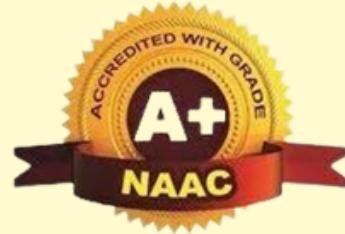




CENTRAL UNIVERSITY OF JHARKHAND

झारखण्ड केंद्रीय विश्वविद्यालय

NAAC accredited A+ University
homepage: <http://www.cuj.ac.in>



Centre for Happiness & Holistic Well-Being

Central University of Jharkhand

Organises

One Day International Conference

On

"Happiness & Holistic Well-Being: Research to Real Life Application"

(Cross-Cultural Definition of Well-being)

On Friday, 23rd of January, 2026 @ Auditorium, Science Building, CUJ

Call for papers :

Last Date of Abstract Submission : 22 January, 2026

Registration link: <https://forms.gle/gkwEmQeFtyan9b978>

International Conference on 23rd January, 2026

Registration fee: External delegates: Rs. 500/-

(Payable at the time of arrival at the Conference venue)

(CUJ Faculty, Scholars, Students are exempted from registration fee)

Abstract Submission Guidelines

Unpublished research papers are invited for presentation in the Conference. Certificates will be given to all paper presenters.

Please refer to the following guidelines for abstract submission.

The abstract must be typewritten in MS Word in English/Hindi/Tribal Languages, 12 font size, and in Times New Roman Font style.

The abstract should be between 200-300 words including 5 keywords.

The abstract should be sent through e-mail attachment as a word document to chhwb@cuj.ac.in on or before the last date.

Registration link: <https://forms.gle/gkwEmQeFtyan9b978> (Registration will close on 22nd January, 2026)

Chief Patron:

Prof. Kshiti Bhushan Das
Hon'ble Vice-Chancellor,
Central University of Jharkhand



Patrons: Registrar, CUJ

Dean Academic Affairs
Dean, Research & Development
Director, IQAC
Finance Officer

Chairperson: Prof. K.B. Panda/Dr. B. B. Mishra

Advisors: Dean, SOL,
Head, DES, DOH & DFEL

Keynote Speaker

Geshe Dorji Damdul
Director, Tibet House

(The Cultural Centre of H.H.the Dalai Lama)



Convenor :

Dr. Kalsang Wangmo (Co-ordinator-CHHWB)

Co-Convenor(s):

Dr. Sudhanshu Shekhar - CHHWB Member
Dr. Rajanikant Pandey -CHHWB Member

Organising Secretaries:

Dr. Ranjit Kumar -DES
Dr. Shakir Tasnim -CHHWB Member
Mr. Rachit Kumar -CHHWB Member
Dr. Shamsher Alam -DATS

Media:

Mr. Narendra Kumar- PRO

Guest Speaker

Prof. Sangita Dhal, Sustainable Development Goals-3

Plenary Session Speakers

1. Dr. B.B. Lal, SahajYog
2. Geshe Tenzin Damchoe, Social, Ethics & Emotional Learning/Mindfulness
3. Mr. Anupam Rohit, Recovery Wellness Centre
4. Mr. Ravikant Chaturvedi, Nuclear Medicine.
5. Prof. Arvind Kumar, RINPAS, Nuero-Psychiatric & Mental Health

Organising Committee

Faculties of Far East Languages Other Departments

Dr. Konchok Tashi	Dr. Sushil Shukla, -DEVS
Mr. Shashi Kumar Mishra	Dr. Pushpendra Kumar, -DCSE,
Dr. Arpna Raj	Dr. B.M. Jha, -DEE
Dr. Mukesh Kumar Jaiswal,	Dr. Birendra Bharti, DCE
Dr. Sandeep Biswas,	Dr. Pratibha Warwade, -DCE
Mr. Sushant Kumar	Dr. Jagdish Saurabh-DOH
Mr. Pavan Kumar	Dr. Ravi Ranjan-DOH
	Dr. Upendra Kumar-DOH
	Dr. M Ramakrishna Reddy-DOE

Concept Note:

In recent years, mental well-being has emerged as a key national priority, recognised by the National Task Force on Mental Health and Well-being as essential for holistic human development and societal progress. The Task Force underscores that mental health is not merely the absence of illness, but a state of psychological resilience, emotional balance, and the ability to cope with life's challenges. The National Task Force's framework aligns closely with the objectives of Centre for Happiness & Holistic Well-being which emphasises prevention, resilience, optimism, and the cultivation of human strengths rather than focusing solely on pathology. Hence it;

- Promotes a culture of mental health awareness across educational institutions, workplaces, and communities.
- Integrates positive mental health approaches into public health, education and social policy.
- Encourages research and innovation in areas of happiness, emotional intelligence, and well-being science.
- Foster cross-sectoral collaboration to create supportive ecosystems for mental well-being and address mental health disparities through culturally sensitive and inclusive interventions.

In this context, International Conference on "Happiness & Holistic Well-being: From Research to Real-Life Application" assumes special significance. The conference directly supports the vision of the National Task Force by serving as a platform for dialogue, research dissemination, and collaborative learning. By exploring cross-cultural definitions of well-being, the conference contributes to a more inclusive understanding of mental wellness, one that values diverse cultural, spiritual, and social frameworks in shaping human happiness. It moves beyond clinical approaches to include the promotion of mental health as a shared social responsibility and a foundation for national progress. Furthermore, this conference aligns with the United Nations Sustainable Development Goals (SDGs), particularly; SDG -3 (Good Health and Well-being); by advancing interdisciplinary discussions that integrate psychological science, policy frameworks, and community-based practices to promote flourishing at both individual and societal levels.

The conference program will comprise of invited panel sessions in the morning, transitioning to concurrent academic paper presentations in the afternoon on the following sub-themes:

1. The Role of Language, Values, and Identity in Defining Happiness
2. Spirituality, Religion, and Cultural Practices in the Pursuit of Happiness
3. Collective vs. Individual Happiness: Understanding Community-Based Well-being
4. Positive Education: Building Strengths-Based Learning Environments
5. Well-being Economics: Beyond GDP & Sustainability
6. The Role of Arts, Sports, and Culture in Collective Happiness
7. The Mind-Body Connection: Positive Emotion and Physical Health
8. Mindfulness and Compassion Across Traditions
9. Digital Well-being: Navigating Technology and Mental Health
10. Building a Global Index of Happiness and Cultural Well-being

The Centre for Happiness & Holistic Well-being, Central University of Jharkhand (CUJ) exists to help students discover what it truly means to live well by cultivating emotional well-being, resilience, and a genuine sense of joy. It provides a warm and supportive space where students can learn to understand themselves better, build empathy, and find balance amid the challenges of academic and personal life. Through conversations, workshops, and shared experiences, the Centre encourages mindful living and meaningful connection. At its heart, it hopes to inspire students to approach life with kindness, optimism, and purpose. So, they can not only thrive as individuals but also spread happiness and compassion in the world around them.

Contact: chhwbcuj.ac.in or call @6203908160 (for conference related queries)

Address: Central University of Jharkhand, Cheri Manatu Campus, P.O. Kamre, P.S. Kanke, Ranchi-835222