Reference No. 802/ZHF
The Principal, Dr. Z.A. Dental College

Greetings! On behalf of Dr. Zakir Hussain Foundation, Aligarh, I am pleased to invite you
to contribute a paper in one day National Seminar on “HEALTHY MINDS FOR
HEALTHY NATION” on January 29, 2017 (Sunday) in the Assembly Hall, University
Polytechnic, Aligarh Muslim University, Aligarh.

In today’s fast life, we are often stressed and racing against time to finish our to-do list
each day. We are racing against time and hardly get time to have proper meals, do some
physical exercise and even sleep adequately. Most of us remain constantly stressed due
to work pressure and family related issues. We are always under pressure to meet the
deadlines or to accomplish our targets. We want to achieve and accomplish a lot as
quickly as possible.

But, we forget that in order to achieve this, we need to remain healthy, physically and
mentally. We are searching for mental peace all the time to counter stress in our daily
lives but we do not realize that if we are neglecting our bodies, how we can nourish our
mind and if our minds are not nourished, how we can contribute in the progress of our
Nation.

I hope this seminar would discuss how does the mind and body work together to create
a whole person and a healthy oneself? How does one maintain a well-exercised mind?
How is it connected to other parts of life?

It would be appreciated if you could send your Abstract before 28th November,
2016 and Full length Paper before 21st December, 2016 for publishing in the
Souvenir and later on in a Peer Reviewed Refereed International Journal of
Humanities & Social Sciences (JHSS) ISSN: 0974-8806 in the form of Proceedings.

Please circulate this information to all the concerned departments of your esteemed
University for availing this opportunity. We look forward to your kind support,
cooporation and active involvement in the above noted programme.

Hoping an appropriate consideration by your good-self.

Thanks & regards

PROF. ANIS A. ANSARI
Convener & Hony. Patron, ZHF
Contact: 9045829131, 9411413466

SAJIDA NADEEM
Organizing Secretary
Email: zakirhussainfoundation@gmail.com

Kash "
college undate &
Chairperson's
mail

Date: 29.11.16

Actg. Principal
Dr. Z.A. Dental College & Hospital
A.M.U., Aligarh
ORGANIZING COMMITTEE

Chief Patron
Shri Ashok Sawhney
CEO, Swiss Military worldwide

Convener & Hon'ble Patron
Prof. Anil A. Aneoti
Former Chairman, Dr. Kirmani, AMU, Aligarh

Co-Hon'ble Patrons
Prof. S. M. Sabir Ali, Chairman, DIO TWST, AMU, Aligarh
Prof. Zakiya Sultaniq, ODE, APS, Aligarh
Prof. Suhail Khurshid, Head, Designing, AMU, Aligarh
Prof. Lari Arzoo, Head, DIT of PG Stud. & Res., NRC, College, Khurja
Dr. Mohd. Abubakar Noor, Principal, ABH (Boys) High School, AMU, Aligarh
Dr. Sabir Rahi, Social Activist, Aligarh

Hon'ble President
Mr. Nadeem Raja
Social Activist, Aligarh

Vice President
Mr. Syed M. Tajuddin Alam
Social Activist, Delhi

Organizing Secretary
Ms. Sadia Tabassum
Prof. M.N. Farooqui, Computer Centre, AMU, Aligarh

Members
Prof. Takbeer Ali
Dept. of Jawahar, AMU, Aligarh
Prof. Saeed Ahmed
Dean of Ph.D., AMU, Aligarh
Prof. Shekhar Datta, Muslim University
Aypary
Dr. Naga Meena Azhar
Dept. of Commerce, AMU, Aligarh
Dr. Tabassum Chaudhary
Department of Law
Dr. Lisan Sani
Department of Commerce

Registration Form
Date of Registration & Submission of Abstract:
28 November, 2016
ONE DAY NATIONAL SEMINAR ON

Healthy Minds Healthy Nation

20 January 2017 (Sunday)
Venue:
Assembly Hall, University Polytechnic
Aligarh Muslim University, Aligarh
Organized by
Dr. Zakir Hussain Foundation, Aligarh
www.aligarhzhf.org

All Selected Papers will be Published in a Peer Reviewed & Referred International Journal of Humanities & Social Sciences (IJHSS) ISSN: 0975-8056
In the form of Proceedings

Registration Fee (please tick)
U.G./P.G. Student Rs. 2000 ( )
Research Scholar Rs. 2500 ( )
Teacher /PDF Rs. 3000 ( )
Non-Academicians Rs. 2000 ( )
Participants from other countries Rs. 6000 ( )

Note:
Registration fee can be paid in Cash to the Secretary, ZHF
Registration fee once deposited will not be refunded.
Two or more authors have to register themselves separately.
Three Best Paper Presenters will be awarded in the seminar.
All registered participants will be awarded a Certificate of Participation/Presentation.

Dated: Signature

India has to be transformed into a developed nation, a prosperous nation and a healthy nation, with a value system.

- Abdul Kalam -
PREAMBLE

"By changing our minds, we really can change our lives," asserts Dr. Aron.

In the fast changing world (socially, economically and politically) our priorities also change. In today's fast life, we are often stressed and racing against time to finish our to-do list each day. We are racing against time and hardly get time to have proper meals, do some physical exercise and even sleep adequately. Most of us remain constantly stressed due to work pressure and family related issues. We are always under pressure to meet the deadlines or to accomplish our targets. We want to achieve and accomplish a lot as quickly as possible.

But, we forgot that in order to achieve this, we need to remain healthy, physically and mentally. We are searching for mental peace all the time to counter stress in our daily lives but, we do not realize that if we are neglecting our bodies, how we can nourish our mind and if our minds are not nourished, how can we contribute in the progress of our Nation?

ABOUT THE SEMINAR

The contribution of healthy people to the development of a country is very important. In fact, no country would ever be able to achieve long lasting development if its citizens are suffering from health issues.

The health of inhabitants must always be the country's paramount consideration. It is an important dimension of quality of life. Thus, there is a popular belief that the most valuable asset of a country is the health of its citizens.

There is a deep relationship between mental health and socio-economic factors. Children and adolescents play an important role in shaping a healthy society and its individuals are its true messengers. Healthy Nation is formed on the foundation of peace. This can be possible only by proper upbringing of Children. Proper care of children is the need of the hour. It will pave way to a cultured, educated and healthy society.

A healthy body and a healthy mind go hand in hand. There is no such thing as a mind/body split. One of the kindest things we can do for our mental health is taking care of our physical health. If we feel good physically, the chances are better we will feel good mentally.

The Present Seminar aims to discuss how do the mind and body work together to create a whole person and a healthy oneself. How does one maintain a well-exercised mind, how is it connected to other parts of life.

SUB THEMES:

- Positive thinking: strong influence on health
- Current status of Youth psychology in India - opportunities and limitations
- Cognitive and social psychological dimensions in Society
- The role of youth in nation building
- Drug abuse in Youth
- Role of a teacher inculcating moral values in students
- Obesity - Challenges and solutions
- Good Parenting
- Health and fitness on workplace
- Health Care Laws and Policies
- Role of stress, anxiety, in the performance of an individual
- The role of social media in reducing stigma and discrimination
- Money power and aggression in youth
- Any other topic related to spirit of the theme

CALL FOR PAPERS

GUIDELINES FOR SUBMISSION OF ABSTRACTS & FULL PAPERS

- The quality papers will be selected based on abstracts of 200-300 words. The abstract should indicate the objectives of study, methodology adopted, major findings along with the practical implication of the study. It should be submitted in English/Hindi/Urdu (English in Times Roman 12 Font size / Hindi in Kruti Dev 10 Font size 1.4 and in Urdu (Page Urdu) double lines spacing in A4 size page set up with one inch margin on all sides. End notes and footnotes should be avoided.

Reference Style:

- Author(s) Name, Title of Book in Inverted commas or in Italics, Publisher, Years, Volume, Page Nos.
- Author(s) should Attach a Declaration Certifying that it is her/his unpublished and original piece of research work.
- The papers thus submitted shall be reviewed by the peer expert committee and only the selected papers shall be accepted for presentation at the seminar. Title of the paper should contain: 1) Title of the paper, 2) Name of the author(s) along with professional affiliations, 3) address for correspondence with email and telephone numbers.
- Authors have to submit two hard copies and a soft copy In CD to Organizing Secretary, ZHK at Prof. M.N. Farooqui Computer Centre or emailed to dbaksajida@gmail.com
- 0974-8806 in the form of Proceedings.

REGISTRATION CHARGES

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.G. / P.G. Student</td>
<td>Rs. 2000</td>
</tr>
<tr>
<td>Research Scholar</td>
<td>Rs. 2500</td>
</tr>
<tr>
<td>Teacher / PDF</td>
<td>Rs. 3000</td>
</tr>
<tr>
<td>Non-Academician</td>
<td>Rs. 2000</td>
</tr>
<tr>
<td>Participants from other countries</td>
<td>Rs. 6000</td>
</tr>
</tbody>
</table>

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submission of Abstract</td>
<td>28 November, 2016</td>
</tr>
<tr>
<td>Submission of Full Paper</td>
<td>21 December, 2016</td>
</tr>
<tr>
<td>Intimation of Paper Acceptance</td>
<td>05 January, 2017</td>
</tr>
<tr>
<td>Date of Seminar</td>
<td>22 January, 2017</td>
</tr>
</tbody>
</table>

FOR FURTHER DETAILS CONTACT

Ms. Sajida Nadeem
Organizing Secretary
Dr. Zakir Hussain Foundation, Aligarh
Prof. M.N. Farooqui Computer Centre, AMU, Aligarh
Email: zakirhussainfoundation@gmail.com,
Sajida@gmail.com
Website: www.aligarhhzf.org
+91-9411413466, 9411283720,
+91-9048582131, 9048533038

Healthy Minds for Healthy Nation

Healthy Nation