



International Virtual Conference
POST COVID-19 :
ENHANCING RESILIENCE AND WELL-BEING IN HEALTH
AND EDUCATION SECTORS



Organised by
Department of Psychology
Central University of Karnataka
India

24th & 25th
January
2022

KEYNOTE SPEAKERS & INVITED SPEAKERS



PATRON

Prof. Battu Sathyanarayana
Honorable Vice Chancellor
Central University of Karnataka



Lynne Berrett
Founder and Co-Director,
Ageless Mind Project,
New York, USA



Dr. Murat Gulmez
Associate Professor,
Cag University,
Mersin, Turkey



Prof. K. Sekar
Senior Professor and Consultant,
Centre for PSS in Disaster
Management, National Institute of
Mental Health and Neuro Sciences,
Bengaluru, Karnataka, India



Prof. Meena Hariaharan
Founder Director of the Centre for
Health Psychology,
UOH, Hyderabad, India



Prof. Sibnath Dev
Director, Rajeev Gandhi Institute
of Youth Development,
Sriperumbudur, Tamilnadu,
India



Dr. Rajani P
Deputy Director, Mental Health,
Department of Health & Family
Welfare, Government of
Karnataka, India

Need for the Conference

The COVID-19 pandemic has affected all spheres of human life at both the personal and societal levels. In order to minimise the spread of this highly infectious disease, countries across the globe have adopted various measures along with attempts to provide vaccinations against COVID-19. The guidelines proposed by the WHO to manage the pandemic spread include social distancing, quarantine, and the avoidance of all kinds of social gatherings. However, these precautionary measures have adversely affected the normal functioning of the global community. One of the mostly affected areas is the functioning of healthcare systems, particularly with regard to the drastic rise of the requirement for more healthcare professionals to manage both COVID-19-related health problems and to provide timely services to individuals in need of other medical support. In this context, the shift to tele-medicine wherever applicable was inevitable, which further presented both positive and negative outcomes. The shift and adoption of tele-medicine and health education among the public is more challenging in developing countries with limited resources, particularly because the majority of populations have poor internet accessibility. Nevertheless, recent study findings point to the various benefits of tele-medicine, especially if appropriate health education can also be delivered. Socio-cultural factors contribute to effective health education, and the dissemination of knowledge through

academic discussions, especially cross-cultural and interdisciplinary discourse, is essential to implement strategies that are feasible, efficacious, and based on context-specific pre-requisites.

Apart from healthcare systems and the management of health, other aspects of life have also been affected by COVID-19, including employment and work environments. As a result of micro- and macro-level changes in the economy, numerous individuals have lost their jobs, and many others have encountered drastic changes in the nature of work. Work from home mandated by employers has also brought about both beneficial and detrimental consequences, depending on many factors including gender and ethnicity.

The student community has also witnessed many dramatic changes in the educational system, including the shift to online or blended communication modes; uncertainty regarding the admission, completion, and assessment of different courses; a compelled and steep increase in screen time; and the lack of direct social interactions. Studies suggest that the changes in educational systems have resulted in many psycho-social problems in students of all age groups. Matters became even worse when combined with other personal factors such as alterations in the family functioning and interpersonal relationships and the discontinuation of scholarships and fellowships. In this context, other than the academic publications that deliver

study findings to an audience with similar interests, there is also a dire need for academic conversations in the form of seminars and conferences that encourage students, researchers, and academicians to collectively brainstorm for the most efficient approaches to help the public to prepare for the challenges of post-pandemic period as well as promote their well-being.

Objectives of the conference

The primary focus of the conference is to propose innovative means to enhance the well-being and resilience of the public. Specifically, it intends to be a platform to share empirical evidences for dealing with problems in the fields of health, education, and work, especially in the post-COVID period. Furthermore, the sub-themes of the conference attempt to reveal the favourable and unfavourable impacts of COVID-19 and recommendations for dealing with future challenges.

Expected Outcomes of the Conference

- Compilation of ingenious ideas to propose changes and modifications in health policies.
- Knowledge dissemination to overcome obstacles to a healthier and happier society.
- Identification and management of barriers for healthy coping, resilience, and well-being.

About the University

Established by an Act of Indian Parliament in 2009, Central University of Karnataka (CUK) is one of the 16 central universities established during the UGC XI Plan Period. CUK has a 654-acre campus and 12 schools under which 26 departments offer various undergraduate, post-graduate, and doctoral degree programs. CUK 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 <https://www.cuk.ac.in/>

About the Department of Psychology

The Department of Psychology was established under the aegis of the School of Social and Behavioural Sciences, Central University of Karnataka, in 2009. The department offered MPhil programs in psychology from 2009 to 2011. In 2011, the Department of Psychology instituted a two-year MSc Psychology program in psychology with dual specialisations, namely, Clinical & Counselling specialisation and OB & HRD specialisation. In 2012, the department instituted a five-year IMSc program in

Psychology and Doctoral programs in psychology. Over the last decade, the department has undertaken several funded research projects from ICSSR, DST, and other funding agencies in addition to offering national and international consultations in various spheres of behavioural sciences. Moreover, the department has published a number of notable articles in reputed journals with high impact factors. The department is currently focusing on the development of human resources and well-being in the focused research areas of health, counselling, social justice, emotional regulation, etc.

SUB-THEMES

- Post-Traumatic Growth: Interventions for Resilience, Well-Being, & Flourishing
- Digital Well-Being: Between Online Education and Internet-Use Disorders
- Aftermath of COVID-19 and Mental Health: The Role of Lifestyle Changes
- Binge Watching: Mental Health Consequences of the Excessive Use of OTT Platforms
- Digital Divide: Psychological Interventions to Reduce the Gulf between the *Privileged* and the *Underprivileged*
- Mortality & Meaning in Life: Bereavement Counselling during & after COVID-19
- Eudaimonic Enhancement in the Time of COVID-19: Importance, Impact, and Interventions
- Mindfulness for Health & Well-Being in the Pandemic Era: From Clinical and Positive Psychological Perspectives

- Pandemic and the Infodemic: What can Social Psychologists do?
- Employment, Underemployment, and Unemployment during COVID-19: Maintaining Well-Being

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

Bank Name	Canara Bank, Kadaganchi Branch
Account Number	5109101000001
Account Name	Central University of Karnataka
IFSC	CNRB0005109

FEE PAYMENT DETAILS

EARLY BIRD FEE FOR PARTICIPATION/PRESENTATION (UNTIL 3 JANUARY 2022)

Type of participant	Registration fees
Students	₹ 250/-
Research Scholars	₹ 500/-
Academicians, Faculty & Professionals	₹ 750/-

LATE REGISTRATION FEE (FROM 3 JANUARY 2022 TO 18 JANUARY 2022)

Students	₹ 400/-
Research Scholars	₹ 750/-
Academicians, Faculty & Professionals	₹ 1000/-

ABSTRACT SUBMISSION

Abstracts of research papers based on empirical research or systematic review not exceeding 250 words in English typed in Times New Roman with font size 12 with 1.5-line spacing are invited from scholars. Abstracts based on theoretical and conceptual research frameworks are not accepted for presenting in the conference. Selected articles will be published as book chapters. The abstract and the full paper should be mailed to conferencecuk@gmail.com

Important Days

Conference date	: January 24 & 25, 2022
Abstract submission	: January 2, 2022
Submission of full paper	: Till 6 January 2022
Confirmation of acceptance	: 08 January 2022
Early bird offers	: Till 03 January 2022

PATRON

Prof. Battu Sathyanarayana
Honorable Vice Chancellor
Central University of Karnataka

DEAN

Prof. Romate John
School of Social and Behavioural Sciences

CONVENOR

Dr. Rajkumar E.

ADVISORY COMMITTEE

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Dr. Vijendra Pandey, Assistant Professor, Department of Psychology.
Dr. Eslavath Rajkumar, Assistant Professor, Department of Psychology.

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Link for registration : <https://forms.gle/ijx9eoCoFYT9tb288>