

2-DAY INTERNATIONAL CONFERENCE

ON

*Health Psychology and Allied
Sciences*

26th & 27th May 2023

Blended Mode

**Organized by
Department of Psychology**



**Pachhunga University College
Mizoram University**



About the Conference



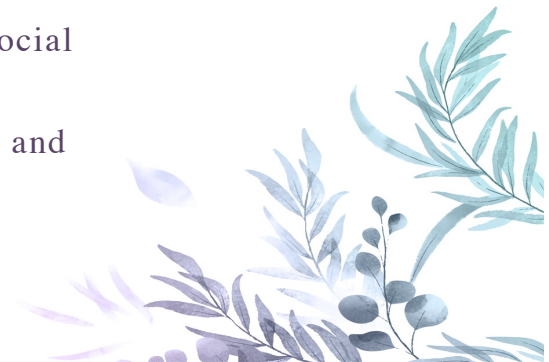
During its brief history, Health Psychology has made substantial progress in establishing itself as a discipline, coping with an array of chronic illnesses, behavioral etiology of certain diseases, and adoption and maintenance of health behaviors have been seen as targets for research practices over the coming years. However, it must be noted that there is no quick fix readily available in order to alter risk behaviors since human cognitions, as emotions and behaviors are highly complex in nature.

Health Psychology emphasizes how behavior influences health, and it is thereby well-positioned to aid individuals to change the behaviors that contribute to health and well-being as well. Research in health psychology identifies the psychological and social factors that contribute to development and management of physical illnesses, lead the development of new treatments and interventions for physical and mental health conditions, improve healthcare delivery and patient outcomes, increase adherence to treatment regimens and promote patient empowerment.

Objectives of the Conference

The main objectives of this Conference is to bring forth researchers and experts from Health Sciences as well as other disciplines in order to showcase disciplinary and interdisciplinary research on promoting health by utilizing and adopting practices in their respective areas.

1. Examine the many psycho-social challenges in developing and maintaining health.
2. Recognize the best techniques for dealing with psycho-social health determinants.
3. Explore and understand community viewpoints on social and health issues.
4. Traditional practices and holistic approach adopted in healthcare systems worldwide.
5. Current research and advancements in health psychology and related fields.



About Pachhunga University College

Pachhunga University (PUC) is the only constituent college of Mizoram University, a central university established by an Act of Parliament of India. The college is NAAC A+ accredited for 2 consecutive cycles and funded by DBT under Star College Scheme. It is also one of the few colleges in India, which has been granted “College with Potential for Excellence” by the UGC. The National Institutional Ranking Framework placed the Institution at 45th rank among colleges in India, the only college within the top 100 list, and thus, the highest rank from North-east India.



Speakers

KEY NOTE SPEAKER



Dr. VL Thanzami
Senior Lecturer, Department of Psychology,
Monash University, Malaysia

“Lifestyle and Mental Health”

INVITED SPEAKERS

Dr. Narendra Singh Thagunna
CEO, Psychdesk Foundation, Nepal

*“Mental Health and Behaviour/Methods to Promote
Healthy Living or Psychological Interventions
for Addressing Health and Related Issues”*



Dr. M.V. Sudhakaran
Head, School of Social Sciences, Presidency
College, Tamil Nadu Open University

*“Contemporary Social Issues
Related to health/Socio-Economic
Dimensions and Implications of Health”*

Dr. Meena Hariharan
Founder and Director of the
Centre for Health Psychology,
University of Hyderabad

*“Perspectives on Health Psychology
And Wellbeing”*



Dr. Robert L. Khawlhing
State Nodal Officer, Mental Health,
Mizoram

“Public Health Related Issues”

SUBMISSION GUIDELINES



We invite scholars, health care professionals, academicians, and researchers from across the globe.

All submissions must thereby follow the guidelines which are provided as follows:

1. The extended abstract should be of maximum 500 words, Times New Roman font, 12 points, 1.5 spacing.
2. The full paper must include the following: The first page must contain the Title, Author/Author's name, Designation, Name & Address of Organization, Contact details.
3. The full paper should be in Times New Roman font, 12 points, 1.5 spacing, and a maximum of 6000 words, respectively.
4. The paper and abstract should thereby follow APA style.

PLEASE NOTE THAT ABSTRACTS RECEIVED AFTER THE DUE DATE WILL NOT BE ACCEPTED.

IMPORTANT DATES

23rd April: Abstract submission open
15th May: Abstract submission close
Full paper submission on or before the conference
26th – 27th May: Conference

**REGISTER
NOW**

<https://forms.gle/vtf9crFGTYocpWbz8>



REGISTRATION FEE

Paper presenter: Rs 1000/-
Participation: Rs 500/-



UPI ID: sarahlalrempuii07@oksbi >

Please note that once your abstract has been accepted, you must pay the registration fee in order to present your research at the conference.

Chief Patron: Prof. Dibakar Chandra Deka
Vice Chancellor, Mizoram University



Patron: Prof. H. Lalthanzara
Principal, Pachhunga University College

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Pachhunga University College,
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