



**AMITY**  
**UNIVERSITY**  
— GURUGRAM —

National Conference on  
**MENTAL HEALTH &  
WELLBEING**

**March 26 - 27, 2020**



Organized by



AMITY INSTITUTE OF  
BEHAVIOR & ALLIED SCIENCES



AMITY INSTITUTE OF  
CLINICAL PSYCHOLOGY

FACULTY OF MANAGEMENT STUDIES & BEHAVIORAL SCIENCES

## ABOUT AMITY UNIVERSITY HARYANA

Amity University Haryana is built on a foundation, which embodies all the qualities that have made Amity institutions world-class over the last two decades. It has instituted global standards in education, training and research with state-of-the-art infrastructure and the latest teaching methodologies. With industry-integrated curricula, the University trains future leaders and professionals by blending modernity with tradition in each of its students. The campus provides a multicultural environment with the presence of students from across India and more than 15 countries. The Amity group is home to over 1,50,000 students, pursuing 300 programs in 60 diverse disciplines. University offers Undergraduate, Postgraduate, M.Phil in Clinical Psychology Programme and PhD in Psychology at Amity Institute of Behavioural and Allied Sciences and Amity Institute of Clinical Psychology. M.Phil in Clinical Psychology is recognized by Rehabilitation Council of India (RCI). The university offers B.Sc in Clinical Psychology and M.Sc in Clinical Psychology, which are much sought after programmes. AUH provide rigorous training and clinical exposure to the students based on competency driven curriculum and pedagogy.

## AMITY UNIVERSITY HARYANA LEADERSHIP

**Dr. Aseem Chauhan,**  
Chancellor

**Prof. (Dr.) P.B. Sharma,**  
Vice-Chancellor

**Maj. Gen. B.S. Suhag,**  
Dy. Vice-Chancellor

**Prof. (Dr.) Padmakali Banerjee,**  
Pro-Vice Chancellor

**Shri. S. Sengupta,**  
Registrar

**Maj. Gen. (Retd.) Gurpal Singh Bal,**  
Dean of Students Welfare

### CHAIRPERSON AND DIRECTOR

**Prof. (Dr.) Padmakali Banerjee**  
Pro Vice Chancellor,  
and Dean Academics

### CONVENERS

**Prof. (Dr.) Rajesh Nair**  
Director, AIBAS

**Dr. Vikas Sharma**  
Hol, AICP

### ADVISORS

**Dr. Brahmdeep Sindhu**  
Chief Medical Officer and  
Senior Psychiatrist, Municipal Corporation

**Prof. (Dr.) B.L. Dubey**  
Honorary Professor, AUH,  
Director SIS Center, USA

## MESSAGE

A nation's development is highly contingent upon healthy mind, body, and spirit. The state of mental health of youth of a nation is of paramount importance in determining future destiny and excellence. Almost half of Indian adults will experience a mental distress at some point in their life. Mood disorders, anxiety, substance abuse and other conditions do not discriminate, and can affect anyone. But psychosocial support and treatment can help. The organisation of mental health services demands a wide variety of interventions, ranging from public awareness, early identification, treatment of acute illness, family education, counseling, psychotherapies, long-term medical and social care, rehabilitation, reintegration and ensuring of human rights of the ill persons etc. In addition, mental disorders consist of a wide variety of clinical conditions, some self-limiting (eg. acute stress reaction) and others lifelong (eg. Intellectual disability).

The concepts of mental health and wellbeing are increasingly gaining prominence in modern times. Mental health encompasses emotional, psychological, spiritual and social well being. Besides approaches like Psychoanalysis, Behavior therapy and Cognitive behavior therapy, newer approaches like Mindfulness based interventions, Positive Psychotherapy and Spiritually augmented interventions are emerging as promising paradigms for improving the mental health and wellbeing. The constructs of optimism, resilience, well being and happiness are utilized in standard interventions for various psychological problems.

Faculty of Management and Behavioral Sciences-Amity Institute of Behavior and Allied Sciences and Amity Institute of Clinical Psychology Behavior are contributing immensely in nation building through academics, research, human resource development and service delivery. The national conference on mental health and well being aims to orient the scientific community and students in recent developments in knowledge, research and best practices in the areas of mental health and wellbeing. The national conference will provide an opportunity for knowledge sharing and academic discussions to professionals, researchers and students of psychology and allied disciplines.

**Dr Padmakali Banerjee**  
Pro Vice Chancellor

## SCIENTIFIC PROGRAMME COMMITTEE

Prof. (Dr.) U.N. Singh | Prof. (Dr.) Bhavana Adhikari | Dr. Debasis Bhattacharya | Dr. Reena Nigam  
Prof. (Dr.) Rajesh Nair | Dr. Vikas Sharma | Prof. (Dr.) Komal Verma | Dr. Manpreet Ola  
Dr. Anupama Srivastva Saxena | Dr. Kamini C Tanwar | Dr. Mustafa Nadeem Kirmani | Dr. A Azeez

## COORDINATORS

Dr. Tanu Kukreja  
Ms. Priyanka Verma  
Dr. Mehfooz Ahmed  
Dr. Nidhi Mehta  
Dr. Lokesh Gupta  
Dr. Arya Nair  
Dr. Sneha Gupta  
Dr. Jyoti Sharma  
Dr. A.A.S. Azam

## CONFERENCE SUB THEMES

- Health Psychology
- Behavioural medicine
- Positive Psychology & wellbeing
- Psychopathology Psycho-diagnostics
- Geriatric Health & wellbeing
- Counseling Psychology
- Organizational Psychology
- Child & Adolescent Psychology
- Impact of technology on mental health
- Substance abuse
- Military mental health & wellbeing

## REGISTRATION

- Submission of registration fee as applicable
- Register online by filling the form at weblink: <http://shorturl.at/fiu24>
- Submission of Abstract in the Registration form only

CATEGORY	TILL 14 <sup>TH</sup> MAR., 2020	ON THE SPOT
Professionals/ Faculty	INR 2000	INR 2500
Students	INR 1000	INR 1500
International participants	USD 50	USD 70

**Note:** Limited accommodation available. The accommodation will be provided based on first come first serve bases. Request for accommodation may please be E-mailed at [auhconfmh@gmail.com](mailto:auhconfmh@gmail.com)

ONLINE PAYMENTS TO BE MADE ON FOLLOWING ACCOUNT USING NEFT/RTGS/IMPS

## BANK ACCOUNT DETAILS

INSTITUTION ACCOUNT NAME (AS PER BANK RECORD)	AMITY UNIVERSITY HARYANA
ACCOUNT NO.	910010023405214
IFSC CODE	UTIB0000720
BANK NAME (in full)	AXIS BANK LTD
BRANCH NAME	MANESAR(HR) MANESAR
MICR NO.	110211062
ACCOUNT TYPE	SAVING

## CONFERENCE CALENDAR

Registration deadline	14th March 2020
Abstract submission deadline	14th March 2020
Acceptance of abstract	18th March 2020

**Note:** Note: Selected papers will be considered for publication in a Book form Best paper awards will be given

**Confirmation mail will be sent to all participants after completion of registration process.**

Any query related to Conference:

**Prof. (Dr.) Rajesh Nair**, E-mail: [rnair@ggn.amity.edu](mailto:rnair@ggn.amity.edu)  
Mobile: +91- 9818885803  
**Dr. Vikas Sharma**, E-mail: [vsharma9@gg.amity.edu](mailto:vsharma9@gg.amity.edu)  
Mobile: +91-9868097964

## EXPERIENCE A CAMPUS LIFE THAT'LL INSPIRE YOU TO DREAM BIG

- Extensive Industry Interaction with Over 1500 Corporate Leaders, Management Gurus & Distinguished International Speakers.
- Eminent Scientists and Professors imbuing a Strong Culture of Research & Innovation.
- Well Stocked Libraries with latest Books, Journals, Periodicals, References & Online Resources.
- Amphitheatre Style Air Conditioned Classrooms.
- Wi-Fi enabled Campus with 1Gbps broadband connectivity.
- Hi-Tech Labs equipped with latest infrastructure.
- Secure Campus with latest IP enabled 24X7 CCTV Surveillance.
- 20 Acres Sports Complex with latest amenities.
- On-Campus Departmental Store, Salon, ATM, Laundry Service, Gym & Food Courts like Café Coffee Day, Dosa Plaza etc.

\*The University Provides 100 per cent & 50 per cent Scholarship to the Meritorious Students.  
For more info log on to: [www.amity.edu/scholarships](http://www.amity.edu/scholarships)

**AMITY UNIVERSITY GURUGRAM  
IS INDIA'S ONLY UNIVERSITY AND  
ASIA'S 2ND TO BE AWARDED  
LEED (USA) PLATINUM CERTIFICATION**



Amity University, Amity Education Valley, Gurugram, Manesar, Haryana, India.  
Tel.: 0124-2337016/15, 088-266-98200/1/2/3  
[admissions@ggn.amity.edu](mailto:admissions@ggn.amity.edu) | [www.amity.edu/gurugram](http://www.amity.edu/gurugram)