

### Advisory Committee

Prof. R.S. Singh, Rewa  
Dr. N.K. Saxena, Kanpur  
Prof. Mukta Rani Rastogi, Lucknow  
Prof. P.C. Mishra, Lucknow  
Dr. P.K. Khatri, Lucknow  
Prof. Sandeep Rana, Hisar  
Prof. V. Ganesan, Coimbatore  
Prof. N.S. Tung, Amritsar  
Prof. Aarti Back, Jammu  
Prof. A.V. Manavat, Jaipur  
Prof. V.R. Sinde, Pune  
Dr. N.V. Deshmukh, Nasik  
Prof. N.R. Sharma, Rohtak  
Prof. Priyamvada Shrivastava, Raipur  
Prof. Meeta Jha, Raipur  
Prof. Manju Agrawal, Amity University  
Prof. Rajendra Singh, Bhopal  
Dr. S.N. Dubey, Faizabad  
Dr. A.N. Rai, Ghazipur

### Organising Committee

Dr. B.L. Goyal	Dr. Beena Singh
Dr. Anita Singh	Dr. Basant Sonber
Dr. Jay Singh	Dr. Tripti Biswas
Dr. Prakriti James	Dr. Jaipal Singh Prajapati
Dr. Preeti Rani Mishra	Dr. Ruchi Tripathi
Mr. Sanjeev Lavania	Mr. Reshamlal Pradhan
Dr. Mordhwaj Tripathi	

#### NOTICE

General Body meeting of Community Psychology Association will be held on 5<sup>th</sup> March, 2019 at 9:00 a.m. at the venue of the conference to form new executive committee and academic council. Only life members will have place in the executive committee - **Prof. Ramjee Lal** General Secretary (H.Q.) Jaunpur.

### Chief Patron

**Prof. Bansh Gopal Singh**  
Vice-Chancellor

### Patron

**Dr. Rajkumar Sachdeo**  
Registrar

### Convener

**Dr. S. Rupendra Rao**  
Assistant Professor & Head  
Department of Psychology  
rupendrrao@gmail.com  
+91 8817956122

### Co-Convener

**Dr. Pushkar Dubey**  
Assistant Professor & Head  
Department of Management  
drdubeypkag@gmail.com  
+91 7975663241

### Organising Secretary

**Dr. Deepak Pandey**  
ICSSR-Post Doctoral Fellow  
Department of Psychology  
deepakpandey985@gmail.com  
+91 9827955379



Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur  
[www.pssou.ac.in](http://www.pssou.ac.in)



National Conference  
of

Community Psychology Association of India

On  
Community Counselling for  
Health Promotion and Well-being

(March 03-05, 2019)

Sponsored by



Indian Council of Social Science Research (ICSSR),  
New Delhi

Organised by

Department of Psychology  
Pandit Sundarlal Sharma (Open) University  
Chhattisgarh, Bilaspur

[cpabilaspur@gmail.com](mailto:cpabilaspur@gmail.com)

### About the University

Pandit Sundarlal Sharma (Open) University Chhattisgarh is located in Bilaspur and was established by the Act of the State Legislative Assembly (Act 26 of 2004). The University was formally inaugurated by the former Vice Prime Minister, Govt. of India, Shri Lal Krishna Advani on 29<sup>th</sup> March, 2005. It offers several programmes/courses in ODL mode through 7 Regional Centres and 144 Study Centres in the entire region of Chhattisgarh state. The university is appropriately named to honor Pandit Sundarlal Sharma (1881-1940). He was among the stalwarts of Indian freedom fighter who stood for social justice, equality and non-violence. He is epitomized as the 'Gandhi of Chhattisgarh' for his unique contribution to society.

### About the Department

Department of Psychology, Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur was established in the year 2016 with an aim to preach quality education in the state. The Department is committed to provide value based education to the individual by best of the means. In the line of fulfillment of the vision of the University, the Department through Open and distance learning mode is devoted to broaden the domain of wisdom by providing knowledge to individual at their doorstep. The promising attitude of the faculties and staffs of the department helps in converging the expectation of the society at large. The department offers various courses like Post Graduate Diploma in Psychological Guidance and Counseling (PGDPG&C), Undergraduate and Doctoral level programme. Research undertaken at the department serves to fulfill the immediate requirement of the community. The Department also runs a counseling centre at the University which provides Psychological assessment services by resolving the behavioral problems of the students and public at large. The department organizes seminars and workshops on continuous basis for the upliftment of knowledge domain.

### About Bilaspur

Bilaspur is the second largest city of importance in Chhattisgarh. It is known as the judicial as well as the cultural capital of the state (*Nyayadhani* and *Sanskardhani*), and is rich in etiquette & hospitality. The Bilaspur High Court is the largest High Court of Asia. This city is also the headquarters for South East Central Railway Zone and South Eastern Coalfields Limited. Ever since the creation of Chhattisgarh, Bilaspur has progressed by leaps and bounds. Bilaspur is the third cleanest railway station of India. This city has also developed as educational hub of Chhattisgarh. The place is a nice amalgamation of a fast developing city and at the same time of a region having natural beauty and spiritual importance. The city is well connected with roadways and railway and the nearest airport is in Raipur.

### About Conference

Community Psychology is distinct from theoretical psychology. It is a way of thinking that can be applied to many life situations and communities. It is interdisciplinary in nature and therefore, it has borrowed subject matter and research methodology from various disciplines like sociology, social work, anthropology, ecological science, economics, geography etc. The

prime focus of community psychology has been intervention and prevention for community welfare in order to improve the quality of life and community well-being. In community psychology, seven core values have been prime concern. These are: individual and family wellness, sense of community, respect for human diversity, social justice, citizen participation, collaboration and community strengths and empirical grounding. These issues are equally important for Indian setting.

Community psychology has applied action oriented research. But according to subject matter of research, community psychologists adopt some other approach such as participatory research, policy research, and advocacy, consultation with organizations, , participant observation, qualitative interviewing, focus groups, case studies, narratives, discourse etc. some quantitative methods viz. quantitative description, randomized field experimentation, non-equivalent comparison group design and interrupted time series designs.

Community counselling draws its definition and explanation primarily from community psychology. As a derivative of community psychology, community counselling theories reflect a concern "with transforming the way psychosocial problems and solutions are conceptualized, providing a contextual analysis that takes cognizance of local knowledge's and social issues". Community counselling practices are "about transforming psychological service delivery to include systemic interventions and preventative and health promoting strategies to facilitate equitable access to relevant mental health services for all, and to address social factors that impact on the well-being of individuals and communities".

In the area of health promotion, community counseling is concerned with the life style management of diabetic, cardiac and cancer, HIV patients and their care givers; to work for dispelling misconceptions towards mental illness in communities and work for elderly people.

Community Counseling practices are "about transforming psychological service delivery to include systematic interventions and preventive and health promoting strategies to facilitate equitable access to relevant mental health services for all and to address social factors that impact on the well-being of individuals and communities. Community counselor may be involved in prevention programs focusing on mental health and public health issues such as HIV and AIDS, poverty reduction, prisons, substance abuse, violence, street children, trauma, refugees, women well-being, disability, adolescents and gender dynamics.

### Theme

Community Counselling for Health Promotion and Well-being

### Sub Themes

- Life style management of diabetic, cardiac and cancer, HIV patients and their care givers;
- Community Mental Health
- Stress Management and well-being
- Community counseling for drug abuse and alcoholism among adolescents,

- Community counseling for mental health problems among adolescents.
- Gender sensitization
- Gender equity and gender justice.
- Geriatric Health
- Yoga and Meditation
- Positive Parenting
- Adolescents' Mental Health Problems
- Mental health problem in Organization
- Social Responsibility
- Self help and Mental Support Groups
- Issues related to Divyang children
- Community Counselling for prevention of Drug Abuse among adolescence

### Conference Schedule

March 03, 2019 : Registration, Inaugural Session, Panel Discussion

March 04, 2019 : Special Academic sessions

March 05, 2019 : Open Session/Paper presentation & Valedictory session.

### Submission of Abstract/Full Paper

The abstract should not be more than 250 words in Times New Roman 12pts. Font for English and Kruti dev-11, 12Pts. for Hindi. Last date of submission of abstract is 20<sup>th</sup> February 2019 and Full paper may be submitted before 25<sup>th</sup> February, 2019. Abstract and Paper may be sent on email - cpaibilaspur@gmail.com

All the accepted abstracts will be considered for publication a seminar proceeding souvenir with ISBN.

### Full Paper submission

**Title:** Times New Roman, Size 18 Bold ; Krutidev 11 - Size 18 Bold

**Authors with affiliation:** Size 12 in the order Last Name & First Name

**Text:** It should comprise Abstract, Introduction, Method, Results, Discussion, Conclusion, References (According to APA format).

### Registration Details

Registration to the conference can be done by filling the registration form

### Registration Fee

Category	On or Before 21 <sup>st</sup> Feb. 2019	After 21 <sup>st</sup> Feb, 2019
Faculty/Professionals	INR 1500	INR 2000
Research Scholars	INR 1000	INR 1500
Students	INR 800	INR 1000

Registration Fee can be paid by DD/Online Transfer as under:

Name of Account: Conference Psychology PSSOU Bilaspur

Account No.: 5810010000900

Bank Name: BANK OF BARODA (BIRKONA BRANCH)

IFSC code: BARB0BIRKON. (Fifth character is zero)

### TA, DA and Accommodation

Participants will have to bear the travelling expenses of their own. However, free lodging will be provided here. Participants are required to inform the organizing committee in advance regarding the requirement of free stay arrangement. Accommodation facilities will be provided to limited participants on first come first serve basis.