



INTERNATIONAL CONFERENCE ON MENTAL HEALTH, HYGIENE AND NUTRITIONAL LITERACY — AMONG YOUTHS —

(ICSSR Sponsored under the special call for Vision Viksit Bharat@2047)

Organized By

Department of Psychology, Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur, UP

In Association with

Department of Law, Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur
Department of Sociology, Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur

In Collaboration with

Amity University Rajasthan, Jaipur, Rajasthan
Chitkara University, Punjab

Chief Patron



Professor Poonam Tandon
Honorable Vice Chancellor,
Deen Dayal Upadhyaya
Gorakhpur University, Gorakhpur

Conference Date

8-9 February, 2025
(Hybrid Mode)

No Registration Fee

Conference Coordinator



Prof. Dhananjay Kumar
Head,
Department of Psychology,
Deen Dayal Upadhyaya Gorakhpur University

Keynote Speakers

Conference Convener



Dr. Julie Gerland
Co-Founder,
Birthing the Humanity, France



Dr. Wael AbuHassan
Health Psychologist,
A.A. University, Palestine



Dr. Lena Kristina Tuulse
Psychologist,
Sweden



Dr. Sagee Geetha Sethu
Principal and Program Head,
Amity Law School, Amity University Dubai



Dr. Vismita Paliwal
Associate Professor,
Department of Psychology,
Deen Dayal Upadhyaya Gorakhpur University

SUB-THEMES

MENTAL HEALTH LITERACY

- Impact of Mental Health on Academic and Professional Productivity
- Role of Technology and Social Media in Mental Well-being
- Addressing Stigma Surrounding Mental Illness in Society
- Community-based Interventions for Mental Health Awareness
- Sociological Context of Mental Health, Hygiene, and Nutrition
- Mental Health Policies and their Implementation: A Legal Perspective
- Integrating Mental Health Education in School and other Educational Settings
- Cultural and Societal Influences on Mental Health & Well-being

HYGIENE LITERACY

- Role of Hygiene in Preventing Communicable Diseases
- Sanitation Practices in Urban vs. Rural Communities
- Women's Hygiene and Menstrual Health Awareness
- Hygiene in Healthcare Settings: Challenges and Innovations
- Behavioral Aspects of Hygiene Practices Across Cultures
- Impact of Hygiene Education on Public Health Outcomes
- Waste Management and its Role in Community Hygiene
- Hygiene Literacy and Law

NUTRITIONAL LITERACY

- Nutrition and Mental Health: Exploring the Link
- Malnutrition and Obesity: A Double Burden in Modern Society
- Role of Nutritional Education in Schools and Communities
- Traditional Diets vs. Modern Nutrition: Finding Balance
- Food Security and Nutritional Literacy in Developing Nations
- Personalized Nutrition: A New Frontier in Health Care
- Laws related to Food Industries and Nutritional Literacy
- Dietary Interventions for Lifestyle Disorders (e.g., Diabetes, Hypertension)

MULTIDISCIPLINARY PERSPECTIVES

- The Role of Law in Enhancing Mental Health, Hygiene, and Nutrition
- Environmental Sustainability and Public Health
- Technological Innovations in Promoting Health Literacy
- Media and Communication Strategies for Public Health Campaigns
- Challenges in Interdisciplinary Research on Health and Literacy
- Indian Knowledge System and Mental Health, Hygiene & Nutrition
- Traditional Indigenous approaches to Mental Health, Hygiene, and Nutrition Literacy

SUBMISSION GUIDELINES

The authors are invited to submit original research work on the themes mentioned above. The abstract should be MS word types and should not exceed 200-250 words, excluding title, author/s name and affiliation (Format single spacing; Times New Roman; 12 font size). The content of the abstract should clearly state the background, objectives, method, results, and conclusions including 3-5 keywords.

NOTE: Out of the submitted abstracts, 25 best abstracts will be selected to submit their full paper within a week. Research papers should be in Hindi or English language only. All selected papers' presenters shall read their full paper in the conference. Minimum 20 minutes time shall be given to all participants to read their paper.

The full paper should have maximum limit of 12-15-A4 sized Pages APA 7th edition format only including:

1. Title
2. Authors' Name
3. Authors' Affiliation
4. Corresponding Author's Details
5. Abstract (background, objectives, method, results, and conclusions including
6. Keywords (Maximum 3-5)
7. Introduction with Review/Survey literature
8. Methods (Design, Sample, Sampling method, measures, procedure)
9. Results
10. Discussion
11. Conclusion
12. Future Suggestions, Implications, Limitations, Acknowledgement, etc.
13. Tables and Graphs (only relevant)
14. References (APA style)
15. Up to 10% plagiarism is permissible.

IMPORTANT DATES

ABSTRACT SUBMISSION : 17 JANUARY 2025

FULL PAPER SUBMISSION (soft copy only): 25 JANUARY 2025

HARD COPY OF THE PAPER HAS TO BE SUBMITTED ON THE DAY OF THE CONFERENCE

CALL FOR REGISTRATION

Interested Participants can register free of cost by filling up the google form using the link:

<https://forms.gle/xtSkYXGFQivV3Axj6>



TARGET GROUPS

Researchers, Scientists and Academicians from several academic disciplines as well as industry experts in multiple sectors related to Sciences and Social Sciences.

25 Invited Paper Presenters (selected by the Editorial Board) shall receive Conference Kit, Refreshment and Lunch for 2 days.

ABOUT DEEN DAYAL UPADHYAYA GORAKHPUR UNIVERSITY

Deen Dayal Upadhyaya Gorakhpur University (DDU Gorakhpur University) is a prominent public university with NAAC A++ rank located in Gorakhpur, Uttar Pradesh, India. Established in 1957, the university has become a hub for higher education in the region, offering a wide range of undergraduate, postgraduate, and doctoral programs across diverse disciplines. The university's sprawling campus spans over 300 acres, featuring modern infrastructure, well-equipped laboratories, a central library, hostels, and sports facilities.

Deen Dayal Upadhyaya Gorakhpur University (DDU) has garnered recognition in various academic rankings, reflecting its commitment to educational excellence. In the QS Southern Asia Rankings for 2025, DDU achieved the 240th position, an improvement from 258th in the previous year. In 2024, EduRank placed DDU at 118th within India and 3,389th globally, with a notable 287th position for Chemistry in India. The 2024 UniRank World University Ranking positioned DDU at 104th nationally and 4,937th worldwide.

DDU Gorakhpur University is known for its vibrant cultural and extracurricular activities, including debates, seminars, and sports events, which contribute to students' all-round growth. The university places a strong emphasis on research and innovation, encouraging students and faculty to engage in scholarly pursuits that address real-world challenges.

About Department Of Psychology

The Department of Psychology was established in 1957, the year the University of Gorakhpur came into existence. Since then, the department has collaborated with GFATM-Round7, NACO, UPSACS and TATA Institute of Social Sciences to fight with AIDS, from 2009-2015. The department was granted the status of special assistance (DSA) by UGC in 1988-89 under the dynamic leadership of Prof. L.B. Tripathi. From 1997 to 2002 the 3 phases of DSA were completed in 2010. The Department has organized 24 national seminars, 10 refresher courses and 20 national workshop/short term courses/training programs. Along with this, the department had collaborated with GFATM-Round7, NACO, UPSACS and TATA Institute of Social Sciences in a sizeable number of both major and minor research projects funded by UGC, ICSSR, NCERT, NCW, ISRO, and ICMR etc.

ABOUT GORAKHPUR

Gorakhpur, located in the northeastern part of Uttar Pradesh, India, is a city rich in history, culture, and spirituality. It serves as the administrative headquarters of Gorakhpur district and is situated along the banks of the Rapti River. The city is renowned for its cultural heritage, educational institutions, and religious significance.

- Gorakhnath Temple:** The most iconic landmark of Gorakhpur, this temple is dedicated to Guru Gorakhnath, the founder of the Nath monastic movement. It attracts devotees from all over India and is an important center for spirituality and meditation.
- Geeta Press:** Established in 1923, Geeta Press is one of the largest publishers of Hindu religious texts, including the Bhagavad Gita and Ramayana. Its headquarters in Gorakhpur is a cultural hub, showcasing art galleries and literature that celebrate Hindu traditions.
- Ramgarh Tal:** A picturesque lake spread over 700 acres, Ramgarh Tal is a popular spot for recreation. The area features boating facilities, a zoo, and an amusement park, making it a favorite for families and tourists.
- Imambara:** This historical structure is a testament to Mughal architecture and serves as a site of cultural and historical importance, especially during Muharram.
- Railway Museum:** Gorakhpur boasts one of Asia's longest railway platforms, and the Railway Museum celebrates the city's connection to India's railway heritage with vintage engines and exhibits.
- Vishnu Mandir:** A significant religious site, this temple is dedicated to Lord Vishnu and is visited by devotees throughout the year.
- Arogya Mandir:** Established in 1940, this center promotes naturopathy and alternative medicine, attracting wellness seekers from across the country.
- Gorakhpur also holds importance in Buddhism, as it is near Kushinagar, where Lord Buddha attained Mahaparinirvana.

Known for its vibrant markets, local cuisine, and festivals, Gorakhpur offers a blend of tradition and modernity. It is also a key transportation hub, connecting India to Nepal and serving as a gateway to nearby tourist attractions, making it a city of immense cultural and strategic importance.

HOW TO REACH GORAKHPUR

Reaching Gorakhpur is convenient due to its well-connected transportation network. Here are the ways to get to the city:

By Air: Mahayogi Gorakhnath Airport (Gorakhpur Airport): Located approximately 8 km from the city center, it offers regular flights to major Indian cities like Delhi, Mumbai, and Kolkata. Taxis and auto-rickshaws are readily available for transfers from the airport.

By Train: Gorakhpur Junction (GKP): This is one of India's major railway stations and features the world's longest railway platform. Gorakhpur is well-connected to cities like Delhi, Mumbai, Kolkata, Lucknow, and Varanasi via express and superfast trains.

By Road: Bus Services: The Uttar Pradesh State Road Transport Corporation (UPSRTC) operates regular buses to Gorakhpur from cities like Lucknow, Varanasi, and Patna. Private bus operators also provide services, including luxury and sleeper buses.

By Car: Gorakhpur is accessible by National Highway 27, which connects it to major cities. Driving offers flexibility for travelers.

By International Route: Gorakhpur's proximity to Nepal makes it a key transit point for international travelers heading to or from Nepal. It is about 100 km from the Sonauli border.

ACCOMMODATION

Accommodation will be arranged in University guest house on request and based on availability. Applicable charges of accommodation should be paid by the participants. Option for requesting the booking of accommodation at university guest house is provided in registration form. The organizers are not responsible for travel arrangements and expenditures of the participants.

ORGANIZING COMMITTEE

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Head, Department of Sociology
DDUGU

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- Dr. Alok Kumar

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- Dr. Prakash Priyadarshi
- Dr. Pawan Kumar
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In case of any clarifications please feel free to contact:

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