

Concept Note

Uttarakhand Open University is going to organize a one day National Seminar on Positive Psychology: **“Nurturing Happiness, Enhancing Wellness, and Cultivating Mindfulness: A Journey towards Psychological Well-Being.”** Happiness, wellness, and mindfulness are integral aspects of human well-being and personal growth. In this seminar, we will delve on the multifaceted nature of these concepts, exploring the latest psychological research and practical techniques to foster positive mental health. Participants will gain insights into the science of happiness, learn strategies for promoting wellness, and discover the transformative power of mindfulness in cultivating a more fulfilling and balanced life.

Sub-Themes of Seminar

1. Wellbeing through Ancient Indian Practices
2. Digital and Emotional Well-being
3. Happiness Economics
4. Sociocultural Perspectives of Happiness
5. Happiness: Nature vs. Nurture
6. Mindfulness and Mental Health Therapies
7. International Relationship and Global Wellbeing
8. Quality of life or Materialistic life
9. Positive Psychology: Application and Impact
10. Happiness and Wellbeing through Government Social Welfare Programs
11. Happiness and Aging

Patron -

Prof. O.P.S. Negi

V.C. Uttarakhand Open University

Seminar Director-

Prof. Girija Pande, Director SOSS, UOU

Seminar Convener -Dr. Bhagyashree Joshi,
Department of Psychology, UOU

Secretary – Dr. Vineeta Pant

Seminar Co-ordination committee

Prof. Durgesh Pant
Prof. P. D. Pant
Prof. A. K. Naveen
Prof. Renu Prakash
Prof. Jeetendra Pande

Advisory Committee

Prof. G. S. Saun
Prof. Aradhana Shukla
Prof. Madhu Nayal
Prof. P. D. Bhatt
Prof. Anuradha
Prof. Seema Gupta

Organizing committee-

Prof. Madhu Nayal, Dr. Madan Mohan Joshi, Dr. Neerja Singh, Dr. Seeta, Dr. Shalini Chaudhary, Dr. Ghanshyam Joshi, Dr. Deepankaur Joshi, Dr. Ruchi Tewari, Dr. L. M. Pant, Dr. Namita Verma, Dr. Lata Joshi, Mr. Amit Joshi, Ms. Arushi, Mr. Shubhankar Shukla, Mr. Sumit Singh, Mr. Vikas Joshi, Mr. Pramod Chanyal, Mr. Amit Joshi, Ms. Deeksha Kumari, Ms. Kusha Singh, Dr. Aprajita Upadhyay, Ms. Niyati Rawat, Mr. Himanshu Punetha, Dr. Kamal Joshi, Ms. Priya Bora, Dr. Sampati Negi, Dr. Jitesh Joshi, Mr. Ashok Tamta, Dr. Jaya Upreti, Ms. Poornima Nailwal



One Day National Seminar

On

**“Nurturing Happiness,
Enhancing Wellness, and
Cultivating Mindfulness: A
Journey towards
Psychological Well-Being”**

Date- 27/10/2023

Financially Assisted By

Indian Council of Social

Science Research

(ICSSR)

Organized By

School of Social Sciences

Uttarakhand Open University

Haldwani

Behind Transport Nagar, Vishwavidyalaya Marg,
Haldwani (Nainital) Uttarakhand

About University

Uttarakhand Open University is a State Open University located in the city of Haldwani in the Indian state of Uttarakhand. The university was established by an Act of Uttarakhand Legislative Assembly on 31 October 2005. UOU is recognized by Distance Education Bureau, University Grants Commission and listed in Association of Indian Universities

University offers undergraduate and postgraduate programs. It also offers PhD Degrees but on a full-time basis as directed by UGC.

Important Dates

- Last dates for submission of abstract - 12/10/2023
- Notification of acceptance/Rejection of abstract- 16/10/2023
- Last date for submission of the full paper along with the registration fee- 22/10/2023

Abstract Submission Guidelines

The participants must submit the abstract of the paper not exceeding the limit of 300 words in Microsoft word document, Font size -12, Times New Roman for English/Arial Unicode for Hindi single line spacing, and four keywords. The abstract must indicate the objectives, methodology, significant results, implications, and critical references. The abstracts will be scrutinised and finalised by the editorial committee. The abstract must include the author's name (s), affiliation (s), full postal address, email ID, mobile number, and the paper's title on the front page. The abstract must be submitted only through the mail at icssrseminar2023@uou.ac.in

Full Paper Submission Guidelines

The full paper must be submitted only through the mail id given above. The authors are requested to take care of the following guidelines before submission:

1. Submit original papers only.
2. Use Times New Roman for the entire manuscript with specific font sizes for different parts and headings of the paper i.e. Title: Font 14 (Centre text and Bold), All headings with font size 13 in bold, All subheadings & Body text in font size 12 in bold
3. References: APA format
4. Please present a plagiarism report along with full paper.

Registration Fees

All the delegates should register for the seminar online in the proposed format provided by filling out this Google form. Please note that there is no restriction on the number of co-authors. All such authors and co-author(s) must register by paying the fees if they want to get the conference certificate. At least one person among the author or co-author has to be present for presenting the paper. Registration is mandatory before the submission of a final research paper. Seminar kit, Lunch, snacks and tea will be provided by the organizer. The registration fees details are as follows:

Categories

Fee

Students	Rs 300/-
Research Scholar	Rs 500/-
Teachers	Rs 800/-

Registration link & Account details for Payment

Account holder – Uttarakhand Open university
Account number - 30617837388
IFSC code - SBIN0005100
STATE BANK OF INDIA
BRANCH- SBI ,Kusumkhhera, Haldwani

Take screenshot of transaction receipt to upload in Google form link below-

<https://forms.gle/UyJTNRSMgGZrE9Yk8>

Contacts-

In case of any queries, you may mail us on icssrseminar2023@uou.ac.in or contact Dr Bhagyashree Joshi, Seminar Convenor, UOU (Contact no-8476868578). You may also contact any of our Organising Committee Members- Dr.Vineeta Pant 7351764068, Mr. Amit Joshi- 9012968184, Mr. Shubhankar Shukla 8218431013

Our Speakers



Prof. G. S. Saun



Prof. M. Ghufuran



Dr. Vallari Kukreti

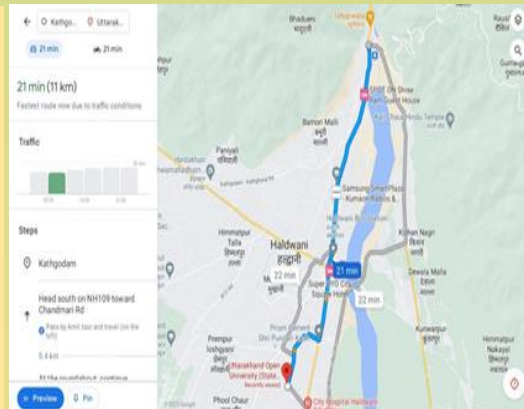
How to Reach-

To reach Haldwani in the Nainital district of Uttarakhand, you can typically follow these steps:

- **By Air:** The nearest major airport is Pantnagar Airport (PGH), which is approximately 28 kilometres away from Haldwani. You can book a flight to Pantnagar from major Indian cities and then take a taxi or a local bus to Haldwani.
- **By Train:** Haldwani has its own railway station called Haldwani Railway Station (HDW). You can take a train to Haldwani from various cities in India.
- **By Road:** Haldwani is well-connected by road. You can take a bus or hire a taxi from nearby cities. The road journey offers picturesque views of the Himalayas.

- **Using GPS:** You can use GPS navigation apps like Google Maps to enter the university's address and get directions to the location.

- **Local Assistance:** If you're already in Haldwani and need local assistance, you can ask local residents, auto-rickshaw drivers, or taxi drivers for directions to Uttarakhand Open University. It's a well-known institution in the area.



Committees

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Dr. Ruchi Tiwari
Dr. Lata Joshi
Ms Arushi
Ms Purnima Nailwal
Ms Niyati Rawat
Ms Deepika Raikwal

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Dr. Seeta
Dr. Jaya Upreti
Mr Amit Joshi*
Mr Sumit Singh
Dr. Aprajita Upadhyay
Ms Priya Bora
Mr Kamal Joshi

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Dr. Namita Verma
Dr. Lata Joshi
Dr. Lalit Mohan Pant
Mr. Shubhankar Shukla
Mr Pramod Chanyal
Ms Deeksha kumari
Mr. Amit Joshi**
Mr Jitesh Kumar Joshi

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Ms Arushi
Ms Kusha Singh
Ms Sampati Negi
Mr Himanshu Punetha

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Mr Amit Joshi*
Mr. Vikas Joshi
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