



BHAVAN'S LEELAVATI MUNSHI COLLEGE OF EDUCATION

Invites papers and posters for

A TWO – DAY NATIONAL CONFERENCE

ON

POSITIVE PSYCHOLOGY AND EDUCATION

ON

13th and 14th of May, 2021

(in Blended Mode: Online + Offline)

VENUE:

Munshi Memorial Hall

Bharatiya Vidya Bhavan

Kasturba Gandhi Marg (Copernicus Lane)

New Delhi – 110001

About Bharatiya Vidya Bhavan

Bharatiya Vidya Bhavan is a registered society and a Charitable Trust founded in 1938 by **Dr K M Munshi**, a far-sighted visionary and a practical idealist, along with three of his close associates with the blessings of Mahatma Gandhi to preserve and propagate Sanskrit, the mother of languages. It had the privilege of association of distinguished Freedom fighters and leaders of pre-independence and post-independence India such as Dr Rajendra Prasad, the first President of India, Pt. Jawahar Lal Nehru, the first Prime Minister of India, Sardar Vallabhbhai Patel, the first Home Minister of India, Shri C Rajagopalachari and others.

Over the years the Bhavan has steadily grown into a comprehensive, co-operative national movement, with an international outlook, for the promotion of ethical and spiritual values and Indian cultural heritage in the last 81 years through its 367 institutions across India and 7 centres abroad, staff strength of over 6000 and student base of about 3, 00,000; it is probably the largest Non-governmental and Charitable organization in the country.

The Bhavan's activities touch "all aspects of life from the cradle to the grave and beyond" as Prime Minister Nehru (Founder Member of the Bhavan) averred on the first of his many visits to the Bhavan in 1950. The Bhavan is an adventure in faith. We seek to inculcate the value-based life through (1) Comprehensive educational institutions: from kindergarten to post-graduate training in Sanskrit and Vedic studies; Dance, Drama and Music; Arts, Science, Commerce, Engineering, Management, Sociology, Life and Health Sciences; and (2) Publications named Book University which cover a wide range and variety of subjects of ancient and modern thought.

About BLMCE

Bhavan's Leelavati Munshi College of Education (BLMCE) is the newest addition in the galaxy of institutions under Bharatiya Vidya Bhavan. It was established in 2016 with the recognition of NCTE and is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Delhi and State Council of Education Research and Training (SCERT). Bharatiya Vidya Bhavan, being a Charitable Institution and genuinely serving the cause of education, established this college in order to cater to the ever-expanding requirements of quality teachers and educators who can bring about a transformative change in the lives and personalities of their students. This college is geared towards providing avenues for developing teachers and educators across levels: elementary level, secondary and senior secondary level. College is currently running B.Ed. and D.El.Ed. programmes.

About the Conference

With the increased focus on material comforts, dependence on social media, academic and professional competition, relationship problems and breakdown of support systems to survive, India is witnessing enormous problems related to human needs like growing incidents of suicide among youth and children, aggression, juvenile delinquency, increase in cases of

depression and other mental health problems. The suicide rate among young adults aged 15-29 is very high. Every hour, one student commits suicide in India, according to 2015 data from the National Crime Records Bureau. This makes our country with one of the highest suicide rates among youth in the world. Almost one out of five adolescents in India suffers from some level of mental morbidity, says a 2019 study conducted by the Bengaluru based National Institute of Mental Health and Neuroscience. This reflects poorly on the mental health condition of the country. Apart from this, COVID 19 has affected the lives of every individual on earth. It has taken a toll on the health, relationships, jobs and the economy as a whole. The scenes we are witnessing around the world are distressing and unfortunately are here to stay for the foreseeable future. Considering that mental health problems are on the rise, it is better to focus on a balanced understanding of well-being. This means focus should be on building competencies, enhancing human strengths to deal with stressful situations, learning optimism, gratitude, resilience and an over well-being with focus on what makes life worth living.

At this time positive psychology can play an important role. Positive Psychology movement can be traced back to Seligman's 1998 American Psychological Association presidential speech where he urged the scientific community to work together to harness the positive aspects of human beings and to help people live more fulfilling lives, at the subjective, individual and group level.

Positive Psychology is the scientific study of what makes life most worth living (Peterson, 2008). It is a scientific approach to studying human thoughts, feelings and behaviour, with a focus on strengths instead of repairing the bad and taking the lives of average people up to "great" instead of focussing solely on moving those who are struggling up to "normal".

The field of positive psychology at the subjective level is about positive experiences: wellbeing, optimism and flow. At the individual level, it is about the character and strengths: the capacity for love and vocation, courage, interpersonal skills, aesthetic sensibility, perseverance, forgiveness, originality, future mindedness, and high talent. At the group level it is about civic virtues and at the institutional level it moves individuals towards better citizenship-responsibility, parenting, altruism, civility, moderation, tolerance and work ethics. It can articulate a vision of the good life and can show what actions lead to wellbeing, to positive individuals and to flourishing community. Positive psychology helps to document what kind of families result in healthiest children, what work environment and support gives the greatest satisfaction among workers, what practice will result in development of positive individuals in the school and what policies result in the strongest civic commitment. Schools these days are focussed on preparing students for tests, exams and about getting good jobs. But what is it that human beings really want and aspire for? The answer may be 'happiness' and today's education does not prepare one for that so there is a huge dichotomy. Education is nowhere close what we want in life for ourselves and for our loved ones, therefore, the focus must be on Positive Education.

The aim of this conference is to spread awareness about the positive psychology in schools and higher education for promotion of positive emotions for mental health among students, youth and in the society at large.

Objectives of the Conference

- 1. To create a platform for teacher educators, researchers, administrators and educators to share and discuss their ideas on positive psychology and its role in education.*
- 2. To trace the origin of positive psychology in ancient Indian texts.*
- 3. To discuss implementation of positive psychology approaches in education.*
- 4. To discuss ways to build positive educational institutes.*
- 5. To come up with recommendations to include positive psychology in school and teacher education curriculum.*

THEMES OF THE CONFERENCE:

(suggestive but not limited to the following)

- Positive psychology: concept, nature, aims and objectives*
- Origin of positive psychology*
- Positive psychology and Indian philosophy*
- Positive psychology and education*
- Positive education in schools*
- Positive education in teacher preparation*
- Intervention strategies of positive education*
- Progress of positive psychology in India*
- Research in positive psychology*
- Building positive institutions*
- Building Resilience and Well-being*
- Inculcating Life Skills*
- Happiness Curriculum*
- Mindfulness, Flow and Spirituality*
- Pro-social Behaviour: Altruism, Gratitude, Forgiveness, Flourishing Relationships*

Target Participants

Teachers, teacher educators, researchers, research scholars, administrators, and student teachers

Call for Papers and Academic Posters

Thematic papers/Research papers/ Case studies/ posters are invited from the teachers/ student teachers/ teacher educators and researchers on the above-mentioned themes for presentation in the conference. The paper should be original and should not have been published or presented previously. Interested participants should submit their papers along with the abstract on or before **30th April 2021** at: positivepsychologyblmce@gmail.com .

Guidelines for paper submission

Abstract: within 300 words

Full Paper: within 3000-4000 words

Format: Abstract/Full Paper should be submitted (soft copy) in MS Word, Font: Times New Roman, Font size 12, spacing 1.5.

Selected papers would be published as conference proceedings with ISBN number.

Guidelines for Poster submission

1. It should be an **Academic Poster** of the size of a Cartridge sheet.
2. Writings on it should be visible from a distance.
3. It can be printed or handwritten.
4. Willingness to participate must reach by 20th April, 2020.
5. Soft copy of the poster should reach latest by 30th April, 2020
6. Best Posters will be given 1st, 2nd, and 3rd Prize certificates.
7. **Selected Posters will be published in the Conference Proceedings with ISBN no.**

Awards:

1. Best Paper Award
2. Best Poster Award

Registration Fee:

There is no Registration Fee. Participants are requested to Register at:

<https://forms.gle/WTTbniFNf5hStzVU9>

Publishing Charges: Rs. 1000 towards publication expenses are to be deposited at the direct link: <http://blmce.ac.in/online-fee-payment/> through college website www.blmce.ac.in. at the time of registration.

Note: The participants are advised to save a screen shot of the payment made successfully and take a printout for future reference.

Important Dates

Submission of Abstract and Full Paper:	30 th April 2021
Acceptance of Paper:	7 th May 2021
Dates of Conference:	13 th and 14 th May 2021

ORGANISING COMMITTEE

Patron-In-Chief:	Sh. Ashok Pradhan, Director, BVB, DK
Patrons:	Sh A S Awasthi, Advisor, BVB, DK Sh Rajesh Mishra, Registrar, BVB, DK Sh. Vijay Bhardwaj, Deputy Registrar, BVB, DK
Convenor:	Dr. Geetika Datta, Principal, BLMCE
Organising Secretary:	Dr Shalini Gupta, Faculty, BLMCE
Organising Committee: (IQAC):	Dr Reetu Sharma Vats, Faculty Dr Sulekha Ram, Faculty Ms Sakshi Vermani Rishi, HOD, D.El.Ed.
Contact Person:	Dr Shalini Gupta, Ph: 7042323284 Email: positivepsychologyblmce@gmail.com