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REGISTRATION FEE

Faculty Members : Rs.500=00

Research Scholars and Students : Rs.300=00

Payment may be made through a DD in favour of
Director, SDLCE, KU, payable at Warangal or in person on
the inaugural day of the National Seminar.

REGISTRATION FORM

Name :

Designation :

University / College :

Address :

Phone :

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Whether presenting a paper : Yes / No

Title of the Paper :

Abstract Enclosed : Yes / No

Require Accommodation : Yes / No

Registration Fee :

DD No. :

Bank :

Date :

All communication related to the Seminar should be addressed to :

Seminar Convener

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UGC Sponsored Two-Day National Seminar on **STRESS AND WELL-BEING**

24 - 25th March, 2014



Organised by :

DEPARTMENT OF PSYCHOLOGY, KAKATIYA UNIVERSITY &
SCHOOL OF DISTANCE LEARNING AND CONTINUING EDUCATION
KAKATIYA UNIVERSITY
WARANGAL - 506 009 (A.P.) INDIA

ABOUT THE UNIVERSITY

KAKATIYA UNIVERSITY was established on 19th August, 1976 to fulfill the aspirations of the Telangana people for higher education. The founding of the University was in fact a historic event in the sense that heralded a new era in the realm of higher education of this region. The erstwhile Post-Graduate Centre of Osmania University was upgraded and named Kakatiya University. The development of the University over the years has been gradual but impressive. The University was initially accredited with B+ grade by the NAAC in 2003 and reaccredited with A grade in 2009. The University, situated in a sprawling area of about 650 acres, has now 24 departments and seven colleges including one Engineering College for Women on the campus with a network of eleven constituent colleges and 471 affiliated colleges. It has its Post-graduate Colleges in Hanamkonda, Jangaon, Bhoopalpally, Mahabubabad, Nirmal and Khammam in addition to University Engineering College at Kothagudem.

School of Distance Learning and Continuing Education was established by Kakatiya University in the year 1988. Catering to the needs of higher education in non-conventional mode it has now an enrollment of over 50,000 students spread over 200 centres.

ABOUT THE DEPARTMENT OF PSYCHOLOGY

Kakatiya University introduced M.Sc., Psychology course in the SDLCE during the academic year 2003-2004. In the regular mode at PG Level it was introduced from 2012-13 as part of the initiative to start career-oriented courses. Since then the course is being run successfully with the support extended by the faculty of reputed universities across the country.

ABOUT THE SEMINAR

Stress is a part of everyone's life and affects our well being. Modern life is full of hassles, conflicts, demands and frustrations. Ongoing distress (negative stressors) can cause depressed mood, extreme fatigue, heighten susceptibility to disease & illness. Stress has a negative effect on the basic dimensions of health (thoughts, emotions, behaviors and body reactions). But stress isn't always bad. In some cases it helps us to motivate to come out with our best. When one is constantly running in emergency mode, the stress responses help us to meet challenges, while at the same time it can impede the motivational process.

The proposed seminar is an attempt to identify the factors contributing to stress in different spheres of life and also to enhance the psychological wellbeing through effective strategies.

Sub-Themes

- ✦ Stress in Childhood & Peer Pressure
- ✦ Happiness and Positive Behaviors
- ✦ Stress and Mental Health
- ✦ Frustration and Well-being
- ✦ Work-home Balance and Well-being
- ✦ Social Support and Stress Management
- ✦ Stress and Coping
- ✦ Academic Stress
- ✦ Suicidal Ideation and Well-being
- ✦ Adolescents Stress and Well-being
- ✦ Organizational Stress and Well-being
- ✦ Health and Well-being
- ✦ Well-being in Teaching and Nursing Professions
- ✦ Behavioural Therapies
- ✦ Life Skills
- ✦ Prevention of Suicides and Abuse
- ✦ Alternate Therapies: Yoga, Meditation
- ✦ Mass Hysteria & Psychological Well-being
- ✦ Stress, Well-being and Gerontology
- ✦ Emotional Intelligence and Well-being

CALL FOR PAPERS

The soft copy along with the hard copy of the abstract of the paper containing 300 words should reach the Seminar Director/ Seminar Convenor not later than March 10th, 2014. The full papers can be submitted at the time of presentation in hard & soft copy. The papers presented in the Seminar will be screened by the experts and will be published in a book form with ISBN Number. The soft copy has to be mailed to hodpsychologyku@gmail.com.

ABOUT WARANGAL

The tri-cities of Warangal, Hanamkonda, Kazipet, together known as Warangal is the fourth largest city in Andhra Pradesh and the 32nd biggest city in India, with a population is 928,570. It is the second largest city in Telangana. It enjoys the unique distinction of being the capital of great family of rulers, known as the Kakatiyas, who established their sovereignty over vast areas of the Telugu speaking country between 1150 AD and 1323 AD. The benevolent Kakatiya rulers brought political stability, economic prosperity, linguistic and cultural unity, artistic splendour and literary efflorescence to the kingdom they built. The distinct term "Kakatiya" strikes an emotional chord in the hearts of the Telugu people. The artistic beauty of the temples with excellent sculpture of unique style, ever green wild life sanctuaries, and glittering tanks are a feast to the eye. The amazing Thousand Pillar Temple, the Bhadrakali and the Padmakshi temples, Warangal Fort, the dense forests of Eturnagaram and Pakhal, Laknavaram Lakes and other destinations are the important tourist spots in and around Warangal.

THE THOUSAND - PILLAR TEMPLE

The Thousand-Pillar Temple built by Rudra Deva is the most important monument in Hanamkonda. Perched elegantly in the heart of the city, this temple is dedicated to Rudra, Vishnu and Surya. This temple was constructed by Rudra Mahadeva of the Kakatiya Dynasty in 1163 A.D. The highly ornate workmanship on the doorways of the garbhagruha, the artistry on the massive pillars and on the ceiling charms the devout and the tourist alike. The celebrated Nandi, a massive monolithic masterpiece of granite, is the main attraction here. Kalyana Mandapam, part of the temple, is under renovation.

THE BHADRAKALI TEMPLE

Situated atop a hillock between Hanamkonda and Warangal, it is one of the oldest Devi temples in this part. It is famous for the stone image of Goddess Bhadrakali. Eight-armed, with weapon in each hand, she is shown in an eye-catching posture, bestowing her benevolent blessings on all the devotees. Built in the days of the Chalukyas, the temple is situated on the bund of a big Bhadri Tank, panoramic amidst the bare boulders atop the hill and the silent waters below.

The temple is believed to be built by King Pulakesi II of Chalukya dynasty around 625 A.D. to commemorate his victory over Vengi region of Andhra Desham. This can be observed from the square Pillars used in the temple structure which were different from the circular pillars commonly used in the temples constructed by Kakatiyas who adopted Goddess Bhadrakali as their "Kula Devatha" giving preference to Her to other Gods and Goddesses. The lake was built later by Ganapathi Deva. A road leading to the temple was also added during that period.

THE RAMAPPA TEMPLE

Ramappa Temple, an archaeological wonder, is situated 50 km away from Warangal is the glorious shrine at Palampet. The Ramalingeswara temple is popularly known as Ramappa Temple. The head sculptor was Ramappa, after whom the temple is known today. This is probably the only temple in India known by the name of the sculptor who built it. The temple of Ramappa was built on behalf of the king, Kakati Ganapathi Deva by his chief commander Rudra Samani at a place called Ranakude in Atukuru province. This beautiful temple has been rightfully described as the "brightest star in the galaxy of medieval temples in the Deccan". Rich, intricate carvings on the walls, pillars and ceilings are marvellous. The temple is a Shivalaya and stands majestically on a 6 ft high star-shaped platform is said to be a happy synthesis of the best in Western Chalukyan, North Indian Hoysala and Dravidian styles of architecture. The famous Nagini is one of the twelve figures brackets with their haunting melodies. The Nandi mounted on a raised pedestal in the mantapa is unique in its exquisite polish that feels like velvet. The gopura of this temple is built with unique bricks which float on water. Ramappa Lake, just one km away from the temple, is an ideal place for picnics and photography.