

### About the Department

The Social Work Department of Sri Padmavati Mahila Visvavidyalayam, Tirupati established in 1983 is one of the prominent departments of Social Work in India. The Department offers M.S.W., M. Phil., Ph.D. programs in Social Work. With well experienced faculty of national and international renown, department conducts research and offers consultancy services in specialized fields such as Poverty, Child Trafficking, Livelihoods analysis, child mental health, micro credit, health, Gerontology, community development etc. Department has been recently upgraded to UGC SAP DRS Phase II.

### About Tirupati

Tirupati is a city in Chittoor district of Andhra Pradesh State in India. Tirupati has one of the most visited tourist attraction as well as religious attraction i.e Lord Venkateswara temple uphill's at Tirumala. This temple is one of the holiest Hindu Pilgrimage sites. Because of this temple, Tirupati is considered as "the Spiritual capital of Andhra Pradesh". The other attractions here are the Padmavati Temple, Govindarajaswamy Temple, Kapileshwara Temple, Kapila Theertham and Sri Kodhandaramaswami Temple. The second largest zoo park in Asia is the Venkateshwara Zoological Park, which is located in Tirupati.

**For further information / clarifications contact the following:**

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### ORGANIZING COMMITTEE

#### Chief Patrons

**Prof. V. Uma**, Vice-Chancellor (I/c),  
Sri Padmavati Mahila Visvavidyalayam, Tirupati

#### Patrons

**Prof. D.M. Mamatha**, Registrar,  
Sri Padmavati Mahila Visvavidyalayam, Tirupati

**Prof. K. Murugaiah**,  
Dean, SSSH & M, Sri Padmavati Mahila Visvavidyalayam, Tirupati

#### Seminar Director

Prof. K. Anuradha,

#### Seminar Co-Director

Prof. I.V. Lalitha Kumari

#### Members

Dr. P. Thavitha Thulasi  
Dr. G. Malleswaramma  
Mrs. S. Vajeeha Bhanu

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## UGC National Seminar

on

### HEALTH, LIFE STYLE & CONTEMPORARY INDIAN FAMILY: AN INTERFACE

9<sup>th</sup>&10<sup>th</sup> JANUARY 2020

### REGISTRATION FORM

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Designation :  
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Accommodation : Required / Not required  
Registration fees : Rs.1000/- Rs.500/-  
D.D. No. /NEFT Details :  
Date :  
Name of the bank :  
Date & Time of Arrival :  
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Signature

**N.B.:** Please send a D.D/NEFT transfer for Rs. 1000/500 as the case may be in favour of the Coordinator, UGC SAP-DRS II, Dept. of Social Work, Sri Padmavati Mahila Visvavidyalayam, Tirupati.- 517502 payable at Tirupati.



ज्ञान-विज्ञान विमुक्तये

UGC NATIONAL SEMINAR

ON

HEALTH, LIFE STYLE & CONTEMPORARY  
INDIAN FAMILY: AN INTERFACE

9<sup>th</sup> & 10<sup>th</sup> JANUARY 2020



**Organized by**  
**Department of Social Work,**  
**(UGC SAP DRS II)**  
**Sri Padmavati Mahila Visvavidyalayam,**  
**( Accredited with NAAC 'A' grade)**  
**Tirupati – 517502**  
**Andhra Pradesh**

**UGC NATIONAL SEMINAR ON**  
**Health, Life style and Contemporary**  
**Indian family: An Interface**  
**9<sup>th</sup> and 10<sup>th</sup> January'2020**

**The Context**

World Health Organization states that health is a state of complete physical, mental and social well-being. Hence, being healthy is not just an absence of disease, but a state of overall well-being. With our society becoming more digitally enabled and family relationships becoming more fragile in view of the various pressures, health and life style in the family context is increasingly surfacing as an issue that impacts one's health and well-being.

Lifestyle is a way of life established by a society, culture, group or individual. This includes patterns of behavior, interaction, consumption, work, activity and interests that describe how persons spend their time. According to WHO, 60% of factors related to individual health and quality of life are correlated to lifestyle. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence, anxiety, depression and so on, can be caused by an unhealthy lifestyle. Hence, there is a dire necessity to consider the relationship between health and life style.

Family is the fundamental institution of organization in a society. Family provides the milieu where individuals are born, nurtured, socialized and where an individual's behavior and views take shape. Sociocultural traditions and economic influences including those that affect health are also extended through families to individuals which in turn impact their health and behavior.

Thus in light of the above, it is argued that health and life style are intrinsically related and family matters because it affects the lives of its members. So, an understanding of the interface between health and life style in the contemporary Indian context is pertinent in the present scenario.

The specific objectives of the seminar are as follows: (1) To discuss how families influence health behavior and outcomes through the life-course; (2) To identify programme initiatives that can assist families to adopt healthy lifestyle options; and (3) To identify the way forward across sectors that can empower families to adopt healthy practices.

**Broad themes of the seminar include:**

1. Health and life style in the current Indian context-the big picture.
2. Influence of family on health and life style of the individuals.

**Specific themes**

- ❖ Health and life style.
- ❖ Chronic illnesses and life style.
- ❖ Life style disorders.
- ❖ Family and life style.
- ❖ Health and family system.
- ❖ Health and family support.
- ❖ Health and life style across the life course.
- ❖ Healthy life style practices.
- ❖ Mental health and life style.
- ❖ Mental health issues.
- ❖ Changing Indian family system.
- ❖ Challenges faced by the present Indian family system.
- ❖ Many more.....

**Call for papers**

Research papers based on primary and secondary data, with an abstract, are invited from the academicians, researchers, NGOs and government organizations working in the field of health with specific reference to women and children. The research papers should be in alignment with the sub themes as mentioned above.

**Guidelines for Authors**

Abstract not exceeding 250 words and a full paper with the maximum length of 4500 to 5000 words including tables, diagrams, charts, illustrations and references typed on MS word format in Times New Roman with font size 12 with 1.5 spacing for the text, along with the title, name of the author (s), complete address, telephone numbers and email address should be sent by email to [ugcsapdrseminar20@gmail.com](mailto:ugcsapdrseminar20@gmail.com). Plagiarism is strictly denounced and all papers must have proper citations and references.

The author (s) should follow American Psychological Association (APA) format for references and other citations.

- Last date of submission of abstract(s) : 16.12.19  
Date of notification of acceptance : 17.12.19  
Last date for submission of full paper : 31.12.19

A committee will review the abstracts submitted and acceptance will be communicated to the author(s) subsequently. Selected papers will be revised and published in an edited volume with ISBN/UGC CARE listed journal at a later date.

**Registration Fee**

Academicians and practitioners: Rs. 1,000/-

Practitioners, NGO, personnel, and Research scholars: Rs. 500

Last date for Registration is 21.12.19

The participants have to send filled-in registration form, along with registration fee, in the form of DD drawn in favor of Coordinator, UGC-SAP DRS II, Department of Social Work, Padmavati Mahila Visvavidyalayam, Tirupati payable at Andhra Bank, SPMVV campus, Tirupati, Andhra Pradesh. Registration fee may also be transferred online and the details are as follows:

**A/C Number: 174910100091504**

**IFSC Code: ANDB0001749.**

**Travel and Accommodation**

The participants are requested to meet their travel from their institution/organization. Moderate accommodation with twin sharing at normal cost and local hospitality will be provided to outstation participants on payment basis. The participants are requested to inform the arrival and departure dates in advance for making necessary arrangements.

**About Sri Padmavati Mahila Visvavidyalayam.**

Sri Padmavati Mahila Visvavidyalayam (University for Women) was founded in the year 1983 by Sri N.T. Rama Rao, the then Chief Minister of Andhra Pradesh, with fervent desire to train women students as better builders of the Nation and to inculcate skills of leadership in all aspects of life. The University was established under the Sri Padmavati Mahila Visvavidyalayam Act of 1983, which has come into force on the 14<sup>th</sup> of April 1983. Accredited with NAAC 'A' grade, in 2016, SPMVV has attained excellent reputation for blending contemporary education, pedagogies and technologies. With an enduring dedication towards pursuit of excellence, SPMVV offers unparalleled student experiences across a broad spectrum of academic environments. The University, which is based in the temple town of Tirupati in the state of Andhra Pradesh, India, envisions women's empowerment as an integral component of global development. SPMVV offers undergraduate, graduate, and professional courses of study. With more than 70,000 alumni around the world, SPMVV is renowned for its commitment to teaching and research in pushing forward the boundaries of human knowledge.