

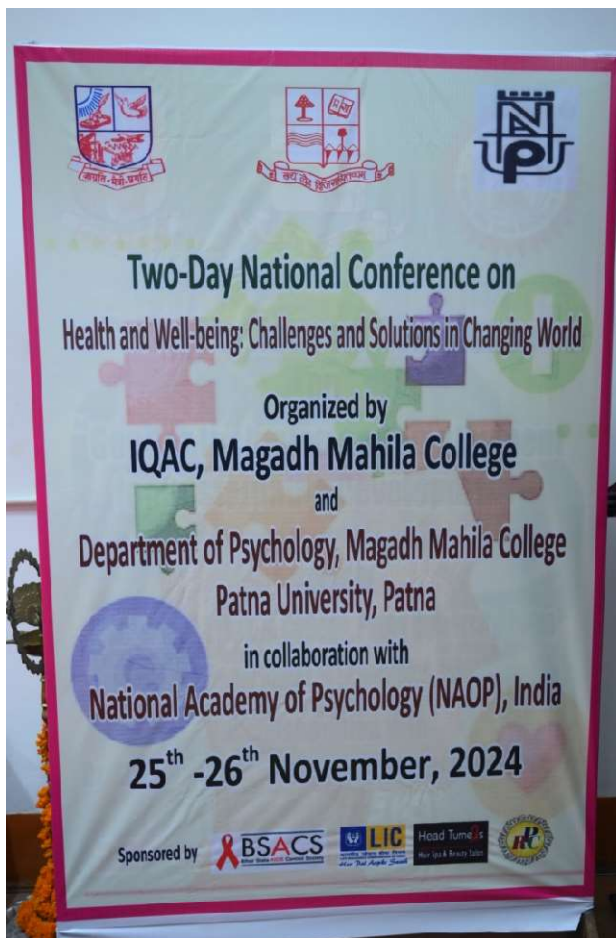
Magadh Mahila College
Patna University, Patna

Brief overview of the National Conference on Health and Well-being at Magadh Mahila College, Patna University, Patna

Day 1: 25th November 2024

 <p>Chief Patron Prof.(Dr.) A.K. Singh Hon'ble Vice Chancellor Patna University, Patna</p>  <p>Patron Prof.(Dr.) Namita Kumari Principal, M. M. C.</p>  <p>Convener Nidhi Singh M. M. C., P. U.</p> <p>Advisory Committee Prof. Girish Kumar Choudhary, Chairman, BSUSC, Patna Prof. K. C. Sinha, Former VC, Patna University Prof. Dolly Sinha, Former Pro V.C., PU and LNMU Prof. Bandana Singh, Dean, Faculty of Social Sciences, P.U. Prof. Neera Choudhary, Head, P.G Dept. of Music, P.U. Dr. Shiv Sagar Prasad, P.G. Head, Deptt of Psy, P.U. Dr. S. D. Mishra, Director, IPRS</p> <p>Organizing Committee Dr. Kavita Kumari, Organizing Secretary Dr. Binay Kumar, Organizing Secretary Dr. Manish Kumar Verma, Treasurer Prof. Pushplata Kumari, IQAC Coordinator, MMC Prof. Punam Kumari, Member Dr. Binay Kumar Bimal, Member Dr. Surendra Kumar Prasad, Member Dr. Pushpanjali Khare, Member Dr. Usha Kumari, Member Dr. Namrata, Member Dr. Suchita Arpan, Member Dr. Madhu Kumari Gupta, Member</p> <p>Call for Participation and Submission Guidelines of Abstract/Full paper Well researched Poster and Oral Papers with a proper title indicating the sub-themes of the conference with an abstract of around 200 words and full paper not more than 5000 words with proper references in APA style neatly typed in font size 12, Time New Roman, 1.5 line space in Word File should be submitted on following Email id: psymmcconference@gmail.com Poster Size: Not less than 48"x36" (Landscape/ Portrait)</p>	<p>Details of Registration Registration Link: https://forms.gle/1u85RgQ8EhieY6SV7 Scan QR code to fill registration form</p>  <p>Important Dates Submission of abstract: 14th November 2024 Acceptance of abstract: 16th November 2024 Submission of full paper: 20th November 2024</p> <p>Registration Fees Students (MMC): Rs. 300 Students (Others): Rs. 500 (After 21 Nov/On Spot Registration: Rs 600) Research Scholar: Rs 700 (After 21 Nov/On Spot Registration: Rs 900) Faculty Members: Rs 1000 (After 21 Nov/On Spot Registration: Rs 1200)</p> <p>Payment Details (Online & Offline Mode) Scan QR code to pay registration fee</p>  <p>Bank Name: Indian Bank Account Name: National Conference on Psychology Account No.: 7894196695 IFSC Code: IDIB000M533 UPI ID: conferenceonpsychology@indianbk</p> <p>Contact Persons Nidhi Singh, Convener: 9717015525 Dr. Kavita Kumari, Organizing Secretary: 9430429995 Dr. Binay Kumar, Organizing Secretary: 9878788566 Dr. Manish Kumar Verma, Treasurer: 9650844970 Dr. Namrata and all the members of the Psychological Society, MMC Email id: psymmcconference@gmail.com</p> 	 <p>Two-Day National Conference on 'Health and Well-being: Challenges and Solutions in Changing World' Organized by IQAC Magadh Mahila College and Department of Psychology Magadh Mahila College Patna University, Patna in collaboration with National Academy of Psychology (NAOP), India 25th -26th November 2024</p>
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	<p>About the Conference Health and well-being for all is the need of today's world. As Sustainable Development Goal (SDG) 3 talks about ensuring healthy lives and promoting well being for everyone at all developmental stages. Health encompasses physical, mental and social well-being while psychological well-being is characterized by a sense of positive relationships and the ability to manage negative emotions. Health is multifactorial and is determined by biopsychosocial, cultural, political and ecological factors. It is important to evaluate physical health, mental health, social and spiritual health and other well-being programmes from various perspectives to understand unique challenges and possible effective interventions for the wider community in contemporary times. It is equally important to understand the role of government policies and programmes in achieving the sustainable health and well-being goals. This national conference invites many eminent speakers, researchers and practitioners of concerned fields, who will spread their knowledge and experience to make us understand real meaning of health and well being, its essentiality, challenges and also unfurl some important ways or solutions through which better health and well-being could be ensured for everyone at all ages.</p>	
<p>About the University Patna University is the 7th oldest universities of India, located in the capital city of Bihar, Patna. It was established in 1917 during the British colonial period and recently it celebrated its 107th foundation day on 1st October 2024. The university has a very rich history and has contributed significantly to the academic and cultural development of this region. Patna University has ten constituent colleges and Magadh Mahila College is one of them. Department of Psychology at Patna University is the 3rd oldest department of Psychology in India. Currently university is reviving its past glory under the vibrant leadership of Hon'ble Prof. (Dr.) Ajay Kumar Singh.</p> <p>Magadh Mahila College at a glance Magadh Mahila College, a pioneer institution of higher education for women in Bihar, is a constituent unit of Patna University. The college started its glorious journey since 1946 under the leadership of Prof. (Dr.) Ramola Nandi and gradually attained a momentous place in Bihar and national level as well. At present Magadh Mahila College is flourishing under efficient and dynamic leadership of Prof. (Dr.) Namita Kumari as its Principal. This institution is devoted to imparting quality education to more than 3000 students in various traditional and vocational disciplines by offering both Under-Graduate and Post-Graduate programmes. College has opted Choice Based Credit System (CBCS) at U.G. and P.G. level since 2022 and 2018 respectively. CBCS under NEP-2020 has been included in college curriculum since 2023 onwards.</p>	<p>About the Department of Psychology, MMC Psychology was taught ever since the college started in 1946 however Psychology Honours was started in 1974. In 1984 PG teaching was started to facilitate women's education in Psychology. Currently department has 8 full time faculty members. Nidhi Singh, Assistant Professor and a RCI registered Clinical Psychologist is heading the department. Under the Psychology department, Guidance and Counselling Cell is being run since February 2017 to cater to the mental and emotional health of the college students. The Psychological Society under the realm of the department organizes various programmes, field visits, invited talks, departmental seminars, training and workshops regularly. To impart the clinical skills students are offered internships in leading institutions like IGIMS, Patna. Almost every year our students bag university gold medals and secure ranks at UG and PG level, qualify NET/JRF and other national level exams.</p> <p>National Academy of Psychology (NAOP) The National Academy of Psychology (NAOP), India is the major national organization of psychologists in India. The NAOP seeks to promote the application and quality of teaching and research taking place within the field of psychology to promote multidisciplinary work for the betterment of quality of life of the citizens of India. The vision of NAOP extends beyond the confines of traditional boundaries, embracing interdisciplinary approaches and innovative technologies to unlock new frontiers in psychological research, practice, and education. By fostering a culture of inclusivity, diversity, and equity, NAOP aspires to create a profession that reflects the richness of human experience, and to empower psychologists to be the catalysts for positive transformation in their communities and beyond.</p>	<p>Conference sub-themes:</p> <ul style="list-style-type: none">•Health, Psychological Well-being and Public health perspectives•Physical and Mental Health linkages from various contemporary perspectives•Parenting Practices and changing roles of traditional social institutions contributing to the mental and social health of family•Enhancing Well-being, growth, flourishing, hope and optimism•Health and Well-being: Challenges in various settings, possible solutions & interventions•Importance of Nutrition, Health & Well-Being for Sustainable Development•Role of Artificial Intelligence (AI), Technology and Social Media in Health and Well-being•Psychosocial care, Disaster Mental Health and Community Well-being•Geriatric Well-being and School Mental Health•Sexuality, Gender, Patriarchy and Well-being•Sociological factors with reference to health•Facets of HIV/AIDS, Blood, Organ Donation, Reproductive Health & Family Planning issues





Lighting of the lamp in inaugural session



Inaugural address by the chief guest Prof. Janak Pandey, Former VC, CUSB



Presidential address by Prof. Ajay Kumar Singh, Hon'ble Vice Chancellor, PU

National Conference on Health and Well-being: Challenges and Solutions in the Changing World was organised on 25th-26th November 2024 under the banner of IQAC & Department of Psychology, Magadh Mahila College, Patna University, Patna, Bihar in collaboration with National Academy of Psychology (NAOP), India. On 25th November inaugural function was addressed by the chief guest Prof. Janak Pandey, former Vice-chancellor Central University of South Bihar and it was presided by Chief Patron Prof. Ajay Kumar Singh, Hon'ble Vice-chancellor, Patna University in the august presence of Patron Prof. Namita Kumari, Principal, Magadh Mahila College, Patna, Dean Social Sciences, Prof. Bandana Singh, IQAC Coordinator Prof. Pushpalata Kumari and other teachers of the college. The organizing team included Nidhi Singh, head of Psychology deptt as its convenor, while Dr. Kavita Kumari, home science deptt. and Dr. Binay Kumar from Mathematics deptt. as the organising secretaries and Dr. Manish Kumar Verma as the treasurer of the conference along with other team members. Principal, MMC gave the welcome address while the introduction of the conference, its themes and importance was briefed by the convenor, Nidhi Singh. Prof. Janak Pandey, the chief guest of the conference spoke about holistic health of an individual insisting that thoughts and behavior are of utmost importance for good health. Hon'ble Vice-Chancellor, Patna University, Prof. Ajay Kumar Singh in his presidential address stressed about the importance of physical quotient, emotional quotient and spiritual quotient as important determinants of human health and well-being. VC sir congratulated the college principal and all the organising team members for conceptualising and executing the conference successfully. On this occasion annual report of the college was also released. Programme was anchored by Dr. Manish Kumar Verma, deptt of Physics and treasurer of the conference while vote of thanks was delivered by Dr. Kavita Kumari, organising secretary of the conference.



Release of Annual report 2023-24 of MMC



Plenary Talk by Prof. Navin Kumar of University of Delhi

After inaugural session Prof. Navin Kumar from Delhi University delivered the plenary lecture on Reflections on identity, privacy, trust and disclosures in cyberspace which was chaired by Prof. J.M. Deo from Patliputra University.



Invited Prof. Durgesh Upadhyay from Mahatma Gandhi Kashi Vidyapith, Varanasi

Dr. Durgesh Upadhyay from Mahatma Gandhi Kashi Vidyapith, Varanasi delivered an invited talk on Music Therapy for wellbeing which was chaired by Prof. Neera Choudhury from Music department of Patna University. Dr. Faiz Ashraf, physician and director of People's health centre, and Hind Hospital, Patna deliberated on public health awareness and it was chaired by Dr. Shachi Gunjan, Founder Prodigy SIRC, Patna.

Day 2: 26th November 2024



On 26th November 2024, Dr. Vinay Kumar, famous Psychiatrist of Patna and former president of Indian Psychiatric Society deliberated on creativity and wellbeing. Psychiatrist Dr. P. K. Singh chaired his session and threw light on health and wellbeing dimensions of youth and importance of effective collaboration among psychologists and psychiatrists for the betterment of the population. Dr. Meenakshi Shukla from University of Allahabad presented on the role of Artificial intelligence in therapy rooms by mental health professionals and how it has become the need of the hour. Her session was chaired by Dr. Rajesh Kumar, Head Psychiatry department IGIMS who also discussed various aspects of mental health and well-being. He also emphasized on men's mental health and importance of 'Good father' in a person's life. In another invited sessions Dr. Ranjeeta Kumari from central forensic laboratory, CBI, New Delhi emphasized upon the role of forensic psychology in courtrooms and legal justice system. She also discussed various career options in this area. Dr. Pranay Kumar Gupta from Patliputra University chaired

her session and linked forensic and clinical psychology and how they make a great career options for students. Dr. Habibullah Ansari from A. N. Sinha Institute of Social Studies, Patna spoke about history of mental health policies in India and the session was chaired by Prof. Nishat Afroz from BHU, Varanasi. In the valedictory session Prof. Namita Kumari, Principal Magadh Mahila College welcomed the guests and congratulated the conference organizing teams and volunteers for the grand success of the conference. Programme was attended by delegates from all over the country and abroad as well. More than 490 participants registered for the event. Around 280 papers were presented in oral format while 78 posters presentations were done spanning across 16 sessions on both the days. Papers from West Bengal, Jharkhand, Arunachal Pradesh, U.P., Dubai, Germany, Rajasthan, Delhi and Assam were presented. Oral and Poster presentations were done in parallel scientific sessions on both days at the conference.



IQAC coordinator, Chief guest Prof. Nishat Afroz, Associate Dean of Students BHU, Project Director BSACS, Ms. Pratibha Rani, I.A.S. & Principal MMC in Valedictory Session

Prof. Nishat Afroz, Associate Dean of students was the chief guest of the valedictory function who deliberated on the students' well-being initiatives of BHU in detail. Ms. Pratibha Rani, IAS, the special guest of the function, addressed the gathering about importance of HIV/AIDS awareness and various practices one can follow to remain healthy. NAOP Executive Member, Vandana Maurya thanked the organizing committee and delegates on behalf of NAOP. Nidhi Singh, Convenor of the conference delivered vote of thanks to all the delegates, speakers, chairpersons, volunteers and the team members involved in the successful execution of the programme. She expressed her gratitude to Bihar state AIDS Control Society (BSACS), LIC of India, PsyMentors, Head Turners Salon and Spa, Rupa Psychological Corporation, Varanasi, Prodigy SIRC and Ocean Pearl special School, Patna for extending their financial assistance and support to the conference.

आत्महत्या की बढ़ती प्रवृत्ति के पीछे अवसाद

जागरण संवाददाता, पटना : आत्महत्या की बढ़ती प्रवृत्ति के पीछे अवसाद बड़ा कारण है। इसकी रोकथाम के लिए सकारात्मक रूप से स्वयं को व्यस्त रखना जरूरी है। यह बातें साउथ बिहार सेंटरल विवि के पूर्व कुलपति प्रो. जनक पांडेय ने कहीं। वह मगध महिला कालेज में दो दिवसीय राष्ट्रीय सेमिनार में बोल रहे थे। स्वास्थ्य और कल्याण: बदलती दुनिया में चुनौतियां और समाधान विषयक सेमिनार को संबोधित करते हुए उन्होंने कहा कि हमारे जीवन में कई विकल्प होने चाहिए ताकि हम अपने मानसिक स्वास्थ्य की रक्षा कर सकें। समाज में समावेश की प्रवृत्ति होने से स्वास्थ्य व लोक कल्याण की भावना को बढ़ावा मिलता है।

अध्यक्षता करते हुए पटना विवि के कुलपति प्रो. अजय कुमार सिंह ने कहा कि अच्छे स्वास्थ्य के लिए विचार और व्यवहार महत्वपूर्ण हैं। उन्होंने इस बात पर जोर दिया कि आत्महत्या के विचारों के पीछे विकल्पों की अनुपलब्धता महत्वपूर्ण कारण है। अतिथियों का स्वागत करते हुए प्राचार्या प्रो. नमिता कुमारी ने प्रतिनिधियों के प्रति आभार व्यक्त किया। विषय प्रवेश कार्यक्रम संयोजक डा. निधि सिंह ने कराया। कार्यक्रम में देश-विदेश के प्रतिनिधियों ने भाग लिया। इस आयोजन के लिए 480 से अधिक प्रतिभागियों ने पंजीकरण कराया,

● मगध महिला कालेज में दो दिवसीय राष्ट्रीय सेमिनार का आगाज

● बोले कुलपति, अच्छे स्वास्थ्य के लिए विचार और व्यवहार महत्वपूर्ण



राष्ट्रीय सेमिनार का शुभारंभ करते पूर्व कुलपति प्रो. जनक पांडेय व अन्य। ● जागरण

साइबर स्पेस पर विशेष ध्यान देने की जरूरत

दिल्ली विवि के प्रोफेसर नवीन कुमार ने साइबर स्पेस में पहचान, गोपनीयता, विश्वास और प्रकटीकरण के प्रतिबिंब पर व्याख्यान दिया। कहा कि साइबर स्पेस पर विशेष ध्यान देने की जरूरत है। साइबर स्पेस की अध्यक्षता प्रोफेसर जेएम देव ने की। प्रो. दुर्गेश उपाध्याय ने भलाई के लिए समीत थैरेपी

पर व्याख्यान दिया। इसकी अध्यक्षता संगीत विभाग से प्रोफेसर नीरा चौधरी ने की। पटना के चिकित्सक डा. फैज अशरफ ने सार्वजनिक स्वास्थ्य जागरूकता पर विचार-विमर्श किया। कार्यक्रम की अध्यक्षता प्रोडिजी एसआईआरएफ के संस्थापक डा. सूची गुजन ने की।

जिनमें से 280 पेपर मौखिक प्रारूप में प्रस्तुत किए जाएंगे, जबकि 78 पोस्टर प्रस्तुतियां दोनों दिनों के 16 सत्रों में की जाएंगी। इसमें पश्चिम बंगाल, झारखंड, अरुणाचल प्रदेश, यूपी, दुबई, जर्मनी, राजस्थान, दिल्ली के पेपर प्रस्तुत किए गए।

इस मौके पर कालेज की वार्षिक रिपोर्ट भी जारी की गई। कार्यक्रम का संचालन भौतिकी विभाग और सम्मेलन के कोषाध्यक्ष डा. मनीष कुमार वर्मा ने किया, जबकि धन्यवाद ज्ञापन सम्मेलन की आयोजन सचिव डा. कविता कुमारी ने किया।

Rise in suicides by youths worries experts

The founder vice-chancellor of Central University of South Bihar (CUSB), Janak Pandey, on Monday said that the health of an individual depends largely upon his thoughts and behaviour. One's thinking process influences both his physical as well as mental health, he said.

Speaking as the chief guest at the inaugural function of a two-day national conference on "Health and well-being: challenges and solutions in the changing world", organised by the psychology department of Magadh Mahila College, Pandey expressed concern over the increasing incidences of suicide among students. "Unavailability of sufficient alternatives is one of the main causes of growing suicidal thoughts," he said, adding that

parents must take proper care of their wards' mental well-being along with physical health.

Patna University VC Ajay Kumar Singh observed that physical, emotional and spiritual quotients were key determinants of human health. He said that psychological well-being is characterized by a sense of positive relationships and one's ability to manage the negative emotions.

MMC principal Namita Kumari welcomed the guests. Conference convener Nidhi Singh introduced the theme of the conference and pointed out that more than 200 papers from West Bengal, Jharkhand, Arunachal Pradesh, Uttar Pradesh, Dubai, Germany, Rajasthan, and Delhi would be presented in 16 different sessions of the conference. TNN

Times of India, Patna edition 26th November 2024

<https://timesofindia.indiatimes.com/city/patna/national-conference-calls-for-comprehensive-mental-health-policy-in-india/articleshow/115705390.cms>

Link for coverage of the event published in Times of India on 27th November 2024

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