

NATIONAL SEMINAR ON HEALTH AND WELLBEING :
Recent Developments and Challenges

[Supported by ICSSR & ICMR]

Department of Psychology [UGC DRS], Jamia Millia Islamia, New Delhi



NOVEMBER 12-13, 2014, TENTATIVE SCHEDULE

Wednesday, 12 November 2014							
Time		Session	Venue	Chairperson	Venue Incharge	Rapporteur	Student Volunteers
From	To						
9:00 AM	10:00 AM	REGISTRATION OF DELEGATES	FTK CIT		Dr Samina Bano		
10:00 AM	11:15 AM	INAUGURAL SESSION <i>Welcome:</i> Prof Naved Iqbal, HoD <i>Introduction to the Seminar:</i> Dr Sheema Aleem, Organising Secretary <i>Inaugural Remarks:</i> Prof Talat Ahmad, Vice Chancellor, JMI <i>Key Note Address:</i> Prof Girishwar Mishra, Vice Chancellor, MGAHVV, Wardha <i>Closing Remarks:</i> Prof M Shafiq, Dean, FSS	FTK CIT	Prof Talat Ahmad, Vice Chancellor, JMI	Prof M G Shahnawaz & Dr Akbar Hussain	Ms Shahina & Ms Zuby Hasan	Usama Rehman, Nasir Bhat
11:15 AM	11:30 AM	TEA, FTK CIT LAWNS					
11:30 AM	1:30 PM	INVITED LECTURES –I Prof Anand Prakash Prof Akbar Hussain Prof Rajbir Singh	FTK CIT	Prof Girishwar Mishra	Prof M G Shahnawaz & Dr Akbar Hussain	Ms Shahina & Ms Zuby Hasan	Azmat & Kriti
1:30 PM	2:00 PM	LUNCH , NEHRU GUEST HOUSE					
2:00 PM	3:30 PM	SCIENTIFIC SESSIONS – I					
		(I-A) Mental Health & Wellbeing	FTK	Prof Promila Batra [MDU]	Prof M G Shahnawaz & Dr Akbar Hussain	Azmat& Kriti	Ms Shahina & Ms Zuby Hasan
		A critical analysis of gratitude in relationship maintenance (Sabeen Rizvi, Meena Osmany, Waheeda Khan)					
		Happiness, Satisfaction and well-being among married and un-married adults (Anjuman Bains, Laraeb Pracha, Azhar					

	<p>Shahab Qureshi)</p> <p>A Study Of Psychological Well Being And Background Variables Among Adolescents(Kiran Sahu & Ms.Dheerja Singh)</p> <p>Exploring Posttraumatic Reactions:A Case Study Of Cloudburst In Ladakh (Urfat Anjem Mir , Sonam Joldana & Sombala N.)</p> <p>Effect Of Age And Gender On Death Anxiety, Coping With Death And Death Acceptance (Khyati Tripathi)</p> <p>Creativity And Well-Being (Yumlembam Aditi)</p> <p>Healing Of The Feminine Psyche (Nitika Kumar)</p> <p>Pain And Healing (GitikaYadav)</p> <p>Emotional Intelligence And Resilience As Correlates Of Mental Health And Well Being: Some Evidences (Madhur Bhatia & ChitraKhurana)</p> <p>Exploring Alternate Frameworks Towards The Understanding Of Well Being In A Context Of Conflict: Moving Beyond PTSD (Sramana Majumdar & Waheeda Khan)</p> <p>A Study of Mental Health of Adolescents in relation to Spirituality, Prosocial tendencies and strengths (Meena Sehgal & Aastha Sharma)</p>					
	<p>(I-B) Well being in educational context</p> <p>A comparative study of depression, academic anxiety and study habits among schedule caste and non-schedule caste students (Mahvish Fatima & Sabhia Baby)</p> <p>Influence of Ethnic Identity and Self-Esteem on Psychological Well-Being of Assamese Students in Delhi and Assam(Korsi Dorene Kharsing & Shabnam Yasmeen)</p> <p>Exploring the well-being of college students using 'whatsapp' as a means of communication: A Qualitative Study (Nikita Jain)</p> <p>Effect of Hardiness on Anxiety among Jamia Students (Jyotsna Singh, K. Rakshita Ganesh, Varun Singh Bartwal,&Preeti)</p>	IACC	Prof M Shafiq [JMI]	Dr Samina Bano & Ms Upasana	Ms Sabeen & Ms Sneha	Nasir & Irum

	<p>Personality, Connectedness as predictors of Psychological Well being of Bullying Victims. (Bushra Faraz & M.G. Shahnawaz)</p>					
	<p>Self Compassion, Self Esteem and Adjustment among University Students. (Sombala N)</p>					
	<p>Self-esteem and Life Satisfaction Among Students (Anam Siddiqi, Samra Khan & Procheta Mahanta)</p>					
	<p>Forgiveness and attachment styles as correlates of subjective well-being among undergraduate students of Delhi University (Syeda Wasfeea Wazid, Pragyendu, and Anuj Suneja)</p>					
	<p>Self-consciousness and anger in students involved in voluntary fieldwork and those not involved in voluntary fieldwork(Dr. Kavita Kumar & Priyanka Khandelwal)</p>					
	<p>Knowledge sharing, performance and well-being among students(Dr. Amirul Hasan Ansari & Amogh Talan)</p>					
	<p>Body Image, Self Esteem And Well-Being Among Young Women Of Coeducational And Segregated Educational Settings (Nazirul Hasnain , Saima Azmi &Mohd. Imran)</p>					
	<p>Self Compassion And Self Control As Predictors Of Well Being In Young Adult Females (Tanushree Deka & Samina Bano)</p>					
	<p>Religious commitment and mental well-being in college students: Meaning in life as a potential mediator (Kaiser Ahmad Dar &Naved Iqbal)</p>					
	<p>(I-C) Organizational Behavior & Wellbeing</p>	AIS	Prof Abha Singh [Amity]	K D Kharshing & Dr Ankit Prakash	Nasrina & Ghausia	Md. Imran & Mir Shahid
	<p>Gender stereotyping at work: Implications for wellbeing (Neelam Wadhvani)</p>					
	<p>Job Insecurity and Job Satisfaction as Correlates of Organizational Commitment In Middle-level Executives of Public and Private sector Banks (Nazirul Hasnain, Syeda Amreen Alam & Zubay Hasan)</p>					
	<p>Sense of self among Millennials: The role of labelling and generation stereotyping. (Nasrina Siddiqi & M. Shafiq)</p>					
	<p>A Comparative Study On The Effects Of Motivational</p>					

		Factors And Emotional Quotient on The Working Of Line Executives In Domestic And International Airlines (Dr. Shruti Tripathi & Astha Gupta)					
		Psychological Capital and Social Capital as Predictors of Performance and Mental Well-Being among Bank Employees (Syeda Wasfeea Wazid & Amena Abdurahiman)					
		Well-Being of Doctors in relation to Emotional Intelligence and Occupational Stress (Jitendra Mohan & Pria Singh)					
		The Oppurtunity Costs Of Diurnal Life (Aakriti Cheema)					
		The health being surveys of employers with special reference to their effectiveness at their work place (Dr Shubha Maheshwari & Neha Jain)					
		A Study of Subjective Wellbeing and Satisfaction in Life among Romantically Involved and Single Women (Medhavi Sharma)					
		Dominant leadership styles of indian organization in educational institution. (Prerna Gupta)					
		(I-D) Physical Health	NGH	Prof.Nandita Babu [DU]	Dr Sushma Suri & Mr Mahfooz	Ms Wasfia & Madiha	Tanawar & Mejazul Haque
		Impact of Cancer on Quality of Life: Children's Voices (Sufia Azmat)					
		Life Satisfaction Among The Physically Challenged (Asma Nisar & Hema khatri)					
		Child Maltreatment and Psychological Problems: A review (Anca Rsadulescu & Naved Iqbal)					
		Globalisation & Public Health (Sheema Aleem & Naved Iqbal)					
		Psychoneuroimmunology: Past, present and future (Naina Sharma)					
		Conceptualization of Wellbeing in Public Health Discourses: Analysis and Interpretations (Bhat Iqball Majeed)					
		Healthy Lifestyle and Well-Being (Komal Chaudhary, Amogh Talan & Pragyendu)					
3:30 PM	3:45 PM	TEA , Respective Venues					
		SCIENTIFIC SESSIONS – II					
		(II-A) Mental Health & Wellbeing	FTK	Prof.Zubair Meenai [JMI]	Prof M G Shahnawaz & Dr Akbar Hussain	Bushra & Gargi	Azmat & Kriti
3:45 PM	5:30 PM	Internet Addiction And Psychological Well-Being Among Adolescents (Mohammad Asif & Anjana)					
		Relationship between Superstitious thinking and					

	Psychological well being (Aayushi Khaneja & Anubha Rohatgi)					
	Emotions in Schizophrenia (Hala Husain & Naved Iqbal)					
	Intangible happiness: An ethnographic study of a Kashmiri Gujjar tribe (Asma Nabi & Farah Qayoom)					
	Relationship Between Love Styles And Psychological Distress (Pranjali Taneja & Priyanka Bakshi)					
	Developmental disability and sibling's psychosocial well-being (Gunjan Mathpal & Aarti Mouni)					
	Impact of Positive Emotions and Forgiveness on Psychological Well-Being (Shahana Anjum & Dr. (Mrs) Asiya Ajjaz)					
	Role of Giving in Interpersonal Relationships in determining Time Perspective and Well Being (Akshita Sharma, Vidhi Khanna, Arshiya Kochar & Pragyendu)					
	Aftereffects Of Inter-Caste And Inter-Religious Marriages In India: A Case Study Analysis On Family Boycott And Well Being (Parvender S. Negi, Aastha Kapoor, Neha Tripathi & Dr. Mahesh Darolia)					
	Altruism as a Prosocial factor affecting well-being (Pragyendu, Darolia, M.A., Kala, I. & Singh, S.)					
	Emotional Stability between High and Low Spirituality (Dr. ArchanaSatsangi, Urvashi Sharma & Jyoti Kaushik)					
	(II-B) Well being in educational context	IACC	Prof Novrattan Sharma [MDU]	Dr Samina Bano & Ms Upasana	Ms Sabeen & Ms Sneha	Nasir & Irum
	A Study Of The Effect Of Family Pathology And Family Structure On Psychological Well-Being Among School Going Boys And Girls" (Dr. Neeraj Chaudhary)					
	Gratitude and Subjective Well Being of College students (Samina Bano & Prakhar Srivastava)					
	Role of Self-Compassion and Gratitude in Determining Subjective Well-being among College Going Student (Mustafa anadeem Kirmani & Ruchi Nathawat)					
	Social Context And Well Being: Use Of Intersectionality To Study Marginalized Students (Mona Yadav & Arvind Kumar Mishra)					
	A study of Humor in relation to Subjective Well-being, Stress and Optimism samong College students (Meena Sehgal & Sharanjit Kaur)					
	Emotional Intelligence among University Students: An Interventional Approach					

	(Ira Das & Himani Anand)				
	The Role Of Perfectionism And Emotional Intelligence In Academic Excellence (Jitendra Mohan & Guneet Inderjeet Kaur)				
	A study of relationship between personality and Locus of control among college students (Mohammad Irfan, Haroon Shafiq, Manpreet Singh & Kuldeep Singh)				
	Developing happiness and wellbeing index of students community at IIT Kanpur (Bhaskar Singh & Maheswar Satpathy)				
	Subjective well-being in relation to gratitude and self compassion among college going students (Ruchi Nathawat & Mustafa Nadeem Kirmani)				
	Exploration of the Personality and Self-Esteem of Social Networking users among Male and Female college students(Sanna Jan Butt, Anum Khan, & Manchong Limlunthang Zou)				
	Mindfulness And Spirituality Index Of Well-Being Among Students Of Nursing And Social Work (Mohammad Anas, Akbar Hussain, Asiya Aijaz)				
	Spirituality and Psychological Wellbeing Among College Teachers in Professional Courses (Ms. Teena Wadehra)				
	School Environment and Adolescent's Mental Health (Sapna Kashyap & Alankriti Singh)				
	(II-C) Organizational Behavior & Wellbeing	AIS	Prof Manju Mehta [AIIMS]	Ms. K D Kharshiing & Dr Ankit Prakash	Nahid & Ghausia
	Primary School Teachers: From the pyramid of Job satisfaction (Anjana & Mohammad Asif)				Nasrina & Md. Imran
	Relationship between acculturative stress and organizational integration among employees (Khusboo & K.J.Sandhu)				
	Optimism, Happiness, Well-being and Psychological Distress: A Cross Cultural Study of Dual Career Women (Waheeda Khan, Kiden Lama, Mudassir Hasan & Meena Osmany)				
	How real is the "twenty first century black Death?" (Ms. Kanchan Sehrawat & Ms Vaishali Narolia)				
	Procedural Justice, Empathy, Organisational Trust, Gender And Age As Antecedents Of Forgiveness In Organisation (Nida Hasan, Manchong L Zou & Prof. M.G. Shahnawaz)				

	<p>A Study of Perception of Organizational Justice in relation to Mental Health in female college teachers. (Meena Sehgal & Jyoti Verma)</p> <p>Occupational role stress, Personal effectiveness and Coping among Doctors and Journalists (Radhika Gupta, M.Shafiq & Nasrina Siddiqi)</p> <p>Happiness And Its Correlation With Mental Health In Working Population Of Mumbai City. (Karishma Navalar)</p> <p>A comparative study of psychological well being of young adults of single parents (Swarnshikha Sharma & Dr.Kiran Sahu)</p> <p>A Comparative Study Of Adjustment Among Working And Non-Working Women. (Dr.Sunita Rani)</p> <p>Forgiveness and Coping as functions of employee wellbeing– The Indian organizational context (Gargi Sandilya & Prof. Ghazi Shahnawaz)</p>					
	<p>(II-D) Health & wellbeing in specific groups</p> <p>Psychological wellbeing, Acculturation, and Life satisfaction of UK Immigrants and UK Nationals- A comparative study.(Nupur Kalra and Ritu Sharma)</p> <p>Flow and Grit as Predictors of Life Satisfaction and Happiness in Medical Practitioners and Theatre Artists (Neha Sharma)</p> <p>A Study of Wisdom in relation to Spiritual Intelligence and Satisfaction with Life among Older Adults. (Meena Sehgal and Mitika Kanwar)</p> <p>Role of Human Interaction in Dog's well being: A theoretical Study. (Geetika Ahuja , Trisha Pande and Arshiya Kochar)</p> <p>Exploring Identity Conflict/Confusion of Student-Athlete: Implications for Wellbeing. (Usama Rehman and Gazi Shahanawaz)</p> <p>Life Satisfaction, Optimism and Social Anxiety among Parents of Intellectually Disabled and Normal Children. (Dr. Shushma Suri , Azmat jahan and Namita Tyagi).</p> <p>Exploring the Psychology of Underprivileged Dalit Women and its Effect on Motivation and Wellbeing: An Indian Perspective. (Ritu Singh).</p> <p>Wellbeing among Pet owners. (Naved Iqbal , Sampada Vijayvargiya, Madiha Zaidi and Kanika Jindal).</p> <p>A study on living conditions and self-esteem of children living on streets of Delhi. (Dr. Neelima Chopra and Eliza Jamal).</p>	NGH	Prof.Uday Sinha [IHBAS]	Dr Sushma Suri & Mr Mahfooz	Ms Wasfia & Madiha	Tanawar & Mejazul Haque

Thursday 13 November 2014

10:00 AM	11:30 AM	INVITED LECTURES- II Prof Gopa Bhardwaj Prof Purnima Singh Dr Updesh Kumar	FTK	Prof Meena Sehgal (Chandigarh)	Prof M G Shahnawaz & Dr Akbar Hussain	Azmat & Kriti	Usama, Amna
11:30 AM	11:45 AM	TEA, FTK LAWNS					
11:45 AM	1:00 PM	INVITED LECTURES – III Prof Vinay Srivastava Dr Arvind Mishra	FTK	Prof.Ashok Srivastava [NCERT]	Prof M G Shahnawaz & Dr Akbar Hussain	Azmat & Kriti	Usama, Amna
1:00 PM	1:30 PM	LUNCH , NEHRU GUEST HOUSE LAWNS					
1:30 PM	3:00 PM	SCIENTIFIC SESSIONS – III					
		(III- A) Mental Health & Wellbeing	FTK	Prof Waheeda Khan (JMI)	Prof M G Shahnawaz & Dr Akbar Hussain	Ms Shaheena & Gargi	Kalim & Azmat
		How positive is negative component of wellbeing? (Kiran Sakkar Sudha & M.G. Shahnawaz)					
		Well Being As Viewed By Creativity (Lipika Malik, Mitushi Sukhramani & Sindhura Yamini)					
		Altruistic Love and Helping Attitude in promoting Well Being : The mediating role of Life Satisfaction. (Md. Anees Raza, Suhail Ahmed Dar & Mr. Pragyendu)					
		Sexual Health in Relation to Religiosity and Spirituality (Emmanuval E.T & Immanuel Thomas2)					
		Gender Disparities in Mental Health and Emotional Well Being (Dr. Deepa Verma & Archana Joshi)					
		A Comparative Study of Gambling and Non-Gambling Adolescents on Sensation Seeking, Satisfaction with Life, Stress and Mental Health. (Meena Sehgal & Harsha Agarwal)					
		Forgiveness for Self and Others in Introvert and Extroverts: A Comparative Study (Shraddha Sharma & Ira Das)					
		Wellbeing: Comparison between practicing and non-practicing Muslims (Qazi Umair Ahmad, Hiba Irfan, Sheema Hafeez & Md. Riyas)					
		Social Intelligence, Aggression, Criminality among Youth (M.Shafiq, Arbaaz Mushtaq & A. Abdul Gafoor)					
		Mental Health among Youth in Kashmir and Delhi: Implications for Psychological Intervention (Shaheena Parveen, Gargi Sandilya & M.Shafiq)					
		Effect of domestic violence on health and well being of					

	women victims. (Dr. Archana Dassi)					
	(III-B) Context sensitive models/indigenous therapies/ interventions	IACC	Dr Irfan Farooqui (Punjab)	Dr Samina Bano & Ms Upasana	Ms Sabeen & Ms Sneha	Nasir & Irum
	Effectiveness of Mystic Rose Meditative Therapy on Mental Health. (Shobha Sharma and Shushma Suri).					
	Grace Of God: A Phenomenological Inquiry(Thangbaiching).					
	Personality: As a Predictor of High Psychological Well Being (A study Based on Bhagvad Gita). (Sanya Sharma,Shubham Vashisht, Prerna Sareen and Dr.Mahesh Kumar Dharolia).					
	Mindfulness As A Resiliency Resource. (Sudha Rathore)					
	Beyond Spirituality: Mindfulness based practices and resilient living. (Swati Mukherjee).					
	Mythology And Medicine: Reflections On Tibetan Medical Tradition. (Sera Sonamongmowangdi)					
	Therapeutic Relevance Of Jungian Dream Analysis (Thangbiakching & Eric Soreng).					
	Shamanism In India: Indigenous Healing Tradition In Northeast India (Houshou Suzen Eric Soreng)					
	Impact of Music Therapy on Cancer patient: A case study. (Dr. Publin Das and Shweta Sharma).					
	From Agony To Atonement: A Study Of Psycholigically Bruised Characters Of Farzana Doctor's Six Meters Of Pavement. (Shuby Abidi).					
	To Study Level of Adjustment, Life Satisfaction, Anxiety and Mental Health among Elderly Doctor's: A Comparison of Elderly Meditative and Non-Meditative Groups. (Dr. Swati Naruka)					
	(III-C) Physical Health	AIS	Prof N. Hasnain (JMI)	Ms. K D Kharshiing & Dr Ankit Prakash	Nasrina & Nahid	Ghausia & Kriti
	Quality of Life and Health : A study Amongst HIV and AIDS Cases and Their Caregivers (Radhey Shyam & Ravinder .K. Prajapati)					
	Rural Health Care system in India: Interventions and services needed for quality and accessibility (Shubham Thukral)					
	Adverse Relationship between Altruistic behavior and Stress among Rheumatoid Arthritis Patients (Ira Das & Poonam Sharma)					
	Life Satisfaction, Happiness and Self-Esteem among regular					

		<p>exercisers and non-exercisers (Young Adult Females) (Sneha Mishra, M. Shafiq & Fatima Akram)</p> <p>A Study of Type A Behavior in relation to Hostility, Stress and Optimism among Coronary Heart Disease Patients (Jitendra Mohan & Sukhmani Singh)</p> <p>Gender difference in Physical and Psychological Health in Nightmare Sufferers (Irum Khan & Naved Iqbal)</p> <p>Hope In Care Givers Of Heart, Cancer & Aids Patients. (Naved Iqbal, Mehfooz Ahmad & Sumaira Rafiq Zargar)</p> <p>Study of Wellbeing among Hypertensive Women in relation to Stress and Optimism. (Meena Sehgal & Usha Sharma)</p>					
		<p>(III-D) Health & wellbeing in specific groups</p> <p>Social skills in relation to quality of life among youths. (Sandeep Panchal and H.L Joshi)</p> <p>Strategies towards Improvement in Infant and Young Child Feeding Practices (Dr.Sameena Sultan)</p> <p>Resilience and Coping in Kashmiri Orphans (Nasir Ahmad and M.Shafiq)</p> <p>Evaluating Stress and Quality of Life of Parents Having a Child with Developmental Disabilities (Bilal Ahmad, Divya Kalia, Samina Bano and Sheema Aleem).</p> <p>Illness Beliefs of Poumai Naga in India.(Houshou Suzen).</p> <p>Self Perceived well being and quality of life of water scarce village in Mewat (Bindiya Narang).</p> <p>Loneliness and Adjustment in aging Adults. (Sharad Vashishtha , P.K Mona and Ira Das)</p> <p>A study of the health of truckers and wellbeing in Tughlakabad, Delhi. (Md Ali Azmat and Srishti Puri).</p>	NGH	Dr. Suneet Varma [DU]	Dr Sushma Suri & Mr Mahfooz	Ms Wasfia & Ms Bushra	Mejazul Haque & Tanawar
3:45 PM	5:00 PM	<p>VALEDICTORY SESSION</p> <p><i>Welcome and Report of the Seminar:</i> Dr Sheema Aleem, Organising Secretary <i>Address by Guest of Honour:</i> Prof Manas K Mandal <i>Valedictory Address:</i> Prof N K Chadha <i>Remarks by Chairperson:</i> Prof M Shafiq, Dean, Faculty of Social Sciences, JMI <i>Vote of Thanks:</i> Prof Naved Iqbal, HoD</p>	FTK CIT	Prof M Shafiq, Dean, Faculty of Social Sciences, JMI.	Prof M G Shahnawaz & Dr Akbar Hussain	Ms Shaheena & Ms Gargi	Kalim & Azmat

TEA, FTK CIT LAWNS

Certificates to delegates shall be issued after the Valedictory Session

Scientific Sessions:

A: FTK CIT: FTK Centre for Information Technology

B: IACC: India Arab Culture Centre

C: AIS: Academy of International Studies

D: NGH: Nehru Guest House

IMPORTANT CONTACTS

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Dr Sheema Aleem, Organising Secretary: 9891900104

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JMI EPABX: 26981717

FTK CIT: 9251

IACC: 4602

AIS: 4301, 4302

NGH (Dining hall): 1962

Proctor Office: 1801, 1802

Security Advisor: 1901,1902