



Shri Vaishnav Vidyapeeth Vishwavidyalaya Indore

CENTER OF EXCELLENCE IN HAPPINESS STUDIES



ANAND - AMRIT 2024

(One day virtual Conference)

Mindfulness, Spirituality & Sustainable Happiness

Convener

Dr. T.K. Mandal

Head, Center of Excellence in Happiness
Studies

Co Convener

Dr. Rishu Roy

Professor, Shri Vaishnav School of Management

MARCH 20, 2024

Organized by

SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA

Indore-Ujjain State Highway, Indore-453111 Website: www.svvv.edu.in



ABOUT SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA INDORE



Shri Vaishnav Vidyapeeth Vishwavidyalaya is a UGC recognized private university 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 shall pursue the mission to make a difference in sustaining the growth of global societies by developing socially responsible citizens. Shri Vaishnav Vidyapeeth Vishwavidyalaya at Indore is a multi-disciplinary university focusing on the needs of various segments of the society. The University has following constituent institutions:

- **Shri Vaishnav Institute of Technology and Science**
- **Shri Vaishnav Institute of Journalism and Mass Communication**
- **Shri Vaishnav Institute of Science**
- **Shri Vaishnav Institute of Social Science, Humanities and Arts**
- **Shri Vaishnav Institute of Computer Applications**
- **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 Fine Arts**
- **Shri Vaishnav Institute of Commerce**
- **Shri Vaishnav Institute of Law**
- **Shri Vaishnav Institute of Agriculture**
- **Shri Vaishnav Institute of Home Science**
- **Shri Vaishnav Institute of Paramedical Sciences**
- **Shri Vaishnav Institute of Planning**
- **Faculty of Doctoral Studies and Research**

ABOUT ANAND- AMRIT 2024

Mindfulness, Spirituality and Sustainable Happiness

In a fast-paced and often chaotic world, individuals seek solace and purpose, leading to a growing interest in practices that promote well-being and fulfillment. Three pillars that have gained prominence in this pursuit are mindfulness, spirituality, and sustainable happiness. Each of these concepts offers a unique perspective and set of tools for individuals to navigate the complexities of modern life and foster a deeper connection with themselves, others, and the world around them.

Mindfulness, rooted in ancient contemplative traditions, empowers individuals to navigate stress, anxiety, and the demands of daily life with greater clarity and resilience. It encourages individuals to engage fully with their experiences, thoughts, and emotions without judgment. Spirituality, on the other hand, transcends the boundaries of organized religions and encompasses a broader exploration of the human experience. It encourages individuals to delve into questions of identity, morality, and the nature of existence, providing a framework for personal growth and a deeper understanding of one's place in the Universe. Sustainable happiness, a relatively recent concept, goes beyond fleeting moments of joy and pleasure. It involves the cultivation of long-lasting well-being that is rooted in positive emotions, a sense of purpose, and meaningful connections with others.

This one-day virtual conference has been planned to deliberate, share the research work, and exchange practices that have been found effective at workplaces. The conference is open to academicians, researchers, doctoral students, research associates and other members of the student community, as well as industry delegates. Original research papers, articles, case studies and practical papers are invited on the conference themes and sub-themes. The broad areas/ sub-themes for the conference are given below.

Sub-themes

- ***Indian Perspective of sustainable Happiness***
- ***Positive Psychology and Happiness***
- ***Sustainable Happiness and Education***
- ***Rejuvenating Mindfulness at Workplace: Challenges and Opportunities***
- ***Sustainable Happiness and Fulfilling Life***
- ***Empathy, Spirituality and Mindfulness: A Pathway towards Resilience***
- ***Spiritual Well Being and Hope: Challenges and Opportunities***
- ***Forgiveness: A Journey of Healing and Hope***
- ***Sustainable Happiness and Sustainable Return***
- ***Positive Psychology and Spiritual Awakening***

Call for Research Papers

The conference invites researchers from multidisciplinary area to submit their unpublished theoretical and empirical papers in the conference related to the theme and Subthemes. All registered delegates will receive a certificate of participation.

IMPORTANT DEADLINES

Abstract Submission : January 31, 2024

Notification of Abstract: within a week of Receiving abstract

Full Paper Submission : February 20, 2024

Last date of Registration : March 5, 2024

Guidelines for Submission

1. For Abstract - Font : Times New Roman Font 12 , Word Limit: 250 , electronic submission in the form of a MS Word document as an attachment to anandamrit@svvv.edu.in.
2. For Full Paper : Full must be typed clearly in Times new Roman, font size 12; clearly mentioning Name of Author(s), and Title of the Paper. The template of full paper will be shared along with the acceptance of abstract, References should include in case of paper/article- Name of Author(s), Year of Publication, Title of paper/Article, Name of Journal, Volume (Number) and Page Number(s). In case of book it should include- Name of Author(s), Year of Publication. Title of book, Place of Publication, Name of publisher and Page Number(s). The authors are required to check originality of their work before sending. The sole responsibility of violating plagiarism rules will be of the authors. Selected Paper, on recommendation of reviewers, will be published in a book bearing a ISBN

REGISTRATION & PAYMENT DETAILS

Link for Registration : <https://forms.gle/9Xos3hsV7L5h2p9K9>

Last date of Registration : March 5, 2024

Registration fee : Rs. 100/- for UG/PG Students
Rs.300/- for Faculty , Research Scholars, other
Bank Details : Name of Bank-HDFC Bank Ltd.
Branch - Cloth Market, Indore (M.P.)
A/c No. 5010025639 8597
IFSC Code: HDFC0000281
MICR: 452240003

ORGANISING COMMITTEE ANAND AMRIT-2024



Chief Patron
Shri Purushottamdas Pasari
Chancellor, SVVV



Patron
Dr. Upinder Dhar
Vice Chancellor , SVVV



CORE COMMITTEE MEMBERS

1. Dr. Anurag Joshi
2. Dr. Nitu Katariya
3. Mr. Premansh Sharma



Convener
Dr. T.K. Mandal
Head, COEHS



Co-Convener
Dr. Rishu Roy
Professor, SVSM

CONTACT DETAILS

Convener : Dr. T.K. Mandal Head, COEHS, mobile No: 9303700142

Co-Convener : Dr. Rishu Roy Professor, SVSM , mobile No: 9826337744

Help Desk : Dr. Abhishek Tripathi, Asso. Prof. SVSM, mobile No:

email id : anandamrit@svvv.edu.in

Contact Address : Shri Vaishnav Vidyapeeth Vishwavidyalaya,
Village- Baroli, Indore-Ujjain State Highway , Near Toll Plaza, Indore Pin-453111