

Important Dates

Submission of full paper: 10th February, 2019

Notification of selection: 20th February, 2019

Last date of registration: 25th February, 2019

Submission of PowerPoint presentation:
2nd March, 2019

About the conference

“Life inflicts the same setbacks and tragedies on the optimist as on the pessimist, but the optimist weathers them better.” – Martin Seligman

If we imagine human experiences on a continuum with illness and despair on one end and the positive experiences on the other end, Psychology so far has focused on only one end of the continuum: illness and despair. More recent studies are now scientifically studying the aspect of how to make lives better.

Sound empirical research can help us understand how positive experiences shape, nourish and heal minds.

Registration Details

Registration fees details

Category	Fees
Attendees	Rs. 400
Presenters	Rs. 500

Note: All authors and co-authors are expected to pay the registration fees

Online registration form is available on the following link:

<https://goo.gl/p2XLEV> or visit the website www.lsracheja.org

Fees payment will be done online.

Account details will be given after the online form is filled.

Awards

- Best Research Paper
- Best Presenter



**L.S. Raheja College of Arts and
Commerce**

Department of Psychology

Organizes

Research Paper Competition

For Students

On

**PSYCHOLOGICAL WELLNESS
AND HOLISTIC WELL-BEING**

Date: 9th March, 2019

Time: 8 am to 1 pm

Venue:

SES's L. S. Raheja College of Arts &
Commerce, Relief Road, Santacruz

(W), Mumbai - 400054.

Website: www.lsracheja.org

About the institution

SES's L. S. Raheja College of Arts and Commerce was established in 1961 with the aim of imparting education and enabling the students to face the challenges of the future. The college is affiliated to the University of Mumbai offering nine UG and one PG programmes. The College also has a Research Centre of Commerce.

Conference Objectives

- To discuss and understand the psychological concepts that aid wellness and growth.
- To shift focus from cure to prevention in psychology.
- To enhance understanding of humankind through their positive qualities and experiences.
- To promote a research temper in students.

Rules for the Conference

- 7 minutes will be given for presentation followed by 3 minutes of question/answer session.
- Warning bell will be given at 5 minutes.
- PowerPoint can be maximum of 7 slides (excluding title and thank you slide).
- Presentations must be emailed and brought on a pen drive.
- Three copies of the full paper must be submitted in advance to the college.
- Presentations can be made in a group of maximum 3.
- Decision of the judges will be final.

Organizing Committee

Chairperson

Dr. Debajit N. Sarkar, Principal

Convenor

Dr. Chitra Munshi, Head, Department of Psychology

Organizing Secretaries

Mrs. Neha Dalal

Ms. Radhika Bhargava

Sub-themes

- Positive experiences and emotions
- Resilience, hope and gratitude
- Optimism and growth
- Well-being and mindfulness
- Wellness and Spirituality
- Personality traits and wellness
- Career wellness
- Any other topic that may be related to the theme.

Guidelines to Authors

The abstract should not exceed 300 words and the full paper should not exceed 3000 words.

Reference style: APA 6th edition

Font style and size: Times New, 12 point, 1.5 spacing

Title should be 12 point, center aligned and bold-faced, followed by author's name, affiliated institution, contact number and email ID.

Full paper must be emailed to:

psychology.conference@lsraheja.org