

ANANDAMRIT 2020

One Day National Conference on
Positive Thinking and Happiness : Emerging Realities

(20th March, 2020)



Organized by

Centre of Excellence in Happiness Studies
SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA

Ujjain Road, Indore-453111
www.svvv.edu.in

ABOUT INDORE

Indore is a historical city which used to be the capital of erstwhile Holkar Estate with a population of around 40 lacs. It is also known as "The City of Holkars". Devi Ahilya Bai Holkar was a great custodian of religion who constructed a number of temples across the estate. Indore is well known for its arts, sculpture and its unique culture. World renowned artistes like Bharat Ratna Lata Mangeshkar was born in Indore and Late Shri Kishore Kumar studied here. There are a number of artistic sculptures worth seeing in and around the city such as Rajwada, Lal Baug Palace, Kanch Mandir, etc. Indore is now known as the best education hub in central India and boasts of having both IIM and IIT in its precincts. The city of Indore shares its borders with well-developed industrial towns like Dewas and Pithampur. A number of well-known industry houses like Kirloskar, Eicher, Tata International, L&T, Mahindra, Man Force Trucks, Volvo, Cipla, Ranbaxy, Bridgestone, TCS, Infosys, Reliance, etc are pursuing business here. In view of its immense industrial potential and profuse techno-based infrastructure, Indore is recognized as "Mini Mumbai". There are some famous tourist spots at an average distance of 50-80 km. Two of the twelve Jyotirlingas, Mahakaleshwar and Omkareshwar are situated at 50 km and 85 km distance respectively from Indore. The famous historical Mandu Fort of Rani Roopmati fame is also within a distance of 65 km.

ABOUT THE UNIVERSITY

Shri Vaishnav Vidyapeeth Vishwavidyalaya (SVVV) was established under Madhya Pradesh Niji Vishwavidyalaya (Sthapana Avam Sanchalan) Adhiniyam in 2015 at Indore, MP (India). The University has been established with a vision to be leader in shaping better future for mankind through quality education, training and research. It pursues the mission to make a difference in sustaining the growth of global societies by developing socially responsible citizens. Value based education being at the helm, the University promotes endurance, excellence, fairness, honesty and transparency as its core values. Some of the objectives of the University are as under:

1. To provide teaching and training in higher education and make provision for research as well as advancement and dissemination of knowledge.
2. To ensure world class quality in its offerings and create higher levels of intellectual abilities.
3. To create centres of excellence for research and development for sharing knowledge and its applications.

The University is successfully running undergraduate, post graduate and doctoral level programmes – both integrated and dual degree, through the following constituent institutions:

- Shri Vaishnav Institute of Technology and Science
- Shri Vaishnav Institute of Information Technology
- Shri Vaishnav Institute of Textile Technology
- Shri Vaishnav Institute of Forensic Science
- Shri Vaishnav Institute of Architecture
- Shri Vaishnav School of Management
- Shri Vaishnav Institute of Journalism and Mass Communication
- Shri Vaishnav Institute of Social Science, Humanities and Arts
- Shri Vaishnav Institute of Science
- Shri Vaishnav Institute of Computer Applications
- Shri Vaishnav Institute of Fine Arts
- Shri Vaishnav Institute of Commerce
- Shri Vaishnav School of Law
- Shri Vaishnav Institute of Agriculture
- Faculty of Doctoral Studies and Research

CENTRE OF EXCELLENCE IN HAPPINESS STUDIES

Happiness is the degree to which an individual judges the overall quality of his/ her life-as-a-whole positively, or in short how well one likes the life one lives. Increasingly, collective happiness is considered to be the proper measure of social progress and the goal of public policy of any society across the globe.

The term 'Happiness Index' was coined in 1979 during an interview at Bombay airport when the then king of Bhutan, Jigme Singye Wangchuck said "We do not believe in Gross National Product. Gross National Happiness is more important."

In June 2016, The Organisation for Economic Co-operation and Development (OECD) committed itself to redefine the growth narrative to put people's well-being at the centre of governments' efforts. In February 2017, the United Arab Emirates held a full-day World Happiness meeting, as part of the World Government Summit.

Realising that the significant GDP growth rate of Madhya Pradesh in last few decades reflect only material prosperity without reflecting the happiness or contentment quotient of its citizens, the State Government decided to set up a special organization to work proactively towards the subjective well-being of its citizens even as the material needs continue to be addressed. Rajya Anand Sansthan (RAS) under the aegis of the Adhyatma Vibhag of the State was set up. Madhya Pradesh thus became the first Indian State to set up an organization to address Happiness of its citizens.

As a part of its commitment to serve the society through path breaking research, SVVV thought it prudent to start a Centre of Excellence in Happiness Studies in March 2018.

ABOUT THE CONFERENCE

Happiness has been a human pursuit and positive psychology has taken this concept into the realm of research in hopes of gaining a better understanding of global well-being and meaningful living. A positive thinking helps to cope more easily in all walks of life. It brings optimism into life, and makes it easier to avoid worries and negative thinking. With a positive thinking one can see the bright side of life, become optimistic, and expect the best to happen. It is certainly the state of mind that is well worth developing. Positive thinking has a beneficial impact on confidence and health. Research consistently shows that positive thinking increases life span and lowers stress. It even makes the humans more resistant to certain diseases.

This one day conference is an endeavor to create a platform to share the original research work in the area of emerging realities in positive thinking and happiness that have been found effective at workplaces and other walks of life. The conference will give you an insight to make yourself and your organization happier and more effective. The conference is open for academicians, researchers, doctoral students, research associates and other members of student community, as well as industry delegates. Original research papers, articles, case studies and practical papers are invited on the conference theme and sub-themes. The broad areas/ sub-themes for the conference are given below.

Sub Themes

- Positive Psychology, Interventions and Humanistic Psychology
- Happiness and Well-Being
- Models of Happiness
- Subjective Well-Being
- Interventions towards Positive Education
- Resilience and Well-Being
- Positive Emotions and Positive Relationships
- Positive Traits and Positive Intutions
- Positive Thinking and Gratitude
- Mindfulness, Wisdom and Compassion
- Positive Thinking through Yoga and Meditation
- Spirituality and Happiness
- Happiness, Quality of Life, Life Satisfaction
- Positive Environment, Sustainability, and Conservation
- Law and Happiness

Objectives of the Conference

- To bring together policy makers, academicians, scientists, researchers, corporate and business practitioners, educators and stakeholders across the social communities on the subject of Happiness.
- To encourage research in the area of innate happiness of human beings and the society they live in and further understand the benefits of happiness
- To discuss research findings of scientists and professionals with different methodological and theoretical perspectives on positive thinking , happiness and well-being.
- To explore ways to build happiness and positive emotions into life.

Venue

Shri Vaishnav Vidyapeeth Vishwavidyalaya campus-Ujjain Road, Indore-453111.

GUIDELINES FOR PAPER SUBMISSION

1. Abstract of the paper (250 words) typed double-spaced in New Times Roman Font – 12 should be sent by e-mail to anandamrit@svvv.edu.in. Only electronic submission in the form of a MS Word document as an email attachment is required to be sent on or before 15th January, 2020.
2. Full paper should be submitted by 31st January, 2020. Only electronic submission in the form of a MS Word document as an email attachment is required to be sent to the abovementioned email address.
3. The full paper should include Title of the Paper (Bold), name(s) of Author(s), Affiliation(s), postal & email address and phone numbers, Abstract (Italics), 4 to 6 Keywords (Bold), main paper appropriately paragraphed (maximum 4000 words), and References in APA style. The entire document should be typed double-spaced in Times New Roman (12) font.
4. The authors are required to check originality of their work before sending. Paper may be rejected if the work is found plagiarized. As such ownership of originality will be with the authors.
5. Acceptance of paper will be notified within a week of receipt.
6. Selected papers, on recommendation of the Reviewers, may be published in a book bearing a ISBN or included in the Journal of the University.

REGISTRATION FEES

Category	UG/PG Students	Research Scholars	Academicians & Others
Registration Fee	Rs.200	Rs.800	Rs.1200

(Includes conference kit/breakfast/lunch/tea)

Registration fee may be sent as DD in favor of Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore or by bank transfer or online (HDFC Bank Limited, Cloth Market Indore Branch, IFSC: HDFC0000281).

Accommodation on payment is available on twin sharing basis on first come first serve basis in SVVV Guest House. Participants who are interested in hotel booking can do online reservations themselves. Hotels nearest to the venue are in Vijaynagar area of Indore.

PATRONS

Shri Purushottam Das Pasari

Chancellor

Shri Vaishnav Vidyapeeth Vishwavidyalaya

Dr. Upinder Dhar

Vice- Chancellor

Shri Vaishnav Vidyapeeth Vishwavidyalaya

ORGANISING COMMITTEE

CONVENOR

Dr. T.K. Mandal

Head-Centre of Excellence in Happiness Studies

Shri Vaishnav Vidyapeeth Vishwavidyalaya

CO-CONVENOR

Dr. Roopa Shinde

Associate Professor, Shri Vaishnav Vidyapeeth Vishwavidyalaya

MEMBERS

- Prof. Pragati Tomar
- Dr. Anu Ukande
- Prof. Manorama Chouhan
- Prof. Shilpa Indra Jain
- Shri Premansh Sharma
- Prof. Aruna Patidar
- Prof. Sheuli De Sarkar
- Prof. Pritesh Kumar Jain
- Dr. Ravi Vanshpal



SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA

Ujjain Road, Indore - 453555