 words (The name of the presenter must be underlined).

POSTER PRESENTATION

Instructions for Poster presentation:

1. Poster presentation gives author an opportunity to present their original research articles related to the sub themes.
2. Posters will be displayed at allotted area of the venue of the Congress and may include statistical tables, figures, charts, images and other graphical material.
3. Posters should have clear visual information, incorporating a clear idea of the research paper and outcomes.
4. Presenters are expected to be in attendance at the venue to present their posters during scheduled poster sessions.



GLIMPSES OF PREVIOUS WORKSHOPS

Workshop on Rational Emotive Behavior Therapy (REBT)



Workshop on Psychometric Testing



CHIEF PATRON

Dr. Punam Suri

Padam Shree Awardee
Chancellor, DAV University, Jalandhar
President, DAV CMC, New Delhi

PATRONS

Prof. (Dr.) Rakesh Kumar Mahajan

FNASc
Vice-Chancellor
DAV University, Jalandhar

Sh. Rajan Gupta

IPS
Executive Director
DAV University, Jalandhar
(Former Director General
of Police, Punjab)

Dr. Sushma Arya

Registrar
DAV University, Jalandhar

CONFERENCE DIRECTOR

Dr. Desh Bandhu Gupta

Dean Academics
DAV University, Jalandhar

CONFERENCE CONVENER

Dr. Jasbir Rishi

Dean Student Welfare
Head, Psychology Department,
DAV University, Jalandhar

VENUE

Conference Hall, Administrative Block,
DAV University, Jalandhar.

Contacts

9855027427 9878479267 7973227282 9779914300 9779043498

Email

internationalconf.dav@gmail.com