

## Registration Form

Link for Online Registration:

<https://forms.gle/AN5TgyJoTYo2L1sY6>

Name: .....

Designation: .....

College/University/Organization: .....

Mailing Address: .....

.....

Contact (WhatsApp No.): .....

Presenting Paper

Presenting Poster

Title of the Paper/poster.....

.....

Date and Time of

Arrival .....

Departure .....

.....

Details of Registration Fee:

.....

.....

Signature

Payment Details:

Bank Name - **Union Bank of India**

Branch - **Bhikharipur**

A/C No. - **596402010008598**

IFSC CODE- **UBIN0559644**

Name - **Nai Subah**

Note: Registration fees include a kit, refreshments, and a certificate. All registered participants who present the paper or poster will only get the certificate; however, joint authors may pay separately. The outstation participants will have to make their own stay arrangements as the Registration Fee does not include Boarding and Lodging.

Chief Patron

**Dr. Ajay Tiwari**

Director, Nai Subah

Patrons

Prof. Rachana Dubey

Principal

Arya Mahila PG College

Chetganj, Varanasi

Prof. Alka Singh

Principal

Vasanta College for Women,

Rajghat, Varanasi

Conveners

Dr. Ved Prakash Rawat

Department of Psychology

VCW, Rajghat, Varanasi

Dr. Garima Gupta

Department of Psychology

AMPG College, Varanasi

Organizing Secretaries

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Dr. Anshul Jaiswal

Dr. Meenakshi Bajpai

Dr. R. P. Sonkar

Dr. Mukesh Kumar Panth

Dr. Gyanesh Kumar Tiwari

Dr. Richa Singh

### The Participants

Attendees include academicians, psychologists, counselors, researchers, medical professionals, research scholars, under and post graduate students, socialworkers and policymakers etc.

### Call for papers

Participants interested in presenting a research paper/poster on the theme, or any subthemes of the seminar are required to submit their abstract about 250 words, including background, method, results, and conclusion with five key words at [nationalconferencenai@gmail.com](mailto:nationalconferencenai@gmail.com) by 15th September, 2023. The abstract must include the author's name, institutional affiliation, email, and mobile number of the presenter/author. The organizing committee will screen all the abstracts and notify by 17th September, 2023. The authors are expected to send the full paper and pay the seminar registration fee by 25th September, 2023 considering it as a last day.

\*After last day of payment 200/- Rupees will be charged as additional fee for registration (each category).

### Registration Fee

Faculty Members/Academicians: Rs. 1500/-

Research Scholars: Rs. 1000/-

PG/UG Students: Rs. 500/-

On the spot registration fees include \*250/- extra (each category)

Final Submission of Full Paper at [nationalconferencenai@gmail.com](mailto:nationalconferencenai@gmail.com)

by 20th September, 2023

For detail, visit the website:

[www.naisubahindia.com](http://www.naisubahindia.com) [www.ampgc.ac.in](http://www.ampgc.ac.in) [www.vasantakfi.ac.in](http://www.vasantakfi.ac.in)

For Further Queries. Please Contact:

Dr. Ved Prakash Rawat- +91 9451606320

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One Day National Seminar  
on

# "Internet Addiction and Mental Health"

12<sup>th</sup> October, 2023



Organized By



**Nai Subah**

Institute of Mental Health &  
Behavioural Sciences, Varanasi

in collaboration with



Counselling and Wellbeing Center  
Department of Psychology  
Vasanta College for Women



Department of Psychology  
Arya Mahila P.G. College



Department of Psychology  
Mahatma Gandhi Kashi Vidyapith



Department of Psychology  
Dr. Harisingh Gour Vishwavidyalaya  
Sagar, M.P.

Dear Sir/Madam,

It gives us immense pleasure to cordially invite you to participate in One Day National Seminar on "Internet Addiction and Mental Health" on 12th October 2023 jointly organized by numerous association namely Nai Subah- Institute of Mental Health & Behavioural Sciences & Counselling and Wellbeing Center, Department of Psychology, Vasanta College for Women, and Department of Psychology, Arya Mahila P.G. College, Varanasi and Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi, and Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya Sagar, M.P.

#### About Nai Subah

Nai Subah was established and has been functioning since 2003 in Varanasi by Dr. Ajay Tiwari (President). Nai subah working in three major area, Treatment, Training and rehabilitation. The treatment part running by Nai Subah multispecialty clinic which include expert team with clinical excellence along with well-trained professionals, including Psychiatrists, Clinical psychologists, Dental surgeon and physicians, to deliver exceptional physical and mental health care. We provide a free camp and sensitization programme to spread awareness. We provide empathic therapies and counselling through recognized professionals. We focus on the growth of the patient's symptoms and quality of life while providing them different type of therapies such as behavior Therapies, cognitive behavior therapy, marital therapy (Marital issues and interpersonal issues), Group Therapy, Exposure Response Prevention, Rehabilitation Services, DBT, Sex Therapy and other psychological Management to remove psychological symptoms. We not only provide highly advance machines- six parameter Biofeedback therapy (EMG, EEG, Pulse rate, Respiratory Rate, Temperature, GSR), Multi behavior Sex Therapy (Sex Therapy, Brain Polarizer, Electro sleep Therapy, Aversion Therapy) but also use Panchkarma Therapy for treatment which is an ancient practice focuses on world's oldest holistic health science by telling us the art of proper living to achieve a disease-free long life. We also run training-based courses M.Phil. (CP), D.ED. (IDD), PGDRP Recognized by RCI & Affiliated to DSMNR University, Lucknow. Our alumni are working as established mental health professionals with renowned organizations of India. We also provide rehabilitation services under the Manojagriti Inclusive School.

#### About AMPGC

Arya Mahila P.G. College was established in the year 1956 by Smt. Vidya Devi, an able disciple of Maharshi Gyananand ji, with an objective to promote women education, to empower them, and make them self-reliant. Arya Mahila P.G. College is admitted to the privileges of Banaras Hindu University since 1958 and hence follows the curriculum (elective) designed by the University in UG, PG & Doctoral programmes. The College has been accredited grade 'A' by NAAC and is running various diploma courses under Community College approved by UGC, New Delhi.

#### About Vasanta College for Women

Vasanta College for Women, Krishnamurti Foundation India, Rajghat, Varanasi at the confluence of river Ganga and Varuna. The college is established prior to Independence on 7th July 1913 by Dr. Annie Besant who was a leading figure of the Indian National Movement and a pioneer in envisioning the need of education for women, especially in India. The college is admitted to the privileges of Banaras Hindu University, accredited grade 'A+' by NAAC. The college remains committed to developing creative and critical thinking, nurturing innovation and excellence through education with a focus on the holistic growth of the students.

#### About MGKVP

Mahatma Gandhi Kashi Vidyapith was established in 1921 as Kashi Vidyapith and later renamed. The university has more than 350+ affiliated colleges spread over five Districts (Varanasi, Chandauli, Bhadohi, Mirzapur, Sonbhadra). It is one of the largest State Universities in Uttar Pradesh and has earned B+ status from the National Assessment and Accreditation Council.

#### About Dr. Harisingh Gour Vishwavidyalaya Sagar, M.P

This university was established on 18th July 1946 by Dr. Sir Hari Singh Gour (Nov. 26, 1870 - Dec. 25, 1949) by his lifetime savings. This 18th University of India and the oldest and the biggest University of Madhya Pradesh. This university is accredited grade 'A+' by NAAC.

#### About the Seminar:

Internet addiction is a problem in modern societies, and many studies have considered this issue. The prevalence of the Internet has increased markedly during these years. Along with all the benefits the Internet brings, the problems of excessive Internet use are becoming apparent. Internet addiction disorder is an interdisciplinary phenomenon, and various sciences such as medicine, computer science, sociology, law, ethics, and psychology have surveyed it from different viewpoints. The growing number of studies on Internet addiction indicates that it is a psychosocial disorder, and its characteristics are as follows: tolerance, withdrawal symptoms, affective disorders, and problems in social relations. Internet usage creates psychological, social, school, and/or work difficulties in a person's life. Eighteen percent of study participants were considered to be pathological Internet users whose excessive use of the Internet was causing academic, social, and interpersonal problems. Excessive Internet use may create a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationships, and anxiety. This seminar aims to foster insight and bring all discourse at one platform to instigate some changes in society. We look forward to welcome everyone who is interested in behavioral addictions, clinical disorders, and other mental health issues while covering wide perspectives about health and wellbeing. Join us in this venture on 12th October, 2023

#### Objectives of the Seminar:

The Objectives of the National Seminar are as follows:

- To bring together seminar participants from different disciplines such as Psychology, Sociology, Philosophy, Media studies, education, and Cultural Studies at one platform.
- To share scientific knowledge on behavioral (nonsubstance related) addictions and facilitate networks and collaborations.
- To increase knowledge and awareness of the common behavioral addictions from a multi disciplinary point of view, and discover novel intervention or prevention models.
- To cover a wide spectrum from neurobiological, psychological, and psychiatric approaches to sociological and anthropological facets.
- Constant use of the Internet reduces the brain's capacity to grasp and understand new things. It drastically affects an individual's attention span. The addicts have a continual desire to get back on the screen and surf, regardless of what work is pending. It affects productivity and can cause behavioral issues. With this, the seminar intends to identify the underlying symptoms related to internet addiction.

#### Sub Themes:

- Internet addiction: Role of Neurology
- Diagnosis and assessment of internet addiction
- Therapeutic interventions in internet addiction and governmental policy
- Clinical Health Psychology: Global Perspective
- Childhood disorders and their management
- Disability and Mental health
- Positive Psychology: From illness to wellbeing
- Application of neuropsychology in mental health
- Psychotherapies: current practice, advancement and future prospects

By incorporating these sub-themes, the seminar aims to foster meaningful discussions, promote exchange of knowledge and build collaboration among researchers, practitioners, and policymakers in the areas of addiction, health, and wellbeing to foster positive change in society.

#### Submission of the Research Paper

The delegates who are willing to present their papers in the seminar can submit their plagiarism-free original research papers on the above-mentioned theme/subthemes before the deadline on the mentioned email. The manuscript will include an abstract with full details of author/s and research paper (not exceeding more than 5000 words including references)

#### Note-

- All submissions should be in MS Word format typed in Times New Roman, 12 Font size with double line spacing.
- Authors should send a declaration in mail that the research paper, which is to be presented, has not been published or accepted for publication elsewhere or be currently under publication process.
- Quality research papers, examined by the committee, will be selected for publication in book with ISBN Number.

**Posters:** The normal size of the poster should be 30x20 inches size.

**BEST PAPER AWARD** There will be an exclusive session for the "Best Paper Award". Participants may mail their abstract along with their full empirical paper in this category, mentioning "participating for paper for Best paper award" in their email.

#### Organizing Committee

Dr. Manoj Tiwari, Sr. Counselor, ARTC, IMS, BHU, Varanasi  
Dr. Amarjit Singh, Sr. Counselor, ARTC, IMS, BHU, Varanasi  
Mr. Anurag Tiwari (Dy. Director), Nai Subah, Varanasi  
Ms. Shivangi Srivastava Clinical Psychologist, Nai Subah, Varanasi  
Mrs. Shkuntala Khushwaha Clinical Psychologist, Nai Subah, Varanasi  
Ms. Arpita Mishra (AO), Nai Subah, Varanasi  
Mrs. Poonam (HOD) D. Ed. (IDD), Nai Subah, Varanasi  
Dr. Akankshi Srivastava, Dept of Psychology, Vasanta College for Women, Vns.  
Dr. Akanksha Chaurasia, Dept of Psychology, Vasanta College for Women, Vns  
Dr. Aarushi Agrawal, Dept of Psychology, Vasanta College for Women, Varanasi  
Dr. Bithika Agrawal, Dept of Psychology, Vasanta College for Women, Varanasi  
Ms. Krishna Vyasa, VKM, Varanasi

#### Conference Advisory Committee

Prof. Anubhuti Dubey, Head Dept of Psychology, DDU, Gorakhpur University  
Prof. Dhanaanjay Kumar, Department of Psychology, DDU, Gorakhpur University  
Prof. Rashmi Singh, Head, Department of Psychology, MGKVP  
Prof. Seema Srivastava, Dept of Psychology, Vasanta College for Women, Vns.  
Prof. Sandhya Ojha, Agrasen Mahila P.G. College, Varanasi  
Dr. Durgesh Upadhyay, Dept of Psychology, Mahatma Gandhi Kashi Vidy Pith  
Dr. Amit Tiwari (Dental Surgeon), Nai Subah, Varanasi  
Dr. Shaily Tiwari (Expert Gyneo.) Nai Subah, Varanasi  
Dr. Aditya Tiwari (Expert in psychiatry), Nai Subah, Varanasi

#### Transportation & Hospitality Committee

Mr. Vijay Pal (Librarian), Nai Subah, Varanasi  
Ms. Radhika Devi (Nai Subah)  
Mr. Gaurav Chakravarty (Nai Subah)  
Mr. Sanjay Gupta (Nai Subah)  
Mr. Santosh Kumar (Nai Subah)

#### Press and Media In charge

Dr. Manoj Tiwari

Venue: **Nai Subah**  
Khanaw (Near Water Tank)  
Akhari Bypass- Chunar Road,  
Varanasi

