

INTERNATIONAL CONFERENCE

**HOLISTIC HEALTH: EXPLORING INTERCONNECTED
REALMS OF WELL-BEING (HHERW2024)**

17-18 September 2024

10th
FBSS ANNIVERSARY
CELEBRATION



Organized by

**FACULTY OF BEHAVIOURAL & SOCIAL SCIENCES (FBSS)
SGT UNIVERSITY, GURUGRAM**

In collaboration with

FACULTY OF SOCIAL SCIENCES AND HUMANITIES, UTM MALAYSIA

KEELE UNIVERSITY, UK

COLLEGE OF PHYSICAL EDUCATION AND SPORT, PALESTRA, CZECH REPUBLIC

About SGT University

SGT University is a UGC-recognized institution, established in 2013, that has broad ambitions to promote research, innovation, and multi-disciplinary education. Our sizable campus, which is located on the outskirts of Gurgaon, spans more than 70 acres and has every type of resource and infrastructure available to facilitate optimum academic and research output. Our constant push for excellence led to us becoming one of the youngest universities to have received a NAAC A+ accreditation rating. Amongst our expansive range of specialties are our medical programs, taught in sync with SGT Medical College, Hospital & Research Institute, and considered to be some of the best in the country. To provide global exposure, SGT University has tied up with several reputed foreign universities like the University of Queensland, Australia; Harper Adams University, UK; Academy of Art, Sofia, Bulgaria; University of California-Berkley, USA; National University of Singapore, and many more.

About Faculty of Behavioural and Social Sciences

The Faculty of Behavioural & Social Sciences (FBSS) is celebrating 10 years of its existence as a prime faculty of SGT University. The faculty has four departments under it running a variety of state-of-the-art undergraduate, post-graduate, licenced courses as well as the Doctoral programs following the NEP 2020 Course Curriculum.:

1. Department of Clinical Psychology – offers the Rehabilitation Council of India (RCI) recognised M.Phil and PGDCP Programs in Clinical Psychology. RCI approved B.Sc. in Clinical Psychology will also be introduced in August 2024.
2. Department of Psychology – offers 4-year UGC governed BSc (Hons. with Research) in Clinical Psychology, BA (Hons. with research) Psychology, BSc (Hons. with research) Cognitive Science, and one/two-year MA/MSc Psychology programs with Social –Organizational, Clinical, Counseling, Forensic, and Cognitive Science specializations; and PhD program in psychology and its allied social disciplines.
3. Department of Liberal Arts & Social Science - offers BA (Hons. with research) liberal Arts program with Global Development and Behavioural Science as majors; as well as other social science subjects.
4. Department of Arts & Humanities – offers BA (Hons. with research) English, MA English, and PhD English programs.

The faculty members' expertise spans across disciplines such as Psychology, Cognitive Science, Sociology, Political Science, English, and Liberal Studies. Their research contributions not only enrich academic discourse but also offer valuable insights for addressing societal challenges and improving individual well-being. There is a strong inclination towards developing research-mindedness and industry-based field training for students from the early stages. The faculty is all set to launch a bi-annual Journal - The Journal of Contemporary Behavioural & Social Research (JCBSR) with Kluwer Medknow Publishers

About Faculty of Social Sciences & Humanities, UTM, Malaysia

Universiti Teknologi Malaysia (UTM) is currently ranked 176-200 for social sciences and 126-150th for education in the 2021 Times Higher Education World University Rankings by Subjects and 151-200 for education and training in the QS World University Rankings 2021. This shows the Faculty of Social Sciences & Humanities (FSSH) UTM at a relatively leading position in the field of social sciences and education to lead faculties and universities in Asia (<https://www.utm.my/about/achievements/>). UTM academic programs are known for its innovative curriculum that blends theory with practice, evidenced by the use of case studies such as the Harvard Business School Case and MonSoonSim Business Simulation Software as teaching materials and Problem-based Learning as a pedagogical approach. Faculty members at the FSSH take a special interest in helping students to achieve the highest level. The faculty has collaborative research and consultancy with key stakeholders including the business sector, the government sector, the NGOs, and the local communities, that enable them to understand and provide solutions to their challenges.

About School of Psychology, Keele University, UK

Keele University is a campus university with over 12,500 students, nestled in 600 acres of Staffordshire countryside and just an hour from Manchester and Birmingham. Keele is world-renowned for its breadth of teaching and research that tackles the world's most urgent problems. Keele ranks in a 'Golden Quadrangle' of the top 15 universities in England that excel in both teaching and research, all with a Gold award in the 2023 Teaching Excellence Framework and also high research intensity in the most-recent Research Excellence Framework.

About College of Physical Education and Sport, Palestra, Czech Republic

College PALESTRA aims to be the leading Czech college raising high-quality experts in leisure-time and top-level sports, wellness, fitness development, and activation of clients towards accepting healthy lifestyles. Outside the field of sport and health, we also aim to develop in the direction of pedagogy and sport management. College PALESTRA is going to continue providing top-quality education, the development of science and research activities, education of our own academic and scientific workers with a focus on motivating graduates to have a future academic career in conformity with societal demands and fulfilling the college social responsibility. College PALESTRA aims to cooperate more intensively with both domestic and foreign institutions of similar focus in the field of research, exchange of knowledge, students, and members of the academic staff. Even during a long-term and stable rise in student and accredited study program numbers, we aim to reserve a friendly and forthcoming approach to the students.

About the Conference

In an era where the pace of life seems to accelerate endlessly, it's essential to pause, reflect, and prioritize our well-being. This conference seeks to create an intellectual space where participants can delve into discussions about the interconnected aspects of wellness and generate novel solutions to contemporary emotional and behavioral issues. Holistic health explores the intricate tapestry of our well-being, acknowledging that our physical, mental, emotional, and spiritual dimensions are deeply intertwined. It embraces the notion that optimal health arises from nurturing these interconnected realms in harmony. Beyond treating symptoms, it seeks to address root causes and promote balance across all facets of life. By integrating practices such as nutrition, exercise, mindfulness, and spiritual connection, holistic health offers a comprehensive approach to fostering vitality and wholeness. Exploration of interconnected realms of well-being invites us to cultivate a deeper understanding of ourselves and our place within the greater web of existence. This event aims to inspire, educate, and empower individuals to cultivate a balanced and fulfilling life.

Conference Theme & Sub-Themes

The overarching theme of the conference is holistic wellness, emphasizing the integration of physical, mental, emotional, and spiritual health. Recognizing that true wellness encompasses all these dimensions, the conference will explore various practices, philosophies, and methodologies that contribute to a harmonious and vibrant existence.

1. Psycho-social and behavioral issues in health and well-being
2. Holistic and alternative approaches to health and well-being
3. Behavior-Environment Interface, sustainable development and well-being
4. Emerging social dynamics and well-being – migration, displacement, and loneliness
5. Culturally resonant approaches to mental health and wellness
6. Yoga, meditation, and mindfulness approaches to health and well-being
7. Exercise, sports, nutrition, lifestyle and behavioral health.
8. Post-covid challenges for children, youth, families, and organizations
9. Technological advances and Artificial Intelligence – assistance or interference?
10. Education, employment, health, and behavioral economics
11. Issues of diversity, access, and inclusion for vulnerable and marginalized populations
12. Trauma of wars, violence, conflicts and disasters
13. Psycho-social factors, technology, and cognitive health
14. Social media, youth health and wellbeing

Call For Papers & Important Dates

The Organizing Committee of HHERW2024 invites scholars, practitioners, and researchers from Social and Behavioral Sciences as well as related fields to contribute high-quality empirical and conceptual papers for oral paper and e-poster presentations. Papers closely related to the theme and sub-themes will be preferred.

Please send an abstract of 250 words (excluding references) typed neatly in Times New Roman 12-point font with 1.5 line spacing to HHREW2024@gmail.com

IMPORTANT DATES	
Abstract Submission	25th July 2024
Abstract Acceptance	30th July 2024
Full Paper Submission	5th August 2024
Early Bird Registration	10th August 2024

Full papers would be reviewed for the second issue of the Journal of Contemporary Behavioral & Social Research (JCBSR) – the official journal of the FBSS published by Kluwer Medknow.

Tentative Program

Keynote and Guest Speakers:

- Prof. Dr. Manas Kumar Mandal, IIT Kharagpur
- Prof. Sujata Satapathy, AIIMS, Delhi
- Prof. Arvinder J. Singh, Ashoka University, Haryana
- Prof. Dr. Milada Krejci, Palestra, Czech Republic
- Prof. Dr. Azlina Bt Mohd Kosnin, UTM, Malaysia
- Prof. David Sirlopu, Universidad San Sebastian, Chile
- Dr. Jitendra Nagpal, Moolchand Medcity, New Delhi
- Dr. Norashikin Mahmud, UTM, Malaysia
- Dr. Amogh Dev Rai, Executive Director Sanrachna, Delhi
- Dr. Zuzana Kornatovska, Univ. of South Bohemia, Czech Republic
- Dr. Nur Asyikin Yakub, UTM, Malaysia
- Dr. Huseyin Cakal, Keele University, UK

Post-Conference Workshops: 19th September 2024

- Dr. Aqeel Khan, UTM Malaysia – “How to Target and Publish A Scientific Manuscript in a High-impact Journal”
- Dr. Wan Mohd Azam, UTM Malaysia – “Mastering Evidence-based Research Through Systematic Literature Review”
- Dr. Siddiqa Hussain, Mindworks Bait, Udaipur – “Psychotherapeutic Management of Digital Addiction”
- Dr. Sramana Mazumdar, Ashoka University- “Using Critical Thinking Tools in Applied Psychological Research”

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- **Mr. Biswambhar Bose**, Associate Dean, FMMT

Registration Details

CATEGORY	Early bird fee (Up to 10th August 2024)	Advanced fee (11th August to 16th September 2024)
SGT Students	INR 500	INR 500
Non - SGT Students	INR 1500	INR 2000
SGT Faculty	INR 1500	INR 1500
Professionals	INR 3000	INR 3500
Foreign delegates	USD 200	USD 250
Workshops	INR 500	INR 700

Registration Form Link <https://forms.gle/PzS2MqdqPAyPEjDLA>

Payment Details

Registration fees can be transferred via NEFT to the following bank account:

Name of the Bank Account: Shree Guru Gobind Singh Tricentenary University

Account Number: 3092002100214424

IFSC Code: PUNB0309200

Name of the Bank & Branch: Punjab National Bank; L- Block, Connaught Place, New Delhi

**Scan the QR code to
pay through UPI:**



Contact Details

HHREW2024@gmail.com
+91 8810347306

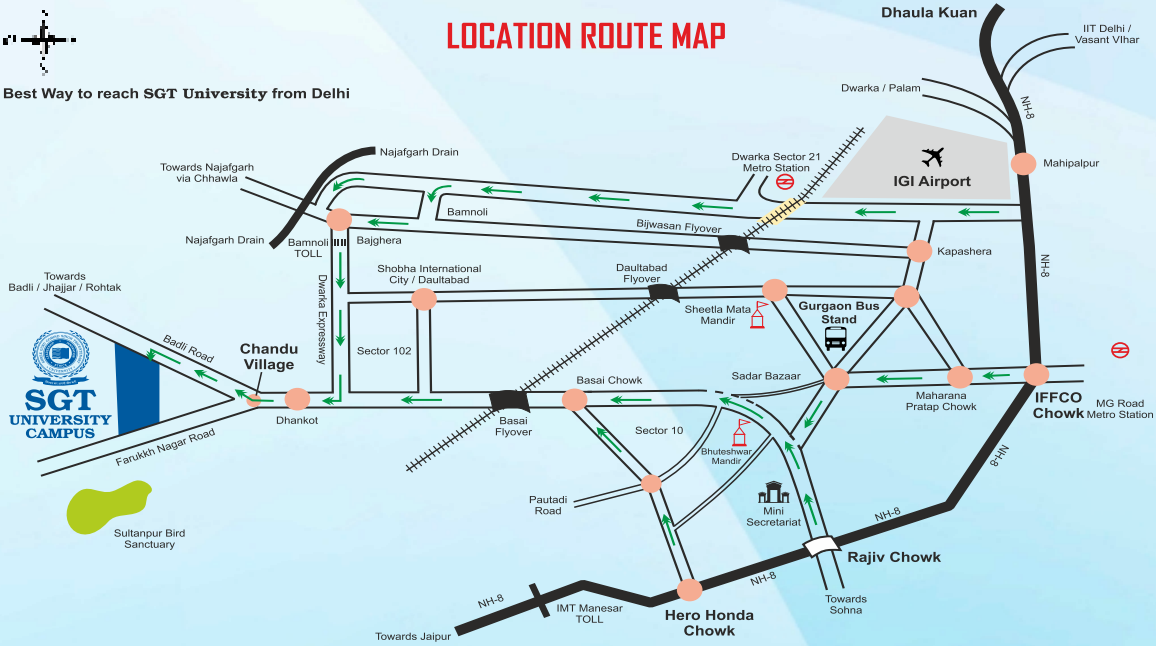
Travel & Accommodation

Accommodation for a few pre-registered participants (National/International) on first come first serve basis can be arranged at the SGT campus on payment. Pick-up and drop-off points will be arranged for smooth travel to and from the university.



Best Way to reach SGT University from Delhi

LOCATION ROUTE MAP



SGT UNIVERSITY

Shree Guru Gobind Singh Tricentenary University



Join Us:

Faculty of Behavioural & Social Sciences, SGT University,
Badli Road, Chandu-Budhera, Delhi-NCR, Gurugram, Haryana -122505

