

GUIDELINES FOR SUBMISSION OF PAPER

Delegates are requested to submit papers in MS-word format, as per APA Style. The paper along with name and affiliation must be mailed to chandni_psy@auts.ac.in as per the following dates. Empirical research papers will be published in book form with ISBN.

Abstract Submission	20 th Nov, 2021
Abstract Acceptance	23 rd Nov, 2021
Submission of Full Paper	28 th Nov, 2021
Registration	3 rd Dec, 2021

Registration Fee: on the spot/through Bank

Research Scholar and Students	500/-
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Indian Council of
Social Science Research

National Seminar

on

**STRESS MANAGEMENT: A HOLISTIC
PERSPECTIVE**

Sponsored by

**INDIAN COUNCIL OF SOCIAL
SCIENCE RESEARCH (ICSSR-NWRC)**

6th December, 2021



ORGANIZED BY

**DEPARTMENT OF PSYCHOLOGY
AKAL UNIVERSITY, TALWANDI SABO
BATHINDA, PUNJAB - 151302**

ABOUT THE UNIVERSITY

Akal University has been established under the Punjab Government Act No. 25 (2015) and approved under the Section 2(f) of UGC Act (1956) to confer degrees. The foundation of Akal University, by the Kalgidhar Trust, has a mission and vision to establish permanent peace in the world through value based scientific education and spiritual rejuvenation creating good global citizens. The University has been mandated to carry out activities pertaining to the three basic principles of higher education: Teaching, Learning and Research. It offers Undergraduate (Hons.), Post-graduate (Hons.) and Doctoral programs in fields of Mathematics, Physics, Chemistry, Botany, Zoology, English, Punjabi, Psychology, Commerce, and Economics. Akal University also offers Bachelor of Arts with Honours in Sri Guru Granth Sahib Studies. To strive for excellence in teaching and research, all faculty members are UGC qualified with exceptional academic records and have earned their Doctorate and Post-Doctorates from top universities and institutions.

ABOUT THE DEPARTMENT

The Department of Psychology was established in 2016 with an aim of developing understanding of the discipline of psychology and promoting skill based education. An important goal of department is to facilitate self-discovery in the students and ensure their enthusiastic and effective participation in responding to the needs and challenges of the

contemporary world. The department intends to enable students in developing skills and competencies required for the holistic development. Currently, the Department offers three-year B.A. (Hons.) program and two-year M.A. program along with NET coaching classes in Psychology. The Department of Psychology also offers PhD program related to various research and application areas of psychology. Students are also provided with the opportunity of internship programs in various area of psychology. The teaching pedagogy is student centric and professionally moduled.

ABOUT THE SEMINAR

Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets day-to-day functioning. Stress may result from anything that poses threat, real or perceived, to a person's well-being. It is an integral part of human life with varying degrees and experiences. But since more than one and a half year, COVID-19 pandemic has added a new strain in people's life. They are stuck in the four walls of their homes which led to the negative effects on their mental, physical and social health. Excessive use of digital devices for academic and occupational purposes resulted in social disconnectedness inducing a noticeable amount of stress among people of various ages. This outside distancing overloaded their emotions inside. Loss in lives and business caused distress leading to develop high blood pressure and cardiovascular

diseases among people. The global outbreak of COVID-19 pandemic has increased the concern to manage the stress more significantly. Almost every population of the society is affected while their psychological and socio-cultural well-being is disturbed during the pandemic time. It was a new kind of stress provoking situation for students, academicians, researchers, health workers, organizations and mental health professional to provide stress management and prevention services to enhance psychological care among the masses. Keeping the current scenario, the present seminar is aimed to discuss the effects, causes, prevention and management of the stress in various domains of the life. The seminar also involves bringing awareness and understanding about the Post-COVID effects and prevention from the emerging stress by using various stress management techniques.

SUB-THEMES

- Stress and Self-awareness
- Stress Management: Rewiring your brain
- Stress Management: Quietening your mind
- Managing stress before it manages you
- Time Stress: Causes and Management
- Digitalization and COVID-19: Managing the Storm
- Virtual Reality: Post-COVID Stress Scenario
- Managing Stress in Digital Age
- Life after Pandemic: Continuation or Backlash
- Stress management: Alternative Therapies