

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 hunting 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.

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## REGISTRATION FEE

Registration fee includes Seminar Kit, lunch and refreshments during the seminar.

Faculty Members : **Rs.800/-**

Research Scholars and Students : **Rs.500/-**

Last date for Registration : **28th Feb, 2019**

The registrations can be done by online money transfer to :

**Convener, National Seminar**

A/c. No. : **38224154900**

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DD to be made in favour of Convener, National Seminar, Payable at SBI, KU Branch, Warangal, T.S.-506009. The DD to be sent to this address, Prof. V. Ramchandram, Head Dept., of Psychology, Kakatiya University,

## REGISTRATION FORM

Name :  
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All communication related to the seminar should be addressed to

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on

**PROMOTING POSITIVE PSYCHOLOGY,  
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**16-17<sup>th</sup> March, 2019**



*Organized by*

**DEPARTMENT OF PSYCHOLOGY**

**Kakatiya University**

&

**SCHOOL OF DISTANCE LEARNING  
AND CONTINUING EDUCATION**

**Kakatiya University,  
Warangal-506 009. (T.S.)**

## ABOUT THE KAKATIYA UNIVERSITY

The University began its journey in 1967 as a Post-graduate Centre of Osmania University in Warangal. It was established as Kakatiya University on 19th August, 1976 and incorporated in the State Universities Act (Act 44 of 1976). The University received recognition by the University Grants Commission (UGC) in 1978 under 2f, 12B. It was first accredited by NAAC with B+ grade in 2003 and 'A' grade in 2009. In August 2017, the University retained 'A' grade with improved CGPA of 3.36 as against 3.02 in 2009.

The University is located in the historical city of Warangal, the erstwhile seat of the Kakatiya Dynasty. It is spread in a sprawling area of about 650 acres with seven vibrant colleges on its lush green Vidyanayapuri campus. It has two satellite campuses, one at Subedari, Hanamkonda, and the other at Kothagudem, Bhadradi Kothagudem district, which are spread in an area of 520.41 acres. In the course of time and to cater to the needs of the Telangana people, the University has established Post-Graduate Colleges at Subedari (Hanamkonda), Nirmal, Khammam, Jangaon, Jayashankar Bhoopalpally, Mahabubabad in addition to School of Distance Learning and Continuing Education was established by Kakatiya University in the year 1989. Catering to the needs of higher education in non-conventional mode it has now on 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 in 2012-2013 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

Positive psychology can contribute to greater emotional resilience, happiness and overall life satisfaction while also lowering stress levels. Mental health is a positive concept related to the social and emotional wellbeing of individuals and communities. Having good mental health, or being mentally healthy, is more than just the absence of illness; rather it's a state of overall wellbeing. Mental wellbeing refers to a positive state of psychological and emotional health; it indicates that a person is able to function cognitively and emotionally in a manner that is productive and fulfilling. Wellbeing is a multi-dimensional construct that involves more than just being in a good mood or feeling happy. In addition to

positive emotions, wellbeing is achieved through optimal development, a 'meaningful' life, and satisfaction of basic human needs for autonomy, competence and relatedness. The aim of this scientific event is to discuss case studies and theoretical and critical approaches to positive psychology in the context of mental health and well being.

## SUB-THEMES

1. Positive Emotions and Positive Relationships
2. Positive Traits and Positive Institutions
3. Positive Thinking and Gratitude
4. Positive Organizations and Institutions
5. Happiness, Well-being and Self-transcendence
6. Health, Wellness and Life style
7. Mental Health and Quality of life
8. Philosophy, Religion and Language
9. Yoga, Meditation and Spirituality
10. Optimism and Hope
11. Stress, Anxiety and Depression
12. Workplace Bullying and Workplace Stress
13. Addiction, Alcoholism, Drug abuse and Recovery
14. Culture and Global issues
15. Personality and Individual differences
16. Interpersonal relations
17. Occupational wellness, Health and safety
18. Psychological Care to older adults or caregivers of elders

## 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 convener not later than February 28th, 2019. The full papers can be submitted at the time of presentation in hard and soft copy. The papers presented in the seminar will be screened by the experts and will be published in a book from with ISBN Number. The soft copy has to be mailed to: [hodpsychologyku@gmail.com](mailto:hodpsychologyku@gmail.com).

## ABOUT WARANGAL

The Tri-Cities of Warangal-Hanmakonda-Kazipet, together known as Warangal is the second largest city in the 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, evergreen 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 pakala, 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 Hanmakonda. 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 AD. The highly ornate workmanship on the doorway of the garbagruha, 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 2 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 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 50km away from Warangal is the glorious shrine at palampet. The Ramalingeshwara 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, Kakatiya 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 "