

REGISTRATION FORM

UGC Sponsored

NATIONAL SEMINAR
On
**POSITIVE HEALTH PSYCHOLOGY: A
VISIONARY UNDERSTANDING
AND APPLICATIONS**
(March 25, 2020)

Name: Dr./ Mr./ Ms. _____

Designation: _____

Institute/Organization: _____

Contact Address: _____

Phone: _____

E-mail address: _____

Title of Paper: _____

NOTE:

- Please submit the filled/ scanned Registration form on or before **20th March, 2020 (5:00 pm)**.
- No registration fee will be charged.
- No TA/DA and accommodation will be provided.
- No on- the- spot registration.
- Only registered participants will be provided kit, certificate and refreshment.
- Mandatory to bring acceptance letter.

ORGANIZING COMMITTEE

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Hon'ble Vice Chancellor

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Dr. DEEPTI HOODA

Please submit the filled/scanned registration forms on or before
20th March, 2020

E-mail: php.mdu@gmail.com
For any Query Contact
Dr. Bijender Singh: 08199066649
Dr. Shashi Rashmi: 08901029699

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**NATIONAL SEMINAR
ON**

**POSITIVE HEALTH PSYCHOLOGY: A
VISIONARY UNDERSTANDING AND
APPLICATIONS**

UNDER
Special Assistance Programme (SAP)
DRS-III

Venue: IHTM, HALL
M. D University, Rohtak

Date- 25th March, 2020



Organized by:
DEPARTMENT OF PSYCHOLOGY,
MAHARSHI DAYANANDUNIVERSITY,
ROHTAK, HARYANA, INDIA
(NAAC Accredited A+ Grade University)

ABOUT THE UNIVERSITY

Maharshi Dayanand University, Rohtak came into being in 1976 which was named after a renowned social reformer Maharshi Dayanand. The university stretch across the area of about 665 acres, is magnificently placed with state-of-the art buildings and displays a spectacular view of architecture and natural beauty. The university has secured A+ grade by NAAC and has been placed at 90th rank among Indian universities under the NIRF survey, 2019. It is retaining excellent record in academics, research, literary, sports and cultural activities. Currently the university has 38 Post Graduate Departments, 11 Faculties, Directorate of Distance Education, Centre for Professional & Allied Studies, Gurugram and more than 250 affiliated colleges of education, engineering, technology, management and computer sciences spread over 11 districts of Haryana State. The university is emerging as a leading institute of the nation with more than 400 faculty members.

ABOUT THE DEPARTMENT

The Department is housed in a spacious and multi-storeyed building fitted with amenities. The class rooms and laboratories are well furnished. The infrastructural facilities for excellent teaching, research and application work are available. The physiological and Experimental laboratories are equipped with high class latest digital equipments. The Psychological Testing laboratory has an exhaustive inventory of foreign and Indian-standardized tests. Guidance and Counselling cell-A Centre for Positive Health provides specialized psychological services to the entire fraternity covering youth, employees, elderly and people with chronic illness. Department has also established Psychological First Aid Centre, and Personality & Skill Development Cell for the benefit of the students and general public. Some student centric facilities such as Prof. I.S Muhar Departmental Library & Museum and an exclusive forum of, for and by the students' i.e. PSY Circle are the significant functional units.

The overall objective of the department is to boost holistic health promotion, life values, harmonious relationship and employability on the campus by conducting practical training programs, workshops and other extension activities to attain its life orientation goal of providing Psychological Services with a smile for Positive Health and Happiness.

ABOUT THE SEMINAR

The Department of Psychology is organizing a National Seminar on "Positive Health Psychology: A Visionary Understanding and Applications" under UGC-SAP DRS Phase III on 25th March, 2020. The organizing team cordially invites you to this event focusing on Positive Health Psychology, which is an emerging domain of scientific study of a healthy and flourishing life aiming at three important areas: Psychological states (happiness, optimism, gratitude, etc.), Positive psychological traits (personal mastery, talents, character strengths, creativity, etc.) and Positive institutions (nurturance, tolerance, justice, civility, etc.). Contemporary researches are exploring on the nature and extent of the impact of positive psychology on physical health. According to W.H.O "health is a state of complete physical, emotional and social well-being and not merely the absence of disease or infirmity". This highlights that the positive health assets include positive emotions, life satisfaction, forgiveness, self-regulation, vitality, life meaning, helping and cooperative behavior, spirituality and religiosity, etc. whereas some of the negative psychological risk factors are anger, anxiety, depression, distress, isolation, etc. The dynamic interaction of these factors has great impact on health and behavioral scientists are in continuous search for positive psychological interventions for better state of health. The importance of the applications of positive psychology to health is getting much attention and is quite promising field. This National Seminar aims to share the empirical researches conducted in the domain of positive psychology and see the emerging trends and applications in this field.

Sub- Themes

- Mind body dualism
- Diet and Positive health
- Wealth and Happiness
- Positive health and Internet
- Music and health promotion
- Belief system and well-being
- Positive psychology in practice
- Successful aging
- Health enhancing behaviors
- Health Compromising behaviors

Call for Abstract

Research papers are invited as per the following schedule.

Last Date for Submission of Abstract: 20.3.2020

Notification of acceptance of abstract: 21.3.2020

Guidelines for Abstract Submission

Abstracts (not more than 250 words) of accepted papers would be invited for presentation. The abstract should comprise of: title, name/s of author/s. The abstract must be formatted in Microsoft Office Word with Times New Roman (Font size 12 with 1.5 spacing).

The abstracts shall be submitted along with filled/scanned copy of registration form to php.mdu@gmail.com last up to 20th march, 2020 (5:00 p.m.).

VENUE: IHTM Hall , M.D. University, Rohtak