

THIRD INTERNATIONAL CONFERENCE 2024

February 9th & 10th

on

Digital Detox & Well-being Capital

ORGANISER:
DEPARTMENT OF PSYCHOLOGY
SCHOOL OF SOCIAL AND BEHAVIORAL SCIENCES
CENTRAL UNIVERSITY OF KARNATAKA, KALABURAGI

HYBRID MODE



NEED FOR THE CONFERENCE

In this growing world of technology, the need for a conference focused on digital detox and well-being capital has never been more crucial. As digitalization shapes every facet of our lives today, there is an increasing concern about the impact on our mental, emotional, and social well-being. This conference aims to provide a platform for in-depth discussion, insights, and solutions that bridge the gap between our digital world interactions and overall well-being.

Individuals and societies are living in a world with a keen awareness of setting boundaries and of the importance of unplugging and fostering healthy relationships with technology. It is needed to explore the concept of "well-being capital," delving into how our digital behaviour and habits can contribute to or detract from our quality of life. By examining the latest empirical research, case studies, and practical strategies, attendees will gain valuable insights into mindful use of technology, digital detox techniques, and fostering authentic human connection in the digital age. Furthermore, the conference will shed light on the responsibility of technology creators and policyma-

kers to design and regulate digital environments that prioritize human flourishing. In the practice of this field, experts, researchers and thought leads from diverse fields will pave the way for insightful discussion, actionable takeaways, and collaborative efforts to ensure that digital interactions contribute positively to the well-being capital of human beings.

OBJECTIVES

The primary objective of this conference is to explore innovative ideas to enhance the overall well-being of individuals and their communities in this high-tech world. Specifically, it intends to be a platform to share empirical evidence for dealing with problems in the fields of health, education, and workplace because of the excessive use digital technology. More elaborately, the sub-themes of the conference attempt to reveal the favourable and unfavourable impacts of digital technologies on health and wellbeing and the recommendations for dealing with future challenges.

REGISTRATION DETAILS

EARLY BIRD REGISTRATION:

Students:	Rs. 300/-
Research Scholars:	Rs. 650/-
Academicians, Faculty & Professionals:	Rs. 900/-

LATE REGISTRATION:

Students:	Rs. 400/-
Research Scholars:	Rs. 800/-
Academicians, Faculty & Professionals:	Rs. 1000/-

INTERNATIONAL DELEGATES:

EARLY BIRD REGISTRATION:

Researchers:	100 USD
Academicians, Faculty & Professionals:	130 USD

LATE REGISTRATION:

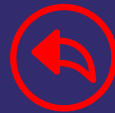
Researchers:	120 USD
Academicians, Faculty & Professionals:	150 USD

REGISTRATION DETAILS

All the paper presenters must pay their registration fees through NEFT/IMPS to the bank as per the details given below and the transaction details/fee receipt to be sent to the email ID: conferencecuk@gmail.com

All participants (Presenters and Non-presenters) should fill the Google Form:

<https://forms.gle/fqc1FNmQDjMVr8Wk6>



Bank Name: Canara Bank,

Kadaganchi Branch

Account Number: 110148758288

Account Name: HODPSYCHOLOGY

IFSC Code: CNRB0005109

IMPORTANT DATES

Conference Date: 9th-10th February, 2024

Submission of Full Paper: Till 15th January, 2024

Confirmation of Acceptance: Before 20th January, 2024

Early Bird Registration & Abstract submission: Till 20th December, 2023

Only Empirical Articles and Review (systematic review or meta-analysis) papers are accepted for in the conference. The full papers must not exceed a maximum of 7000 words, 30 references and a 250-word abstract. The abstract should be in English. Use Times New Roman font, size 12, with 1.5 line spacing. Word limit includes the main text, references, tables and figures, not the title page and abstract.

Manuscripts must comply with all author guidelines before submission. Submitted papers are subject to a double-blind academic peer review process. The Editor retains the right to reject articles that do not meet established scientific or ethical standards. Selected articles will be published as book chapters in a reputed publisher.

Only a limited number of rooms are available in the Guest house the available rooms will be allotted on a first come, first served basis as per the request. Participants requiring accommodation on the campus are informed to contact the conference committee for details.

SUB THEMES

- Digitalization and sustainable well-being
- Mindful technology use
- Social connections in the digital age
- Parental guidance to maintain screen time
- Technology and well-being
- Addressing challenges like digital loneliness and cyberbullying
- Education and digital initiatives
- Use of technology in learning
- Nurturing healthy relationship with technology
- Mindful practices and social well being
- Use of technology as tool for self-reflection and personal growth
- Technology and workplace
- Use of Indian knowledge system to detoxify Digital Stress

For further queries, please contact the Convener,

Dr. Ravinder Kumar through:
(Whatsapp and Phone) +91 98139 14630
(Email ID) ravinderkumar@cuk.ac.in

ABOUT THE UNIVERSITY

Established by an act of the Parliament in 2009, the Central University of Karnataka is one of the 16 central universities established during the UGC XI Plan Period. CUK has 654 acres of campus, and 12 schools under which 26 departments are offering various undergraduate, post-graduate, and doctoral degree programs. It is a rapidly developing higher education institution with a vision to be committed to universal values and knowledge. To know more about CUK, please visit the website <https://www.cuk.ac.in/> 🖱



ABOUT THE DEPARTMENT OF PSYCHOLOGY

Since its establishment in 2009, the Department of Psychology has evolved into a dynamic academic unit within the School of Social and Behavioural Sciences, dedicated to fostering psychological expertise and advancing research excellence. The faculty comprises five permanent members and an additional five on a contractual basis, collectively driving the education of a diverse cohort of 180 students. The academic programs offer a wide array of options, including a two-year standalone Master's

degree, a five-year Integrated Master's degree program, Doctoral studies, and a four-year Honours program in BSc Psychology with research, introduced in 2022. At the core of our programs are specialized courses in Clinical-Counselling Psychology and Organizational Behaviour-Human Resource Management. The department emphasizes on a comprehensive approach, integrating theoretical teaching with practical skills training through laboratory work, field experiences, and virtual labs

A defining feature of our programs is the substantial 1000-hour internship, spanning hospitals, industries, and communities, which underscores clinical diagnosis, psychotherapy, counselling, organizational development, human resource management and training. The dedication of our faculty members and students towards research is evident through the publication of research articles in SCOPUS and Web of Sciences, with commendable impact factor scores. The faculty members have undertaken extramural research projects supported by DST, ICSSR, and national consultations.

INVITED SPEAKERS



Dr. Victor J Strecher

Professor,
School of Public Health,
University of Michigan



Dr. Nov Ratan Sharma

Director (AIBAS),
Amity University,
Gwalior, Madhya Pradesh



Prof. Manoj Sharma

NIMHANS
Bengaluru,
Karnataka



Dr. Tony Sam George

Professor and Dean (Social Sciences),
Additional Director
Center for Research,
Christ (Deemed to be) University,
Bengaluru



Dr. Murat Gulmez

Associate Professor,
Cag University,
Mersin, Turkey



Dr. C.R. Darolia

Professor (Retd.)
Department of Psychology
Kurukshetra University



CHIEF PATRON

Prof. Battu Satyanarayana
Hon'ble Vice-Chancellor,
Central University of Karnataka



DEAN

Prof. Channaveer R.M.
School of Social and Behavioural
Sciences,
Central University of Karnataka



HEAD

Prof. Romate John
Department of Psychology
Central University of Karnataka



CONVENER

Dr. Ravinder Kumar
Assistant Professor
Department of Psychology
Central University of Karnataka

ORGANIZING & TECHNICAL COMMITTEE



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Assistant Professor
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Assistant Professor
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Aswathy Gopi

Julia Grace Jacob

Monica Daniel

Monica Umakantha

Sindhu D.M.

Vismaya A.

Mona Arthi Efcibha M.S.

Sayujya

Sruthi K.S.

Vany Mol K.S.

**All the students of the
Department of Psychology, CUK.**

ADVISORY COMMITTEE

Prof. Romate John

Prof. Azizudin Khan

Prof. Govind Swaroop Pathak

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Prof. Rohtash

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IIT (ISM Dhanbad)

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Dept. of Psychology, Kurukshetra University

Head, Dept. of Psychology, Kurukshetra University

Dept. of Psychology, Central University of Haryana

Asst. Prof., IIT Bhilai

Director (Projects), Public Health Foundation of India (PHFI)

Asst. Prof., Dept. of Psychology, Central University of Haryana

Head, Dept. of Psychology, Central University of Punjab

Head, Dept. of Psychology, Central University of Tamil Nadu

Play Therapist, Dept. of Psychiatry, PGIMER, Chandigarh

Assistant Professor, Central University of Haryana

Associate Professor, Dept. of Psychology, University of Allahabad

Assistant Professor, Dept. of Education, Christ (Deemed to be) University

Assistant Professor, GCW, Bhiwani, Haryana

Assistant Professor, GCMS, Charkhi Dadri, Haryana

Assistant Professor, GCW, Panchkula, Haryana

Assistant Professor Dept. of Psychology, Banaras Hindu University

Assistant Professor, AIBAS, Amity University, Haryana

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