

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES, ALAKNANDA

NEW DELHI

Conference Organised

National Conference on

“Emotional & Mental Well Being in the Era of Digitalization through Indian knowledge System” (18.01.2025)

The National Conference on “Emotional & Mental Wellbeing in the Era of Digitalization through Indian Knowledge System” was organized on Jan 18, 2025 by Kalka Institute for Research and Advanced Studies. The event featured insightful discussions by experts on integrating traditional wisdom with digital advancements for holistic well-being. Research presentations explored themes such as digital addiction, emotional resilience, and mindfulness through Indian philosophies. The conference concluded with reflections on its impact, emphasizing the need for continued research and application of Indian knowledge systems in modern digital challenges.




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



Prof. Rachna Verma Mohan
Deen 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 Krishna
Professor
USIT, GGSIPU,
New Delhi



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

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

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


DATE-18 JANUARY 2025 **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/YpXNH4D9WwWd1r1d5>
Platform: Google Meet
Conference Link: <https://meet.google.com/wsb-znrh-mun>

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

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.



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

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.

NATIONAL CONFERENCE ON
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Organized by



KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES
Alaknanda, New Delhi - 110019
Affiliated to G.G.S.I.P. University,
Dwarka, New Delhi

DATE: 18th JAN 2025
TIME: 9:00 A.M to 2:00 P.M
VENUE: ONLINE

SUB-THEMES OF THE CONFERENCE

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

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/YpXNH4D9WwWd1r1d5>

CALL FOR PAPERS

Academics, 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

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
First Technical Session	Dr. M. Bala Krishna Professor USIT, GGSIPU, New Delhi	11:30 A.M - 12:30 P.M
Second Technical Session	Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi	12:30 P.M - 01:30 P.M
Valedictory Session	Dr. M. Bala Krishna Professor USIT, GGSIPU, New Delhi Dr. Anjali Shokeen Associate Professor USE, GGSIPU, New Delhi	01:30 P.M - 02:00 P.M

ORGANIZING COMMITTEE





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

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

FACULTY COORDINATORS
Dr. Anshu Vats (Associate Prof) 9911915501
Ms. Anita (Asst. Prof) 9465479463
Dr. Puneet Kapuria (Asst. Prof)
Ms. Kamal Meera (Asst. Prof)

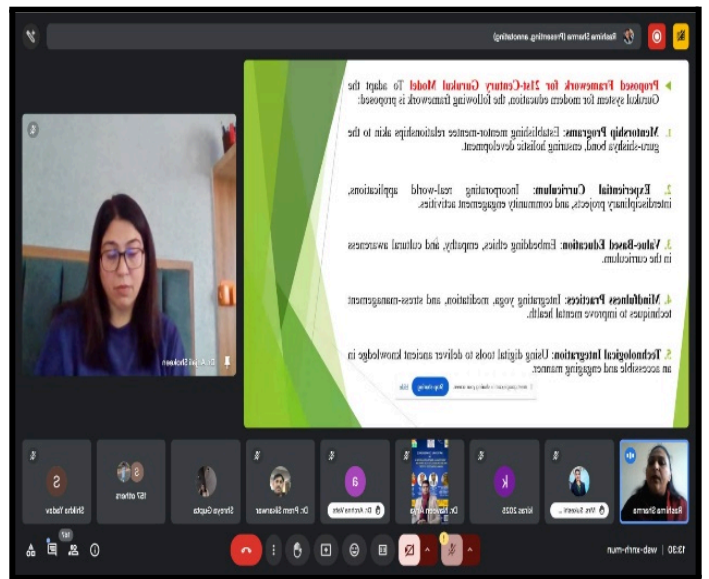
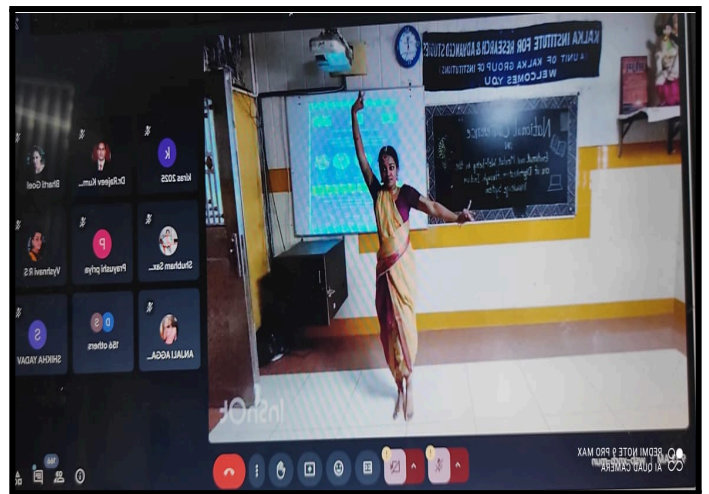
NATIONAL CONFERENCE ON
EMOTIONAL & MENTAL WELLBEING IN THE ERA OF DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM.

DATE: 18 January 2025 Time-09:00 AM to 02:00 PM
VENUE: - Online

S.NO.	SESSIONS	NAME OF SPEAKER AND DESIGNATION	PROFILE PICTURE	TIME
1.	INAUGURAL SESSION	Dr. S. Ranjan MBBS, Energy Medicine Physician Wellness Coach Prof. Rachna Verma Mohan Dean and Head, School of Education, Shri Lal Bahadur Shastri National Sanskrit Central University	 	09:00 A.M-11:00 A.M
Tea-Break >> 11:00- 11:30 AM				
2.	FIRST TECHNICAL SESSION	Dr. M. Bala Krishna Professor USIT, GGSIPU		11:30 A.M- 12:30 P.M
3.	SECOND TECHNICAL SESSION	Dr. Anjali Shokeen Associate Professor USE, GGSIPU		12:30 P.M- 01:30 P.M
4.	VALEDICTORY SESSION	Dr. M. Bala Krishna 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 DIGITALIZATION THROUGH INDIAN KNOWLEDGE SYSTEM
Saturday, 18 January - 9:00am - 2:00pm
Platform: Google Meet
Conference Link: <https://meet.google.com/wsb-znrh-mun>

KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES, ALAKNANDA, NEW DELHI - 110019
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CONFERENCE PROCEEDINGS

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

TECHNICAL SESSION 1 - (EMOTIONAL AND MENTAL WELL-BEING IN THE ERA OF DIGITALIZATION)

Time: 11:30 am to 12:30 pm

S.No.	Name	Designation	Institute	Topic	Email Id
1.	Dr. Manvinder Kaur	Associate Professor	Guru Ram Dass College of Education, GGSIPU, Delhi	‘FOMO’ for Teachers: The Impact of Digital Connectivity on Educators' Well-being	manvinoofficial@gmail.com
2.	Dr. Sonika Ahlawat	Assistant Professor	Trinity Institute Of Professional Studies, Dwarka, New- Delhi	From Screen Time To Peace Of Mind: Digital Ethics For Mental Well-Being	ahlawatsonika90@gmail.com
3.	Aradhana Jha, Bilquish, Sapna Rani	Research scholar	Institute of Vocational Studies	The impact of digital relationship on mental health Indian perspective.	Bilquish.ivs@gmail.com sapnaranitaya@gmail.com
4.	Sakshi Sethi	Teacher	The Frank Anthony Public School	Digital Detox: A Practical Approach To Reduce The Effect Of Social Media	sakshi.sethi1@gmail.com
5.	Rishika and Rohit kumar sah	Research scholar	GGSIPIU, DTU	Digital Detox: A Practical Approach To Reduce The Effect Of Social Media	rishitanpb@gmail.com
6.	Deepshikha Verma Bishal Kumar Bahadur	Research Scholar	Gurugram University	Digital Addiction	vdeep6511@gmail.com chhetrivishal689@gmail.com
7.	Aditi	Research Scholar	Maharishi University Of Information Technology	Digital Paradox	aditi140703@gmail.com

8.	Akanksha Devgun	Research Scholar	Jamia Hamdard University	Digital Relationships On Mental Health	devgunakanksha@gmail.com
9.	Tanishq Gupta and Sakshi Aggarwal	Research Scholar	IMS ,Nodia	The Impact Of Digital Relationships On Mental Health Indian Perspectives	tanishqguptajii@gmail.com sakshiagg153@gmail.com

NATIONAL CONFERENCE

ON

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

LIST OF PARTICIPANTS

TECHNICAL SESSION II (EMOTIONAL & MENTAL WELLBEING THROUGH INDIAN KNOWLEDGE SYSTEM)

Time: 12:30 pm to 1:30 pm

S.No.	Name	Designation	Institute	Abstract Submission	Email Id
1.	Dr. Pritam Singh	Assistant Professor	Sanatan Dharma Adarsha Sanskrit College Dohgi, Una – 174307 Himachal Pradesh	The Comparative Study Of Nyāya Darśana And Āyurveda	pritamingshurma@gmail.com
2.	Rashima Sharma	Assistant Professor	Trinity Institute Of Professional Studies	Integrating Ancient Indian Wisdom For Innovative Teaching Learning Process	rashima16sharma@gmail.com
3.	Dr. Rohtash Dhiman	Assistant Professor	Department of Electrical Engineering, Deenbandhu Chhotu Ram University of Science and Technology, Murthal, Haryana, India	Relevance of Indian Knowledge System for Personal Distress in Modern Digital World	rohtash.k@gmail.com
4.	Vandana	Research Scholar	GNDU, Amritsar	Exploring The Role Of Mindfulness And Meditation In Enhancing Holistic Well-Being.	vandanabhanotgndu@gmail.com
5.	Bimla Kumari	Research Scholar	Uttarakhand University	Yoga, Meditation & Ayurveda For Holistic Well-Being	bimlakumari19741@gmail.com
6.	Shobha Tanwar	Teacher	The Infinity School , Noida	Integrating Ancient Indian Wisdom For Innovative Teaching Learning Process	shobhatawar2000@gmail.com
7.	Sharda suryawanshi	Research Scholar	Rawatpura Sarkar University	Bhagavad Gita: Ancient wisdom for modern life	Sharda1191@gmail.com

8.	Alisha Zuberi	Teacher	Laxman Public School, Hauz Khas	Theme- Bhagavad Gita: Ancient wisdom for modern life “APPLYING THE TEACHINGS OF THE BHAGAVAD GITA FOR MANAGING STRESS IN THE MODERN WORLD”	alizub1996@gmail.com
9.	Dr. Prem Singh Sikarwar	Assistant Professor	Sri Lal Bahadur Shastri, Central Sankrit University, New Delhi	Integrating Ancient Indian Wisdom for Innovative Teaching Learning Process	premsikarwar23@gmail.com