

National Seminar & 6th Annual Conference

(HYBRID MODE)

of

PSYCHOLOGICAL FORUM CHHATTISGARH

on

**MENTAL HEALTH AND WELL-BEING :
UNDERSTANDING THE IMPERATIVES OF CONTEMPORARY TIMES**

Dated : 24-25 June, 2024



Organized by
Department of Psychology
Pt. Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur, INDIA

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Vice Chancellor
Pt. Sundarlal Sharma (Open) University
Chhattisgarh, Bilaspur

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Chhattisgarh, Raigarh

Invited Speakers



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Former Head
Center for Advanced Studies in Psychology
University of Allahabad
Former Member (UGC-ICSSR & UNESCO)



Prof. R.N. Singh
Former Professor
Department of Psychology
Banaras Hindu University
Varanasi, Uttar Pradesh



Prof. Rajendra Singh Rajput
Principal, Professor and Head, Department
of Community Medicine and Psychology,
Govt. SDJH Medical College and Hospital
Chandeshwar Azamgarh, Uttar Pradesh



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Vice Chancellor
Lakulish Yoga University
Gandhinagar, Gujarat



Prof. Dinesh Nagar
Director
Shri Vashnav Institute of Social Sciences
Humanities and Arts (SVISSHA)
Shri Vashnav Vidhyapeeth Vishvidhalaya
Indore, Madhya Pradesh



Prof. Meeta Jha
SoS in Psychology
Pt. Ravishankar Shukla University
Raipur, Chhattisgarh



Dr. Atul Prabhu
MD, FNB Pediatric Cardiology
Consultant Pediatric Cardiologist
Narayana Hrudayalaya Institute of Cardiac Science
Bengaluru, Karnataka



Prof. Priyamvada Shrivastava
SoS in Psychology
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Assistant Professor & Head,
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Dr. Manoj Kumar Rao
Vice President
Psychological Forum Chhattisgarh
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Bilaspur, Chhattisgarh

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About the Forum

The Psychological Forum Chhattisgarh was established with the aim of addressing societal problems and various issues related to human beings. We strive to share our perspectives by organizing workshops, conferences, and other academic activities. The forum provides insightful thoughts and ideas to alleviate psychological problems through counseling and intervention programs. We conduct national and international conferences, workshops, offering the latest trends and techniques in psychological research for new and active researchers, NGOs, policymakers, and educators. Lastly, we facilitate ethical dialogue to promote discussions and exchanges, respecting diverse opinions while upholding a commitment to evidence-based practices and scientific integrity.

About the Organizing Institute

Pandit Sundarlal Sharma (Open) University Chhattisgarh Bilaspur is Located in Bilaspur and was established by the Act of the State Legislative Assembly (Act 26 of 2004). It offers several programme /Courses in ODL mode through 7 Regional Centers and 140 Study Centers in the entire region of Chhattisgarh state. The University is appropriately named to honour Pandit Sundarlal Sharma is epitomized as the 'Gandhi of Chhattisgarh' for his unique contribution to society. Department of Psychology was established in the year 2016 with an aim to preach quality education in the state. The Department is committed to provide value based education to the individual by best of the means. In the line of fulfillment of the vision of the university The Department offers various Courses like Undergraduate and Doctoral Level Programme. The Department also runs a Counseling Centre at the University which provides Psychological assessment services by resolving the behavioral problems of the students and public at large. The department organizes seminars and workshops on continuous basis for the upliftment of knowledge domain.

Concept Note

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. We need to discuss the issue and should give our best possible contribution to make a mentally healthy person and happy society. Therefore, the major objective of this program is to provide opportunity to young researchers to present their views/empirical studies as to facilitate reduction of mental toxins like anger, stress, frustration, depression, anxiety, hopelessness etc. and enhance optimistic qualities like peace, joy, love, compassion, self confidence in life. By providing a platform for comprehensive analysis and open discussions, the conference aims to pave a way for innovative solutions that address the core issues of mental health and well-being. Through collaborative efforts and shared understanding, there will be hope for a future where the interests of all stakeholders.

Sub Theme for Papers

- * Mental health and Well-being in Contemporary Times
- * Mental Health, Well-being and Education
- * Mental health and Well-being in Community, society and family
- * Mental Health and Well-being in Religion.
- * Mental Health in Sports and Yoga.
- * Mental Health in Workplace.
- * Mental Health and Nutrition
- * Economical Aspect of Mental Health.
- * Mental Health in Indian Legal System.
- * Mental Health and its Importance in Management.
- * All other Aspects of Mental Health and Well-being.

Patron

Prof. Bansh Gopal Singh

Vice-Chancellor

Pt. Sundarlal Sharma (Open) University
Bilaspur, C.G

Co-Patron

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Dr. Manjary Sharma

Asstt. Professor &
Head, Department of Psychology,
Govt. Bilasa Girls Autonomous
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Registration & Participation Details

Kindly submit registration fee for participation and paper presentation as follows-

- * Faculties and Professionals (Non-members of the Forum) - : 1000/-
- * Faculties and Professionals (Members of the Forum) - : 500/-
- * Research Scholars - : 500/-
- * Participation without paper presentation : 400/-

***Note- Participants of each category will have to pay 200/- additional for on-spot registration**

Pay to

Psychological Forum Chhattisgarh

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Contact : Dr. Manjary Sharma in case of problem in payment. **Mob. No.: 9669388511**
Click this link to fill a short Google Document as Registration Form.

<https://docs.google.com/forms/d/12tHnlqxJ3Lm5EGB3cDbVVTEKIdeNsfIZMHMjr1uB4M/edit?ts=6651ff2a>

Note- We will share the link of Seminar by Email and Whatsapp.

Participant can also pay by using QR code



Instructions to Paper Writers and Participants

Faculties and scholars are invited to contribute papers on the above themes/ sub themes of the Conference and submit the same to Psychological Forum email **pfcgexecutiveboard@gmail.com** latest by **20th June 2024**.

The authors should adhere to the following for both abstract and the full-time Paper

Length	:	Abstract 300-500 words
	:	Full Paper 3000-5000 word
Margin	:	2.5cm/1inch
Font	:	English : Times New Roman, 12 point Hindi : Kruti Dev 10, 14 point
Spacing	:	1.5
Title Page	:	Title, Authors (s), Affiliation(s), ContactDetails
Key Words	:	4-5 words

Sources should be clearly cited and papers should not be plagiarized. Plagiarized papers will be disqualified and will not be considered for publication in the Conference Proceedings. Selected papers may be published in a book with an ISBN number after receiving a rigorous peer review. **Three best papers and posters presentation will be selected by the experts panel and will be awarded with certificates.**

Advisory Committee

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