



National Seminar

On

Health and Well-Being:

Recent Developments and Challenges

November 12-13, 2014



Prof. Naved Iqbal
Convenor & Chairperson,
NSHWB 2014
Head, Dept of Psychology

Dr Sheema Aleem
Organising Secretary,
NSHWB 2014
Asst Professor, Dept of Psychology

Department of Psychology
Jamia Millia Islamia (A Central University)
Maulana Mohd Ali Jauhar Marg, New Delhi-110025, India.
Phone: 011-26981717-3610, 3612, 3625; Tele Fax: 011-26984403;
M: 09968069547
E-mail: nshwb2014@gmail.com;
nshwb2014jmi@yahoo.com;
<http://www.jmi.ac.in>

Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. Advances in psychology, neuroscience, and measurement theory suggest that well-being can be measured with some degree of accuracy. Results from cross-sectional, longitudinal and experimental studies 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. Well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfilment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good.

Well-being is a positive outcome that is meaningful for people and for many sectors of the 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 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”.

The idea of well-being would also differ across genders, diverse religious and social ethnic groups. Given the criticality of this concept, there is a need to evolve the context sensitive framework of well-being in the Indian context. It is imperative that researchers and academicians discuss and debate the concept of well being in health threadbare in a conducive academic environment. This in view, the National Seminar seeks to address various aspects of Mental Health and Well-Being along with the recent developments and challenges. Experts and scholars from all relevant disciplines are invited to deliberate on the antecedents, correlates, moderators, mediators and interventions of well-being across various groups.

Objectives:

It is expected that the sharing in the area of health and wellbeing research would result in developing a clearer understanding of:

- I. The criticality of research in health and wellbeing
- II. The state of research in health and wellbeing
- III. Methodology of research in health and wellbeing
- IV. Challenges in research in health and wellbeing

Themes:

Papers, preferably research based are invited on the following themes:

- I. Associations and interconnectedness of well being and self-perceived health; longevity; healthy behaviours; mental and physical illness; social connectedness; productivity; and factors in the physical and social environment
- II. Sensitive indicators of well being
- III. Interventions and services needed for ensuring health and well being

- IV. Measures ensuring the expansion of services including the reduction of inequalities in coverage
- V. Indicators and data are required for monitoring of the service coverage
- VI. Common indicators for comparing progress towards universal coverage across all countries
- VII. Hedonic, eudemonic and integrated approach to wellbeing.
- VIII. Context sensitive models of wellbeing in the light of recent developments.
- IX. Antecedents, correlates, moderators, mediators, consequences of wellbeing in the Indian context.

Call for Papers:

Papers are invited from academicians, scholars, researchers, practitioners and experts from all the relevant fields on the above themes. The abstract, full paper and power point presentation in case the paper is selected for presentation at the seminar, should be sent to the convener of the seminar, Department of Psychology, Jamia Millia Islamia, New Delhi. The guidelines for submission of abstracts and full papers are as follows.

ABSTRACT:

The abstract should be limited to 350 words. It should include the title, main objectives, methods and findings of the study. The author(s) name, designation, institutional affiliation, mailing address and contact number need to be mentioned with the abstract. Authors are requested to kindly send the abstract by electronic (nshwb2014@gmail.com)/surface mail to the Convener latest by October 05, 2014.

FULL PAPER:

The length of full paper including papers, figures, illustrations, references, etc should be between 5000 to 6000 words. The full paper should be in English and typed (line space 1.5) in MS-Word in Times New Roman with font size 12. Bibliographical references should be arranged alphabetically and given at the end of the text in the APA format. Full version of the paper should be submitted in both hard and soft copy latest by 15th October, 2014. A committee will review the abstracts and full papers and information regarding acceptance, modification, rejection and mode of presentation shall be communicated to the authors subsequently as per the schedule.

TRAVEL AND HOSPITALITY

The participants are advised to arrange travelling expenses from their respective institutions. University shared accommodation maybe provided on a first come first serve basis to participants from outside Delhi. Participants have to pay guest charges for the same. Jamia Millia Islamia is a well known University in New Delhi. Prepaid vehicles are available from Indira Gandhi International Airport and /or Railway station/ISBT to Jamia Millia Islamia.

Registration Fee:

Students & Scholars : Rs.800/-

Academicians and Practitioners : Rs.1200/-

On the Spot : Rs.1600/-

The registration fee may be sent through a Demand Draft in favour of “**Registrar Jamia Millia Islamia**”, payable at **New Delhi** along with duly filled registration form to the organizing secretary, Department of Psychology, Jamia Millia Islamia (A Central University), Jamia Nagar, New Delhi-110025. On the spot registration for the conference will be from 8:30 am to 9:30 am on November 12th 2014 at Jamia Millia Islamia, New Delhi-110025.

Jamia Millia Islamia

Jamia Millia Islamia is a Central University by an act of the Indian Parliament in 1988. In Urdu language, Jamia means ‘University’, and Millia means ‘National’. The story of its growth from a small institution in the pre-independence India to a central university located in New Delhi—offering integrated education from nursery to research in specialized areas—is a saga of dedication, conviction and vision of a people who worked against all odds and saw it growing step by step. They “built up the Jamia Millia stone by stone and sacrifice by sacrifice,” said Sarojini Naidu, the nightingale of India.

More details are available on http://jmi.ac.in/about_jamia/profile/history.

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, M.A. 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. More details are available on <http://jmi.ac.in/psychology>.

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Prof. Talat Ahmad
Vice Chancellor, Jamia Millia Islamia

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DR.MEENA OSMANY

Important Dates

Abstract Submission : 5th October 2014

Notification and Acceptance of Abstract : 10th October 2014

Full Paper Submission : 15th October 2014

REGISTRATION FORM

NAME	
CATEGORY	ACADEMIC/ PRACTITIONER/ STUDENT & RESEARCH SCHOLAR
AFFILIATION	
ADDRESS	
E-MAIL	
MOBILE NUMBER	
TITLE OF PAPER	
ACCOMODATION REQUIRED	YES/ NO
DATE/TIME OF ARRIVAL	
DATE/TIME OF DEPARTURE	
MEAL PREFERENCE	VEGETARIAN/ NON-VEGETARIAN

Signature of the Delegate