

## Important dates:-



Last Date of Abstract Submissions.

*3RD JANUARY 2024*

Last Date of Full Paper Submissions.

*15 JANUARY 2024*

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PRINCIPAL KHALSA COLLEGE (AMRITSAR) OF TECHNOLOGY &  
BUSINESS STUDIES-MOHALI



“The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW.”

- Shannon L. Alder, n.d. -



# MENTAL HEALTH AND WELLNESS CONFERENCE 2024

*A DAY OF INSPIRATION AND HOPE*

**SATURDAY, FEB 03RD 9:00AM- 1:00PM**

*Organized by*

**KHALSA COLLEGE (ASR.) OF TECHNOLOGY AND BUSINESS STUDIES, MOHALI**

*Engage • Empower • Enable*

Affiliated to Punjabi University, Patiala  
(Under the aegis of Khalsa college Charitable Society, Amritsar)

📍 Phase 3A Sector 53, S.A.S. Nagar (Mohali) - 160059(Pb.) India

# About Khalsa College



## Mohali:-

Established under the aegis of Khalsa College Charitable Society, Amritsar in 2009, Khalsa College (ASR) of Technology & Business Studies, Mohali, is affiliated to Punjabi University, Patiala and registered with AICTE, New Delhi. Khalsa College Charitable Society, Amritsar was formed way back in 1892 and has a glorious history of providing value based and quality education. At present 14 colleges and 5 schools are running under its strong management. The supreme legacy of more than 130 years of Khalsa College Charitable Society, Amritsar is a great motivating force for Khalsa College(ASR) of Technology & Business Studies Mohali, in providing quality education and empowering society. Under the guidance of President of Khalsa College Charitable Society, Amritsar, S Satyajit Singh Majithia & Honorary Secretary, S Rajinder Mohan Singh Chinna this college is flourishing day by day.

## About Conference:-

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.



Email:- [kcmconference@gmail.com](mailto:kcmconference@gmail.com)



## Sub Themes

Conference covers a wide range of mental health and well being issues with emerging themes communities, Mental well being of youth and others and equality, Diversity and inclusion. The sub themes of the conference are as follows:-

- *Mental illness at Workplace*
- *Workplace intervention's for common mental disorders*
- *Mental Health & Self care*
- *PAX tools*
- *Association between Psychological stream and Hypertension*
- *Stigma*
- *Discrimination at Workplace*
- *Depression and Type 2 Diabetes over the life span*

## Guidelines for Paper Submission

- Only original, unpublished work is sought.
- The authors are requested to send the abstract of the paper latest by January 3rd, 2024 in 250-300 words typed in MS Word (Times New Roman), font size 12, single line spacing along with name and address of author(s), contact numbers and email addresses.
- Length of full paper should be between 1200-5000 words typed in MS Word (Times New Roman, font size 12 & single line spacing). The paper should be mailed at [kcmconference@gmail.com](mailto:kcmconference@gmail.com)
- Tables, charts and figures should be serially numbered and duly acknowledged. Source of data is to be given with each table.