

27th & 28th
January
2023



Mode of the Conference: Hybrid (online/offline)

INTERNATIONAL CONFERENCE HEALTH, WELLBEING & TECHNOLOGY

Organised by Department of Psychology
Central University of Karnataka
India

Need for the Conference

Today's technology has become utterly vital since it helps people in almost every aspect of life. In addition to serving as a tool for practical chores and a crucial conduit for gratifying psychological demands like popularity and relatedness, technology also serves as a medium to promote physical and mental well-being as well as individual self-improvement. Digital well-being is the subjective well-being of people in a world where digital media are pervasive. The potential influence of digital media has increased along with their degree of integration with routine activities. Technology has always been a two-edged sword; there are hazards and rewards involved.

In this day and age, the health care system is more and more dependent on the use of technology in the form of digital interventions, using electronic medical records and the right smartphone apps. In the digital age, a variety of digitised health promotion techniques have evolved. E-health and behavioural intervention technologies have gained popularity among healthcare professionals as a potential strategy, particularly for workplace health promotion. Additionally, in the area of consumer technology, self-optimization tools and apps have become extremely popular. These tools and apps support self-improvement in a variety of areas, including nutrition, mindfulness and meditation, time management, stress reduction, sleeping patterns, and physical activity. Several studies have been published discussing the dangers of using technology, including the emergence of addictive behaviours, cyberbullying, and an elevated risk of suicide owing to pro-suicide websites and suicide pacts.

Virtual reality has supplanted face-to-face contact among people in the post-COVID era, having a profound impact on social connection. People can learn about healthcare and socialise socially while still being in a safe setting thanks to a variety of readily available, simply accessible technologies. Everything is being affected by the "digital revolution," including the economy, innovation, research, and education, as well as health, sustainability, government, and lifestyles. As new ecosystems emerge, digital technology will radically alter business models, institutions, and society as a whole. More quickly than any other breakthrough in human history, they have transformed society and reached almost 50% of the population in the developing world in just two decades.

In this context, other than the academic publications that inform 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 get prepared for the challenges of being in the digital world, and how it affects the well-being. These insights will benefit all those exploring the ways in which technology can contribute to well-being.

Objectives of the conference

The conference has a primary focus to come up with innovative means to enhance well-being using the advantages posed by digital technologies. Specifically, it intends to be a platform to share empirical evidence for

dealing with problems in the fields of health, education, and work, especially in the post-covid period. 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.

Expected outcomes of the conference

- Compilation of ingenious ideas to propose changes and modifications in the health policies.
- Knowledge dissemination to overcome the hindrances to making a healthier and happier society.
- Identification and management of the barriers caused by digital technologies for health and well-being.

Important Days

Conference date	: January 27 & 28, 2023
Submission of abstract	: Till 25 November 2022
Confirmation of abstract	: 30 November 2022
Submission of full paper	: Till 22 December 2022
Early bird offers	: Till 31 December 2022



Link for registration : <https://bit.ly/3CBSROW>

About the University

Established by an act of the Indian 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

The department of Psychology was established in 2009 in the School of Social and Behavioural Sciences. The Department of Psychology beseeches the active participation, association, and involvement of a multi-disciplinary group of psychologists, social workers, rehabilitation professionals, social scientists, scholars, and researchers who contribute to the field of behavioural sciences in a holistic manner. The Department, through education and research, targets to nurture manifold areas of behavioural sciences and attempts to improve the quality of life of individuals as well as society. The Department helps students to develop an understanding of the complexity of human behaviour by undertaking a critical analysis of biological, intra-psychic, interpersonal, social, political, cultural and economic forces that influence human behaviour. The students and the faculty alike are encouraged to become empathically involved in efforts that lead to greater social justice and the achievement

of humankind's full potential. The Department has been offering a five-year integrated master's degree programme in Psychology (IMSc), Two - a year Master's degree programme in Psychology (MSc) and a Doctoral programme in Psychology since 2011. The department offers specialized courses such as Clinical and counselling Psychology and OB and HRM. The department has introduced an undergraduate programme in Psychology as per the NEP 2020 framework with effect from the academic year 2022.

Sub themes:

- 🎧 Use of technology in health and well-being
- 🎧 Mobile health (mHealth)- related technology and well being
- 🎧 Well-being and health-related quality of life
- 🎧 Technology-based interventions for promoting the mental health and well-being
- 🎧 Cyberbullying and mental health
- 🎧 Health communication
- 🎧 Rural mental health and well-being
- 🎧 Non-communicable disease and well-being
- 🎧 Education and well-being
- 🎧 Mental health education, research and practice
- 🎧 Alternative healthcare and holistic medicine
- 🎧 Yoga, meditation and well-being
- 🎧 Happiness and well-being
- 🎧 Healthcare management
- 🎧 Current challenges of digitalization in healthcare industry
- 🎧 Telemedicine and telehealth

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

Publication:

Only Empirical Articles and Reviews (systematic reviews or meta-analyses) 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 limits include the main text, references, tables and figures, but 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 reputed publisher.

SPEAKERS

Prof. Jaspreet S Brar

School of Medicine,
University of Pittsburgh, Pittsburgh, PA, USA

Prof. K. Srinivasan

Head, Division of Mental Health and Neurosciences,
St. John's Research Institute, India

Prof. Ashok Mysore

Head of Faculty
St. John's National Academy of Health Sciences, Bengaluru,
Karnataka, India

Prof. Meena Hariharan

Founder Director of the Centre for Health Psychology,
University of Hyderabad, Hyderabad, India

Prof. V. J. Byra Reddy

Professor, School of Arts, Humanities and Social Sciences
Chanakya University, Bangalore, India

PATRON

Prof. Battu Sathyanarayana

Honorable Vice Chancellor
Central University of Karnataka

DEAN

Prof. Channaveer RM

School of Social and Behavioural Sciences
Central University of Karnataka

HEAD

Prof. Romate John

Department of Psychology
Central University of Karnataka

CONVENOR

Dr. Rajkumar E.

Assistant Professor, Dept of Psychology
Central University of Karnataka

ADVISORY &

TECHNICAL COMMITTEE

Dr. Vijendra Pandey
Ms. Anusree Radhakrishnan
Ms. Indulekha Selvan
Ms. Navya Sangeerthana CH
Ms. Aparna S.
All Research Scholars
Central University of Karnataka



The registration fee will be covering food, local Hospitality and Registration.

Accommodation

Only a limited number of rooms are available in the Guest house the available rooms will be allotted on first-cum-first served basis as per the request . Participants requiring accommodation on campus are informed to contact conference committee for details room rent and terms and conditions.

FEE PAYMENT DETAILS

EARLY BIRD FEE (UNTIL 31 DECEMBER 2022)			LATE REGISTRATION FEE (FROM 1 JANUARY 2023 TO 14 JANUARY 2023)		
Type of participant	Registration fees (Offline)	Registration fees (Online)	Type of participant	Registration fees (Offline)	Registration fees (Online)
Students	₹ 500/-	₹ 400/-	Students	₹ 700/-	₹ 600/-
Research Scholars	₹ 900/-	₹ 600/-	Research Scholars	₹ 1200/-	₹ 750/-
Academicians, Faculty & Professionals	₹ 1200/-	₹ 1000/-	Academicians, Faculty & Professionals	₹ 1500/-	₹ 1200/-
International participants	\$ 30	\$ 20	International Participants	\$ 40	\$ 30