

Registered under MSME and NITI Aayog

**Speakingcube Online Mental Health Consulting Foundation**

**In collaboration with**

**SPECS and Sridev Suman Uttarakhand University (State University)**



# **6th VIRTUAL INTERNATIONAL CONFERENCE**

*on*

**PSYCHOLOGICAL ISSUES,  
INTERVENTIONS AND MANAGEMENT**

**30th & 31st MARCH, 2025**

**FOR ENQUIRY -**

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cubespeaking@gmail.com

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+919650302133



## **ABOUT SPEAKINGCUBE**

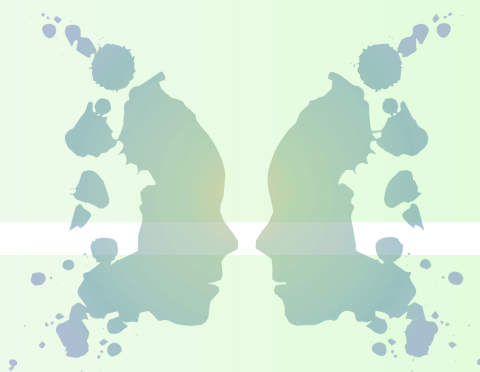
Speakingcube is an Online Mental Health Consulting Foundation with a team of experts working to elevate mental health through mindful practices. The mission of Speakingcube is to provide educative, preventive, and curative services to lay the foundation of a happy and peaceful world around us. Speakingcube was founded by Dr. Deepika Chamoli Shahi, as LLP and transformed into section 8 company under the guidance of the advisors. Speakingcube is a Mental Health NGO registered under Uttarakhand government MSME and NITI Aayog. We have a diverse team of psychologists, clinical hypnotherapists, life coaches, mindfulness experts and perinatal experts. Our advisors are Prof. Dr. Rita Kumar, Senior Professor, Psychology Department, Amity University Noida & Dr. Col (Retd.) Chetan Shardha, Diabetologist, Yashoda Hospital, Ghaziabad.





## ABOUT SPECS

SPECS, or the Society of Pollution and Environmental Conservation Scientists, focuses on food quality, water quality, energy conservation, and livelihood generation. They blend science, sociology, mathematics, and economics to address these issues through research, advocacy, and awareness campaigns. They work with various communities, including urban, rural, and tribal groups, women, children, inmates, and differently-abled individuals. **VISION:** A society with a scientific mindset that understands and addresses its issues independently. **MISSION:** To simplify science, promote learning over memorization, and empower people to decipher facts from fiction, enriching their lives socially, culturally, and economically.






## **ABOUT SRIDEV SUMAN UTTARAKHAND UNIVERSITY**

Sri Dev Suman Uttarakhand University is established as a State University of Uttarakhand vide State Government notification No 270/XXXVI(3)/2012/48(1)/2012 dated 19th October, 2012 in continuation to amendment of erstwhile Pt Deen Dayal Upadhyay Uttarakhand Vishwavidhyalaya Act. 2011 (Uttarakhand Act No 22 of 2011) as notified by State Government vide No 357/XXXVI(3)/2011/57(1)/2010 dated 4th November, 2011. The University nestled in the lap of Himalayan ranges in the Tehri Garhwal and having jurisdiction over seven districts viz. Chamoli, Raudraprayag, Pauri, Tehri, Uttarakashi. The objectives of the University are to disseminate and advance Knowledge by providing instructional and research facilities in such branches of Learning as it may deem fit: to make special provision for integrated courses in Humanities, Social Sciences, Science and Technology in its educational programmes: to take appropriate measures for promoting innovations in teaching learning process and inter-disciplinary studies and research: to educate and train man power for the development of the State and country: to establish linkages with industries and research organisations for the promotion of science and Technology in the state: and to pay special attention to the improvement of the social and economic conditions and welfare of the people, their intellectual, academic and cultural development.

The University is committed to achieve excellence in teaching and learning within an environment of high standards.







## **AIM OF THE CONFERENCE**

To understand psychological issues, intervention and management.

### **OBJECTIVES**

- To understand and discuss psychological issues at a global level.
- To explore and discuss management strategies, psychological techniques and interventions for mental health issues.
- To promote preventive measures for mental health issues.





## THEME

### Psychological issues, interventions and management

#### SUB-THEMES

- Cognitive Psychology and Mental Health
- Mindfulness and Mental Health
- Impact of Environment on Psychosomatic Issues
- Impact of Culture on Clinical Mental Health Issues
- Clinical Disorders and their Management
- Psychotherapeutic Interventions
- Modern Mental Health Crisis
- General Psychology
- Social Psychology
- Cultural Psychology
- Spiritual Psychology
- Workplace Psychology
- Child Psychology
- Psychiatric Management
- Psychotherapeutic Approaches
- Any Other Mental Health related topic





## OUR GUESTS



**PATRON**

**Dr. Anil Prakash Joshi**  
Padma Shree & Padma  
Bhushan. Indian Green  
Activist. Founder of HESCO.



**CHIEF GUEST**

**Mrs. Madhu Bhatt**  
State Minister Uttarakhand  
Sanskriti Sahitya Avam Kala  
Parishad, Uttarakhand.



**GUEST OF HONOUR**

**Prof. N. K. Joshi**  
Honorable Vice Chancellor  
Sri Dev Suman Uttarakhand  
University, Badshahthaul, Tehri  
Garhwal.



**GUEST OF HONOUR**

**Dr. Neil Kobrin**  
Founder and President  
Academy of Mindful  
Psychology, California, USA.





## GOVERNING BODY



CHAIRPERSON

**Prof. (Dr.) Deepika Chamoli Shahi**  
Psychologist & Clinical  
Hypnotherapist. Adjunct Faculty  
(Online) SNHU, Saint Leo  
University, U.S.A. Founder &  
Director Speakingcube



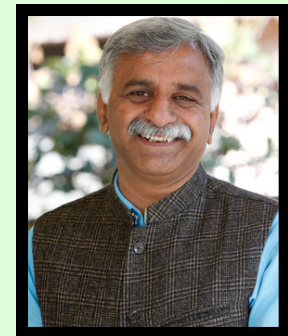
CHAIRPERSON

**Prof. (Dr.) Rita Kumar**  
Psychologist & Clinical  
Hypnotherapist. Senior Professor,  
AIPS, Amity University, Noida.  
Advisor Speakingcube



ADVISOR CONFERENCE

**Col. (Retd) Dr. Chetan Sharda**  
MD Internal Medicine  
Yashoda Hospital & Research  
Centre. Advisor Speakingcube



MARKETING CHAIR

**Dr. Brij Mohan Sharma**  
Founder and Director SPECS  
(Society of Pollution and  
Environmental Conservation  
Scientists) Dehradun

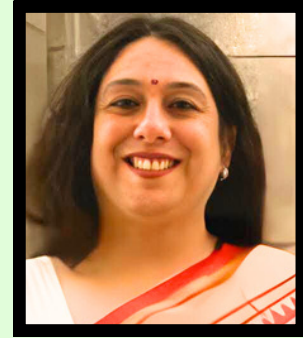




## GOVERNING BODY



PROGRAM CHAIR  
**Dr. Gulshan Kumar Dhingra**  
Dean Faculty of Science, Dean  
& HOD Botany, Director of  
Academics, Sridev Suman  
Uttarakhand University, Pt. Lalit  
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Sharma Educationist, Senior  
Fellow & Head Banking  
Research, EGROW  
Foundation, Former Dean,  
Eco & Public Policy MIT  
World Peace University



PUBLICATION CHAIR  
**Prof. (Dr.) Nidhi Verma**  
Psychologist and Clinical  
Hypnotherapist. Associate  
Professor, Amity University  
Gurugram.





## EMINENT SPEAKERS



**KEYNOTE SPEAKER**  
**Prof. (Dr.) Abha Singh**  
Founder & Director PSYFI.  
Former Director Center of  
Emotional Intelligence,  
IILM University.



**KEYNOTE SPEAKER**  
**Dr. Rajesh Singh**  
Prof. and Director  
Research and Innovation,  
Uttaranchal University,  
Dehradun.



**KEYNOTE SPEAKER**  
**Mr. Ritesh Sinha**  
Principal Software  
Engineering Manager.  
Microsoft Corporation, USA.



**EMINENT SPEAKER**  
**Prof. (Dr.) Harpreet Bhatia**  
Senior Professor, Department  
of Psychology, University of  
Delhi.



**EMINENT SPEAKER**  
**Prof. (Dr.) Roopali Sharma**  
Senior Professor AIPS Amity  
University Noida.



**EMINENT SPEAKER**  
**Mrs. Shikha Chamoli Sinha**  
Analytics Engineer, Data  
Engineer, Meta (Ex),  
University of California,  
Berkeley.







## EMINENT SPEAKERS



EMINENT SPEAKER  
**Dr. Saranya Sundarraju**  
Psychologist, Psycho-  
Oncologist, Post Doctorate  
ICSSR, Research fellow INTI  
University, Malaysia.



EMINENT SPEAKER  
**Prof. (Dr.) Donthu Raj Kiran**  
Associate Professor  
Department of Psychiatry  
NRI Academy of Sciences,  
Mangalagiri, Guntur,  
Andhra Pradesh.



EMINENT SPEAKER  
**Maj Anupa Kairy (Retd.)**  
Psychologist & Perinatal Mental  
Health Therapist  
Director Perinatal Mental Health  
Vertical, Speakingcube



EMINENT SPEAKER  
**Prof. (Dr.) Priyaranjan Avinash**  
Professor and Head of  
Psychiatry at Himalayan  
Institute of Medical Sciences





## **SCIENTIFIC COMMITTEE**

- **Prof. (Dr.) Deepika Chamoli Shahi**, Psychologist & Clinical Hypnotherapist, Founder and Director Speakingcube Online Mental Health Consulting Foundation.
- **Prof. (Dr.) Rita Kumar**, Psychologist & Clinical Hypnotherapist Senior Professor, AIPS, Amity University, Noida.
- **Prof. (Dr.) Roopali Sharma**, Senior Professor AIPS Amity University Noida.
- **Prof. (Dr.) Nidhi Verma**, Psychologist and Clinical Hypnotherapist, Associate Professor Amity University Gurugram.
- **Prof. (Dr.) Smriti Sethi**, Assistant Professor AIPS Amity University Noida.
- **Prof. (Dr.) Mohammad Amin Wani**, Assistant Professor Lovely Professional University.
- **Prof. (Dr.) Sarah Javed**, Assistant Professor Department of Psychology Aligarh Muslim University, Uttar Pradesh.
- **Dr. Arvind Kumar Singh**, HOD of Pali Controller of Examination Ram Lakhan Singh Yadav College, Aurangabad, Bihar
- **Prof. (Dr.) Swapnil Singh**, Assistant Professor, Department of Sociology Banaras Hindu University, Varanasi, Uttar Pradesh.
- **Prof. (Dr.) Mohammad Anas**, Assistant Professor Department of Psychology Sharda University, Greater Noida, Uttar Pradesh.
- **Dr. Sunita Dhenwal**, Assistant Professor Psychology Lovely Professional University.
- **Dr. Saranya Sundarraju** Psychologist, Psycho-Oncologist, Post Doctorate ICSSR, Post Doctoral Candidate INT University, Malaysia (Pursuing)
- **Dr. Tamanna Saxena**, Associate Professor, Amity University Noida



## PUBLISHING DETAILS

### **BEST PAPER PRESENTATION & PUBLICATION OPPORTUNITY**

Shortlisting of research papers will be done through ‘Peer review process’ and selected papers will be published. Publication charges are applicable as per the indexing of the Journals (Web of Science). Based on the quality and selection process, papers will proceed for publication. **No extra publication fee will be charged for peer-reviewed journals.**

- The Last date of Registration - 27 March
- The Last date of Abstract Submission - 25 March
- The Last date for Full Paper Submission is - 30 March

### ***CERTIFICATE OF APPRECIATION TO TOP 5 PAPERS***

### **GUIDELINES FOR PAPER SUBMISSION**

- APA format to be followed.
- Deadlines to be followed.
- Plagiarism above 15% will not be accepted.





## **REGISTRATION DETAILS**

<b>Delegate Category</b>	<b>Up to 15th March 2025</b>	<b>After 15th March 2025</b>
Indian Attendees	INR 250	INR 300
Indian Students (UG, PG & Research scholar)	INR 1000	INR 1500
Indian Professional	INR 2000	INR 2500
International Attendees	\$ 8	\$ 13
International Students	\$ 30	\$ 40
International Professionals	\$ 40	\$ 50

**PAYMENT MODE: Gpay/PhonePe/Paytm or Bank Transfer**

### **BANK TRANSFER DETAILS**

Speakingcube Online Mental Health Consulting Foundation

IFSC: ICIC0000164

Branch: ICICI NCR Plaza Dehradun

A/C no.: 016405009169

**REGISTER HERE- <https://forms.gle/FUpCu4xz31x5QGUG7>**

**Kindly note: Transaction no. and screenshot to be uploaded for completing the payment process while filling the registration form.**



# OUR PAST CONFERENCES



First Virtual International Conference on *“Mindfulness in Action to Create a Fairer World”* in collaboration with Faculty of Harvard Medical School.



Second Virtual International Conference on *“Mindful Consciousness for a Sustainable Ecosystem”* in collaboration with MIT WPU, Pune.



Third Virtual International Conference on *“Mindful Perinatal Mental Health”* in collaboration with Academy of Mindful Psychology California, USA.



Fourth Virtual International Conference on *“Mindful Trauma Management and Happy Relationship”* in collaboration with Shoolini University, Solan and University of Venda, South Africa.



Fifth Virtual International Conference on *“Emotional Well-Being through Artificial intelligence- A Transformative Approach”* in collaboration with Uttaranchal University, Dehradun.







# PARTNERS





## **FOR ENQUIRY**

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