

NATIONAL CONFERENCE
ON
“EMOTIONAL & MENTAL WELLBEING IN
THE ERA OF DIGITALIZATION THROUGH
INDIAN KNOWLEDGE SYSTEM”



Prof. Rachna Verma Mohan
Dean and Head,
School of Education,
Shri Lal Bahadur Shastri
National Sanskrit Central
University, New Delhi



Dr. S. Ranjan
MBBS,
Energy Medicine
Physician
Wellness Coach,
New Delhi



**Dr. M. Bala
Krishnan**
Professor
USIT, GGSIPU,
New Delhi



**Dr. Anjali
Shokeen**
Associate
Professor
USE, GGSIPU,
New Delhi

PATRON

DR. ANJU MEHROTRA **DR. ONIKA MEHROTRA**
(Director, KGI) (Co-Director, KGI)

CONVENER

DR. SHUBHAM SAXENA **DR. RAJEEV KUMAR**
(Director, KIRAS) (H.O.D, KIRAS)

DATE-18 JANUARY 2025

TIME- 9:00 A.M - 2:00 P.M

VENUE- ONLINE

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES

ALAKNANDA, NEW DELHI 110019.

Affiliated to G.G.S.I.P. University, New Delhi



Registration Link: <https://forms.gle/VnXNH49vWsWdJr1d6>

Platform: Google Meet

Conference Link: <https://meet.google.com/wsb-xnrh-mun>

ABOUT THE COLLEGE

Kalka Institute for Research and Advanced Studies (KIRAS) is recognized by N.C.T.E. and A.I.C.T.E affiliated with G.G.S.I.P. University, New Delhi. It was founded in 2000 under the Kalka Educational Society. KIRAS is dedicated to providing high-quality education in B.Ed. and B.C.A. Located in Alaknanda, New Delhi, the institute is easily accessible via nearby Metro stations like Greater Kailash, Chirag Delhi, and Govindpuri.



VISION

To create an inspiring environment for educators that nurtures the joy of teaching and learning, promotes critical thinking, and enhances effective communication. The vision is to empower teachers to become future leaders and innovators in education, contributing to a dynamic and inclusive higher education landscape.

MISSION

To develop and nurture a community of researchers committed to excellence, critical thinking, and the highest standards of academic rigor, empowering faculty and students to become leaders in their fields. To become a globally recognized centre of excellence in research, contributing to the expansion of knowledge across various disciplines and addressing critical challenges facing society.

ABOUT THE CONFERENCE

This conference empowers the educators, researchers & youth with best practices for impactful life education through Indian knowledge. Academia experts share insights through case studies, fostering quality research-based teaching and societal impact.

OBJECTIVES OF THE CONFERENCE

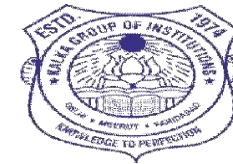
- To Explore the Synergy Between Indian Knowledge Systems and Modern Digital Technologies
- To Promote Holistic Approaches to Wellbeing in the Digital Age
- To develop digital learning and emotional wellbeing.
- To facilitate Knowledge Exchange on Traditional Practices and Digital Innovations
- To Incorporate Indian Philosophical Principles in the Development of Ethical Digital Technologies
- To understand Indian Knowledge System and prepare for life.
- To bridge the Rural-Urban Divide Using Digital Platforms Rooted in Indian Knowledge Systems
- Empower Communities Through Education and Awareness
- Promote Research and Collaboration

NATIONAL CONFERENCE

ON

“EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM”

Organized by



KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES

Alaknanda, New Delhi – 110019

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Dwarka, New Delhi

DATE: 18th JAN 2025

TIME: 9:00 A.M to 2:00 P.M

VENUE: ONLINE

SUB-THEMES OF THE CONFERENCE

1. Integrating Ancient Indian wisdom for innovative teaching learning process
2. The Digital Paradox: Exploring the Intersection of Technology and Mental Health
3. Emotional and Social Resilience through Indian Knowledge System
4. The Impact of Digital Relationships on Mental Health: Indian Perspectives
5. Mental & Emotional well-being: Challenges and Opportunities
6. Digital Detox: A practical approach to reduce the effect of social media
7. Bhagavad Gita: Ancient wisdom for modern life
8. Digital Addiction: A Growing Concern in the Era of Digitalization
9. Yoga, Meditation & Ayurveda for holistic well-being
10. Digital Ethics for emotional & mental well-being

CALL FOR PAPERS

Academicians, faculty members, research scholars, and students are invited to submit original unpublished papers on the given themes of the conference. Selected papers will be published in upcoming journal of KIRAS.

Mail ID for submission of Abstract and Full Paper: events@kirasdelhi.com

IMPORTANT DATES

Last Date for Abstract Submission- 10th Jan 2025
Last Date for Full Article Submission-15th Jan 2025

Conference Date: 18th JAN 2025

Time: 9:00 A.M to 2:00 P.M

Conference Venue: Online

FORMAT FOR MANUSCRIPT

- Title of Paper
- Author's Details (Name, Designation, Department, Institution, Contact Number, Email Id)
- Manuscript (Abstract, Keywords, Content, References) Tables & Figures may be given as a part of text.
- Language - English Manuscript: MS Word, Times New Roman, 12 Pt., Single Spacing
- Abstract: 100-150 Words
- Word Limit: 2000-3000 Words
- Referencing Style: APA 7th Edition

REGISTRATION DETAILS

- **No Registration Fees**
- **Only Publication Charges (Rs.500/-)**

Link for Online Registration:

<https://forms.gle/VnXNH49vWsWdJr1d6>



**CERTIFICATES WILL BE PROVIDED
TO ALL PAPER PRESENTERS.**

SESSIONS	NAME OF SPEAKER & DESIGNATION	TIME
Inaugural Session	Prof Rachna Verma Mohan Dean & Head School of Education Shri Lal Bahadur Shastri National Sanskrit Central University, New Delhi.	09:00 A.M- 11:00 A.M
	Dr S. Ranjan MBBS Energy Medicine Physician Wellness Coach, New Delhi.	
Tea- Break 11:00 - 11:30 A.M		
First Technical Session	Paper Presentation Dr M. Bala Krishna Professor USIT, GGSIPU, New Delhi.	11:30- 12:30 P.M
Second Technical Session	Paper Presentation Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi.	12:30- 01:30 P.M
Valedictory Session	Certificate Distribution Dr M. Bala Krishna Professor USIT, GGSIPU Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi.	01:30- 02: 00 P.M

ORGANIZING COMMITTEE

PATRON

Dr. Anju Mehrotra **Dr. Onika Mehrotra**
(Director, KGI) (Co-Director, KGI)

CONVENER

Dr. Rajeev Kumar **Dr. Subham Saxena**
HOD, KIRAS Director, KIRAS
(9910744809) (9999377351)





FACULTY COORDINATORS

Dr. Archana Vats (Associate Prof) 9911915503
Ms. Amita (Asst. Prof) 9465476463
Dr. Puneet Kapatia (Asst. Prof)
Ms. Kumud Misra (Asst. Prof)

**NATIONAL CONFERENCE ON
EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION
THROUGH INDIAN KNOWLEDGE SYSTEM.**

DATE: 18 January 2025 Time-09:00 A.M to 02:00 P.M

VENUE: - Online

S.NO.	SESSIONS	NAME OF SPEAKER AND DESIGNATION		PROFILE PICTURE	TIME
1.	INAUGRAL SESSION	Dr. S. Ranjan MBBS, Energy Medicine Physician Wellness Coach			09:00 A.M-11:00 A.M
		Prof. Rachna Verma Mohan Dean and Head, School of Education, Shri Lal Bahadur Shastri National Sanskrit Central University			
Tea- Break >> 11:00- 11:30 AM					
2.	FIRST TECHNICAL SESSION	PAPER PRESENTATION	Dr. M. Bala Krishnan Professor USIT, GGSIPU		11:30 A.M- 12:30 P.M
3.	SECOND TECHNICAL SESSION	PAPER PRESENTATION	Dr. Anjali Shokeen Associate Professor USE, GGSIPU		12:30 P.M- 01:30 P.M
4.	VALEDICTORY SESSION		Dr. M. Bala Krishnan Professor USIT, GGSIPU	Dr. Anjali Shokeen Associate Professor USE, GGSIPU	01:30 P.M-02: 00 P.M
Link for NATIONAL CONFERENCE ON “EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITLIZATION THROUGH INDIAN KNOWLEDGE SYSTEM Saturday, 18 January · 9:00am – 2:00pm Platform: Google Meet Conference Link: https://meet.google.com/wsb-xnrh-mun					

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