

Estd. 1995 NAAC 'A' GRADE

SMS
VARANASI
An Autonomous College

International Associate Partner

CALIFORNIA STATE UNIVERSITY
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grade 'A' by



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journal, subject to the
review process.

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published in the
form of an ISBN
edited book

12th
INTERNATIONAL
CONFERENCE ON
HAPPINESS AND
WELL-BEING AMIDST
POLYCRISIS: INSIGHTS
FROM INDIAN
KNOWLEDGE SYSTEMS

1st-2nd March, 2025

Venue
SMS, Varanasi



Organized by:

Centre for Spiritualism and Human Enrichment
School of Management Sciences, Varanasi
(An Autonomous College)

Khushipur, Mohan Sarai-Mughal Sarai By-pass, P.O. Bachchaon, Varanasi-221011, Uttar Pradesh (India)

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About School of Management Sciences, Varanasi

Established in 1995 in the culturally rich city of Varanasi, the **School of Management Sciences (SMS)** aims to provide world-class management and technical education. As an **autonomous institution**, SMS is approved by **AICTE, New Delhi**, affiliated with Dr. A.P.J. Abdul Kalam Technical University, Lucknow, and **Mahatma Gandhi Kashi Vidyapith, Varanasi**, and is recognized under **UGC 2(f) & 12(B)**. Accredited with an **'A' grade by NAAC**, SMS consistently ranks among the top B-Schools in India, offering postgraduate and undergraduate programs like **MBA, MCA, M.Com, BBA, BCA, B.Com, B.Com (Hons.), and BA (Hons.) Mass Communication**.

The campus boasts a **lush green environment** with **state-of-the-art infrastructure**, including centrally air-conditioned classrooms, Wi-Fi connectivity, and **eight computer labs**. SMS focuses on holistic development, equipping students with the technical, managerial, and ethical skills required to excel as socially responsible professionals.

About Centre for Spiritualism and Human Enrichment (CSHE), SMS Varanasi

Established in **2003** by the **School of Management Sciences (SMS), Varanasi**, the **Centre for Spiritualism and Human Enrichment (CSHE)** aims to integrate spirituality and human values with modern management principles to develop a sustainable and holistic management model. Since its inception, CSHE has actively organized **national and international conferences, seminars, and workshops** to promote this vision. It also publishes books and journals, notably **'Purushartha,'** a globally recognized, **Scopus-indexed journal**. The Centre is committed to creating **free e-content** to disseminate knowledge worldwide, furthering its objective of enriching human lives and advancing management science through spirituality.

About California State University, San Bernardino (CSUSB), USA

California State University, San Bernardino (CSUSB), established in **1965** at the foothills of the San Bernardino Mountains, serves over 20,000 **students annually and graduates about 4,000**. Renowned for its diverse student body, it boasts the second-highest African American and Hispanic enrollments among California's public universities, with **70% of graduates** being first-generation degree holders. **Offering over 70 degree programs**, including a doctorate in educational leadership and M.F.A. programs in creative writing and studio art, **CSUSB** ensures national accreditation for all eligible programs. It ranks in the top 4% nationally for **"value added"** education and has one of the highest retention rates in the **CSU system**.

About the Conference

The International Conference on **"Happiness and Well-Being amidst Polycrisis: Insights from Indian Knowledge Systems"** examines how Indian Knowledge Systems (IKS) address today's global crises—environmental, economic, social, and psychological—that collectively form a **"polycrisis."** With insights from the **Vedas, Upanishads, Bhagavad Gita, Yoga, Ayurveda**, ancient education, and legal systems, IKS offers holistic approaches to foster resilience, well-being, and happiness.

These teachings emphasize balanced growth, uniting physical, mental, and spiritual dimensions to enhance resilience and peace. Key IKS contributions include Yoga for physical and mental strength, Ayurveda for holistic health, and Vedanta for self-awareness. The ancient Indian education system integrated intellectual and spiritual growth, while traditional legal principles promoted justice and social harmony. Moreover, sustainable agricultural practices rooted in IKS support environmental balance and community welfare.

In simple terms, Indian Knowledge Systems (IKS) provide lasting tools to handle complex crises, building modern well-being on proven, practical wisdom from the past.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

"May all be happy, may all be free from illness, may all experience auspiciousness, and may no one suffer."

वसुधैव कुटुम्बकम् ॥

Mahaupanishad, Chapter 6, Verse 71
"The whole world is but one family."

समत्वं योग उच्यते ॥

Bhagavad Gita 2.48
"Equanimity is Yoga."

Conference Objectives

The conference aims to achieve several key objectives that will foster meaningful discourse and collaboration across disciplines. These objectives include:

- To create a platform for scholarly exchange that bridges ancient Indian knowledge systems (IKS) with modern approaches to health, resilience, and happiness.
- To explore practical applications of IKS, demonstrating how insights from Yoga, Ayurveda, Vedanta, ancient education, legal systems, psychological frameworks, and sustainable agriculture can address today's crises.
- To foster international collaboration, encouraging participants to share research, develop innovative methodologies, and build cross-cultural perspectives on happiness and well-being.
- To contribute to policy frameworks and personal practices that empower individuals and communities to navigate polycrisis with clarity and resilience.
- To support a balanced, holistic, and fulfilled global society by integrating ancient wisdom with contemporary strategies for happiness & well-being.

Thematic Clusters

Drawing from the profound insights of Indian Knowledge Systems (IKS), this conference invites participants to explore pathways to happiness, well-being, and resilience amidst today's challenges. The tracks below provide themes for research papers, showcasing how IKS principles can address global issues and foster personal growth, harmony, and sustainable development.

Track 1: Spirituality, Happiness, and Global Well-Being

- Vedic teachings on happiness, inner peace, and global harmony
- Role of spirituality and interfaith dialogue in peace-building
- Impact of Indian Culture, festivals, and multicultural perspectives on collective well-being

Track 2: Mindfulness, Mental Resilience, and Well-Being

- Ancient practices of mindfulness, meditation, and Yoga for mental health
- Psychological frameworks from the Upanishads and Bhagavad Gita
- Integration of traditional and contemporary mental health therapies

Track 3: Ayurveda, Health Systems, and Preventive Care

- Holistic health through Ayurveda and traditional wellness systems
- Integration of Ayurveda with modern healthcare practices
- Contributions from Siddha medicine and preventive care

Track 4: Sustainability, Ecology, and Agricultural Practices

- Traditional Indian agricultural practices and sustainability
- Insights on water management, ecological wisdom, and conservation
- Contributions from South Indian agricultural traditions
- Integrating ancient practices with modern ecological efforts

Track 5: Leadership, Ethics, and Governance

- Leadership models from Indian philosophies and ethical governance
- Dharma-based decision-making from texts like Arthashastra and Bhagavad Gita
- Ancient principles of justice and modern leadership frameworks

Track 6: Education for Holistic Growth

- Spiritual, moral, and emotional dimensions in Indian education
- Integration of Indian Knowledge Systems in modern pedagogy
- The role of Indian festivals in spiritual education

Track 7: Justice, Social Equity, and Conflict Resolution

- Legal principles from Arthashastra and Manusmriti for social equity
- Traditional conflict resolution methods and peace-building practices
- Role of Dharma and non-violence (Ahimsa) in justice and harmonious Coexistence

Track 8: Polycrisis, Resilience, and Strategic Insights

- Resilience strategies from Indian Knowledge Systems to address global crises
- Strategic decision-making and sustainability from Arthashastra
- Integration of traditional knowledge with modern technology for global solutions

The given sub-themes are not exhaustive. Any topic in CONSONANCE to the main theme can be considered for participation.

Registration Fee

Category	Registration Up to 31 st December, 2024	Registration After 31 st December, 2024
Academicians	INR 3000/-	INR 3500/-
Industry Delegates	INR 4000/-	INR 5000/-
Research Scholars/Students	INR 1500/-	INR 2000/-
SMS Alumni	INR 1500/-	INR 2000/-
Foreign National	200 \$	250 \$

The Registration fee will include the participation fee, conference kit, Conference proceedings and conference meals.

Mode of Payment

Payment of Registration charges shall be paid either through DD in favour of "**Convenor, School of Management Sciences**" payable at Varanasi (India) or through electronic transfer/ UPI in the account whose details are given below. Candidates are requested to retain the registration receipt to be produced at the registration counter of the venue.

Name of the Account : CONVENOR, SCHOOL OF MANAGEMENT SCIENCES
Account Number : 408002010007420
Bank Name : UNION BANK OF INDIA
Address : Chetganj Branch, Hathua Market, Varanasi, Uttar Pradesh
RTGS/NEFT Code : UBIN0540803
MICR Code : 221026006
Branch Code : 540803



Guidelines for Author(s)

- The abstract of not more than 350 words excluding title and references should be sent by 15th January, 2025. The track under which the abstract should be considered is to be clearly mentioned.
- After the acceptance of the abstract contributors are required to send the Research Paper not exceeding 5000 words including tables and figures by 30th January, 2025. The text should be double space in 12 point Times New Roman font with 1.5 inches margin on all the sides
- The cover page should contain the title of the paper, author's name and brief profile along with the e-mail and the contact numbers.
- Author's name should not appear anywhere in the paper except the cover page. It facilitates the blind review process.
- Author should send one separate sheet with an abstract, summary of the paper and key words, along with the paper.
- References should be cited at the end of the paper. This list should mention only those sources cited in the text of the paper.
- All the tables and figures must be serially numbered.
- Author would have to certify that the material is unpublished, as well as original. It is the responsibility of the author to obtain permission to reprint previously published matters with copyright restrictions.
- Correspondence and proofs for correction will be sent to the first named author.
- Selected papers will be published in a Scopus-indexed journal, subject to the review process.**
- The selected papers will be published in the form of an ISBN edited book.**
- Participants may submit their abstract and full Paper online at www.icon.smsvaranasi.com or mail at icon2025@smsvaranasi.com. Paper id generated thereafter will be used for all future references.

Particulars	Abstracts	Full Paper
Length	350 words excluding title & references	Not Over 5000 words including title, references, tables and figures
Margins from all sides	1.5 inch	1.5 inch
Font	Times New Roman, 12 points	Times New Roman, 12 points
Spacing between lines	1.15	1.15
Title Page	Title, Author(s), affiliation(s), sub theme under which abstract should be considered, contact details	Title, Author(s), affiliation(s), sub theme under which paper has been sent, contact details
Keywords	Maximum Five	Maximum Five

Conference Sessions

Conference will comprise of following four sessions:

- Inaugural Session
- Plenary Sessions
- Technical Sessions
- Valedictory Session

Spiritual Tour of Varanasi and Ayodhya

This tour offers participants a unique opportunity to experience the spiritual essence of two of India's most revered cities, Varanasi and Ayodhya, known as the spiritual and cultural heart of India. Varanasi is famous for its ancient temples, Sacred Ghats along the River Ganges, and its vibrant tradition of mysticism, philosophy, and Hinduism. The tour includes visits to significant sites such as Sarnath, where Lord Buddha gave his first sermon, iconic Hindu temples, and various locations of spiritual learning.

In addition to Varanasi, the tour will take participants to Ayodhya, an ancient city revered as the birthplace of Lord Rama and an important pilgrimage site for followers of Hinduism. Here, participants can immerse themselves in the spiritual ambiance of temples and heritage sites that showcase Ayodhya's deep cultural and religious legacy.

This combined tour offers a profound exploration of India's spiritual heritage, allowing participants to witness rituals, traditions, and the timeless wisdom of these sacred cities.

- **Indian Nationals** : **INR 3000/-**
- **Foreign Nationals** : **USD \$ 75**

Important Dates

Abstract Submission	10 th February, 2025
Communication of Abstract Acceptance	12 th February, 2025
Full length Paper Submission	15 th February, 2025
Communication of Full length Paper Acceptance	17 th February, 2025

Authors are required to submit abstract and full papers by clicking the button '**Online Paper Submission**' on conference website **icon.smsvaranasi.com**



"BENARAS IS OLDER THAN HISTORY, OLDER THAN TRADITION, OLDER EVEN THAN LEGEND AND LOOKS TWICE AS OLD AS ALL OF THEM PUT TOGETHER."

- Mark Twain

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