

ABOUT THE CONFERENCE

Mental health is an integral part of health and refers to a state of well-being in which the individual realizes his or her own abilities, cope with the normal stresses of life, work productively and is able to make a contribution to his or her community.

Burden of mental disorders had risen over last few decades. According to a recent National Mental Health survey, approximately 150 million people in India need care for their mental health conditions. The same survey also discovered that between 70 and 92 percent of these cases failed to receive treatment. According to the World Health Organization India has the highest number of teenage suicide rates globally.

Modern rapidly changing technological advances have led to significant impact in the patterns of social conduct, morality, emotional life, goals and aspirations at individual, family, social, and work level. This situation has immensely increased the pressure of expectations on individuals of each stratum of the society and thus seriously affecting their mental health. Individuals find it difficult to adopt appropriate coping strategies to deal with the situations constructively, failure of which results into problems like depression, suicides, stress, metabolic disorders and other health related problems. Mental illness makes the everyday life of a person difficult; rendering oneself incapable of decision making, handling emotions and stress and affects the social life as well as the productivity. Mental illness can strike anyone irrespective of age, gender, race or religion yet the awareness and services available for mental health are dismal.

There is a huge gap between the need for mental health care and the resources available. Misconceptions around mental illness prevalent in India cause hesitation in family members to seek mental health services. 80% people suffering from mental illness do not receive proper care due to lack of awareness and various misconceptions.

These major facts and many other contributing factors point to the immediate need to improve the mental health care conditions in India through an integrative approach that account for psychological, social, and spiritual factors as well as brain biochemistry. It requires intensive research, skill training and creating awareness in the community.

Therefore, the Department of Psychology, proposes to organize a two days multidisciplinary conference on “**Integrative Approaches for Mental Health and Well-being**” on 27 & 28 September 2019. The conference would be helpful to participants to develop new strategies and plans with integration of knowledge from different disciplines to enhance mental health & well being in India.

OBJECTIVES

1. Encouraging research on the current trends and issues of mental health in India.
2. Amalgamating alternative and emerging techniques of healing to the mental health care.
3. Integrating various disciplines psychology, biology, psychiatry, philosophy, spirituality, social work, education etc. to the mental health care set up that enhances over all well-being of an individual.
4. To plan new strategies to prevent and enhance mental health in India.

THEMES

- Emerging trends in mental health
- Education and mental health
- Spirituality
- Positive Psychology & Lifestyle
- Alternative healing techniques
- Mental health issues of the elderly
- Child and adolescent mental health
- Social challenges for mental health and wellbeing
- Enterprises and organizational mental health.
- Nutrition & Diet
- Legal issues of mental health
- Suicide Prevention

CALL FOR PAPERS

- The contributors are requested to send their abstracts (about 300 words) by **18th August 2019** and full papers by **10th September 2019**. The soft copies should be sent to psychologymlsu@gmail.com

*Multidisciplinary
National Conference*

On

*Integrative Approaches for Mental Health
& Well Being*

27-28 September 2019

-: Registration Form:-

Name : _____ Sex: _____

Designation & Institution: _____

Mailing Address: _____

Email: _____

Mobile/Phone: _____

Title of Research Paper: _____

Whether Accommodation required. YES/ NO

Mode of Payment: Cash/ DD / E-Transfer

Cheque No / DD No. with date _____

Name of Issuing Bank: _____

Registration fee can be paid through either Cash/DD/Online in favor of

“**Head, Deptt of Psychology, UCSSH, Mohanlal Sukhadia University**”

Payable at Udaipur (Rajasthan) 313001

Acc no. 694201700311 RTGS/NEFT IFSC CODE: ICIC0006942

Signature

PATRON

Prof J.P.Sharma

(Hon'ble Vice Chancellor, M.L.S.U, Udaipur)

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Dr. Rashmi Singh, Member - 9799706611

Dr. Hema Kumari Mehar, Member - 9460485775

WHO CAN PARTICIPATE:

Academicians, counselors, students, social workers, educationists, researchers from all disciplines, medical professionals, and government & non government officials working for social welfare can participate in the conference.

REGISTRATION FEE

Category	EARLY BIRD (by 15.08.2019)		LATE FEES	
	Without Acc.	With Acc.	Without Acc.	With Acc.
Students/ Scholar	Rs. 600	Rs.1200	Rs.1200	Rs.1800
Faculty/ other delegates	Rs.1200	Rs.2000	Rs.1500	Rs.2200
On Spot Registration Fees (Without accommodation): Students/Scholars – Rs.1500/- Faculties/Other Delegates- Rs.2500/- *Acc. - Accommodation				

ACCOUNT DETAILS:

Acc no. 694201700311

RTGS/NEFT IFSC CODE: ICIC0006942

Branch: ICICI BANK, MLSU, UDAIPUR - 313001

Postal Address: Head, Department of Psychology, UCSSH, Mohanlal Sukhadia University, Udaipur 313001.

Registration fee can be paid through either Cash/DD/Online in favor of “Head, Deptt of Psychology, UCSSH, Mohanlal Sukhadia University” payable at Udaipur (Rajasthan). 313001

CONFERENCE VENUE:

University College of Social Sciences & Humanities, Mohanlal Sukhadia University Udaipur (Rajasthan)

Multidisciplinary National Conference

on

Integrative Approaches for Mental Health & Well Being



27-28 September 2019

Organized by

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY COLLEGE OF SOCIAL
SCIENCES & HUMANITIES,
MOHANLAL SUKHADIA UNIVERSITY
UDAIPUR-313001 (RAJASTHAN)