

## INTERNATIONAL CONFERENCE ON PSYCHO SOCIAL PERSPECTIVES ON HEALTH & WELL BEING

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### **About JamiaMilliaIslamia:**

JamiaMilliaIslamia was established in 1920 at Aligarh as a nationalist, secular institution rebelling against the British system of education, to develop and propagate an indigenous system of education. The initial experimentation at Jamia included nationalism, secularism, Indian syncretic tradition, and dignity of labour with Gandhian thought permeating all aspects of the institution's life. Jamia was declared a central university in 1988. The university has recently been awarded the grade 'A' by NAAC in 2014. Presently the university has nine faculties including Natural Sciences, Social Sciences, Engineering and Technology, Humanities and Languages, Architecture & Ekistics, Fine Arts, Law and Dentistry. In addition to the faculties, there are 28 advanced centres of learning. Prominent among them are the AJK Mass Communication Research Centre, Centre for Research in Basic Sciences, Centre for Nanotechnology, KRN Centre for Dalit & Minorities Studies, Centre for Physiotherapy and Rehabilitation Sciences, Centre for North East and Policy Studies, Nelson Mandela Centre for Peace and Conflict Resolution etc. The university offers 243 programmes in which approximately 17000 students are enrolled.

**The Department of Psychology:** The Department of Psychology was established as an independent department in 1986. The introduction of various teaching programmes in Psychology started in phases with B.A. in 1981, PhD in 1984, B.A. Honors in 1985, Master's in Applied Psychology in 1989, and Advanced Diploma in Counselling Psychology initiated in 2001. It has now grown into a full-fledged department providing excellent facilities for teaching and research with specialization in organizational, social, clinical, and counselling areas of psychology. During this short span of time the department's academic activities have been recognized both at national and international levels. Presently it has been recognized by the UGC as a DRS-Phase II. The thematic areas for the UGC DRS Phase II are mental health and wellbeing. More details on the Department are available at <http://jmi.ac.in/psychology>.

### **Background of the Conference:**

The World Health Organisation defined health in 1946 as "a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity." A number of factors are known to influence the health of individuals, including background, lifestyle, and economic and social conditions. Wellbeing is a general term for a person's social, economic, emotional, spiritual, or medical state. Sometimes the term is used to describe a state of inner happiness; high wellbeing means that, in some sense, a person's experience is positive, while low wellbeing means it is more downbeat or pessimistic. Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important

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for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their “well-being.” Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy.

In recent years, there has been an increasing emphasis on the twin concepts of health and well being. Psychology and several other disciplines are showing concerns regarding the same. There is also near agreement that these concepts need to be looked at from an inter-disciplinary framework for them to be meaningfully understood and acted upon. Researchers from different disciplines have examined different aspects of well-being that include physical well-being, economic well-being, social well-being, development and activity, emotional well-being, psychological well-being, life satisfaction, domain specific satisfaction and engaging activities and work.

Results from studies in Psychology find that well-being is associated with self-perceived health, longevity, healthy behaviours, mental and physical illness, social connectedness, productivity, and factors in the physical and social environment. It has also been seen that the negative affect component of well-being is strongly associated with neuroticism and that positive affect component has a similar association with extraversion. Also it is held that that positive emotions—central components of well-being—are not merely the opposite of negative emotions, but are independent dimensions of mental health that can, and should be fostered. Although a substantial proportion of the variance in well-being can be attributed to heritable factors, environmental factors play an equally if not more important role(<http://www.cdc.gov/hrqol/wellbeing.htm>). Recently, psychological factors have come to be identified as the major causes of a wide range of diseases and disabilities. A number of domains like personal dispositions and health and wellbeing; attitudinal factors in illness and recovery; life style diseases, addictions and psychological factors etc have recently been the subject of considerable research. In addition, the efficacy of psychological interventions in illness and recovery like attitudinal change, self-care, and autonomy is also now well documented.

Put together, it is seen that well being is a multi-faceted complex phenomenon and needs to be considered both as a state as well as a process, intertwined with the environmental context. Most of the work around these concepts needs to be geared towards searching for interventions to increase and enhance societal well being, while keeping in view the diversity and socio-economic inequalities in the society. This in view, the Department of Psychology, Jamia Millia Islamia is organising an International Conference on ‘Psycho-Social Perspectives on Health & Wellbeing’ on **1-2, March, 2016.**

### **Call for papers:**

Thematic and research papers are invited from practitioners, scholars and students in the following thematic areas.

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1. The Indian Perspective on Illness, Health and Wellbeing;
2. Positive Psychology and Health & Wellbeing;
3. Psychological Factors Shaping Health & Well Being;
4. Spirituality, Religion and Health;
5. Efficacy of Psychological Interventions
6. Health Seeking Behaviour;
7. Childrens Health Issues
8. Women's Health
9. Health and Wellbeing at work place

**Paper Submission**

- Papers on the listed themes must be sent by email to [icpphw2016@gmail.com](mailto:icpphw2016@gmail.com) as a Microsoft Word document latest by 15<sup>th</sup> January, 2016.
- Papers must be written in English.
- The following information must be included on the first page of the submission:
  - Title of paper
  - Title of the paper and sub theme
  - Name(s) of author(s)
  - Organization/institution affiliation
  - Contact address, telephone, fax and e-mail address
- Author's names should be on the title page only, in order to facilitate the blind referring process.
- Papers and abstracts will only be accepted for review on the condition that the manuscript has not been copyrighted, has not been published, has not been presented or accepted for presentation at any other conference or seminar.
- All accepted and copyrighted papers will be published in an edited book with ISBN Number.

**Format for paper abstract and full paper**

- The manuscript must be typed in 1.5 spaces in 12 point Times New Roman with a margin of 1 inch on all sides.
- The length of the papers should not exceed 5000 words, excluding the abstract (maximum 300 words) and authors' biography of not more than 150 words.
- All references must be in the APA format.

**Registration Details**

<i>Delegates Classification</i>	<i>Registration Fees</i>
National Students and PhD scholars	1500
National paper presenters	2000
Foreign delegates, including students	100 US\$

Registration Fees is payable through a Demand Draft in favor of '**Registrar, Jamia Millia Islamia**' payable at New Delhi. The demand draft along with the details of the delegate including affiliation and title of the paper should be posted to:

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*Organising Secretary  
International Conference on Psycho-Social Perspectives on  
Health and Well Being  
Department of Psychology  
JamiaMilliaIslamia,  
Jamia Nagar, New Delhi -110025*

In addition, a scanned copy of the demand draft and registration form should be emailed at: [icpphw2016@gmail.com](mailto:icpphw2016@gmail.com)

**For enquiries please contact** Conference email:[icpphw2016@gmail.com](mailto:icpphw2016@gmail.com)

**Conference Patrons:**

Prof. Talat Ahmad  
Vice-Chancellor, JamiaMilliaIslamia

Prof Mohd Shafiq  
Dean, Faculty of Social Sciences, JamiaMilliaIslamia

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Assistant Professor

Dr. Sheema Aleem  
Organising Secretary  
& Associate Professor

**Important Dates**

Last date for abstract submission: 15<sup>th</sup> January, 2016

Intimation of acceptance of abstracts: 20<sup>th</sup> January, 2016

Full paper submission for publication in ISBN Book: 30<sup>th</sup> January, 2016

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