



**Two-Day International Conference**  
on  
***The Soul in Symphony: Spiritual  
and Pragmatic Aspects of Happiness***  
29-30 January 2018



*Organized by*

**Mehr Chand Mahajan**  
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## COLLEGE AT A GLANCE

MCM DAV College for Women, a premier multi-faculty post graduate institution, was established in 1968 to commemorate the exemplary contribution of Justice Mehr Chand Mahajan in spearheading the DAV Movement. The college has been re-accredited with Grade 'A' by NAAC and ranks among top 50 colleges at the national level, as per the surveys conducted by *India Today* and *The Week* magazine. It has been awarded **Star Status** by Department of Biotechnology, Government of India. In National Institute Ranking Framework by MHRD, Government of India, the college has figured among the top 75 educational institutions of India. Along with the numerous academic achievements to its credit, the institution also has the distinction of winning the Panjab University Women's General Efficiency Sports Shield 37 times. MCM DAV College continues to explore new vistas of growth and learning—both for the students and the faculty.

## ABOUT THE CONFERENCE

The year 2018 is being celebrated as the Golden Jubilee Year of the institution. As part of the celebrations, the college is organizing a two-day International Conference on ***The Soul in Symphony: Spiritual and Pragmatic Aspects of Happiness*** on 29-30 January 2018. Eminent speakers from diverse areas would be sharing their learned views on the topic. Faculty members, research scholars and post graduate students are invited to present papers at this event.

The pursuit of happiness is an eternal endeavour, partially because it has defied definition despite persistent efforts to do so across ages. What is happiness? Is it in doing one's duty or in being free of all worldly burdens? Is it in treading the moral and ethical path unflinchingly or in breaking all shackles and societal injunctions? Further, a person's happiness may be another's misery, and one's commonplace might be the other's ecstasy.

It seems that every age brings with it a further depletion of episodes of happiness in the general drama of life. In the present day, however, the pressures have attained the level of near explosion. And we find ourselves asking—Are we really happy? Is success/money equal to happiness? Conversely, is it possible to remain happy without money and success? Is there something called 'real happiness'? And by the same logic then, does the concept of 'false happiness' exist? Clearly, the quest for the meaning of happiness is as maddening as its pursuit.

In this scenario, the need to de-stress, vent-out, channelize and occupy oneself constructively is overpowering and also, absolutely essential. The International Conference on Happiness aims at arriving at a better understanding of our own selves, our aspirations and expectations. Hopefully, the deliberations can lead to optimization of our abilities and potential, and thereby, to the creation of a joyful environment at home, workplace and abroad.

# Themes

The following themes are the suggested focal points of discussion. An effort has been made to include both the philosophical and pragmatic aspects of the topic under separate headings. The paper presenters /participants can also choose topics that could relate to the general ambit of the projected concerns for **oral / poster presentation**.

## a) Looking for Happiness

- What is happiness?
- Happiness and Spirituality
- Can we practice happiness? – Enquiries into the power of Meditation and Yoga
- Asceticism Vs Indulgence
- The Quantum of Happiness--Feelings in the cage of cultural constructs
- Is Happiness a Science or an Art? -- Relativity of Happiness
- Social Structures—Foundations of Happiness?
- Does the spring of joy dry up in the autumn of life?—The Geriatric Dimension
- I think, therefore I am [happy]? -- The Power of Positive Thinking
- Advertising Happiness: Materialism as an end in itself
- Cinematic/Literary/Artistic Representations of Happiness
- Social Media and Changing Expressions of Happiness

## b) Exploring the Possible Road to Joy

- Happiness, Creativity and Arts (including Performing Arts)
- Happiness and Socio-economic Policy
- Ecological Efficiency Index
- Happiness in Global Perspective: Need for New Paradigms
- Gross National Happiness Index
- Happiness and Mental Health Care/ Neuroscience / Health care
- Happiness, Workplace Values and Ethics
- Happiness, Gender Diversity and Gender Equity
- Happiness and Sustainable Practices.

Please mail your abstracts at [goldenhappiness2018mcm@gmail.com](mailto:goldenhappiness2018mcm@gmail.com) (Word Limit: 300 words)

**Last Date for Abstract Submission:** 15 December 2017

**Intimation of Acceptance:** 20 December 2017

**Last Date for Registration:** 12 January 2018

**Last Date for Paper Submission:** 20 January 2018

**Please note that a selected few papers will be published in *New Horizons* (ISSN No. 2277-5218), our peer reviewed and UGC approved journal.**

# *The Soul in Symphony: Spiritual and Pragmatic Aspects of Happiness*

<b>Patron:</b>	Dr. Punam Suri, Padma Shree Awardee Hon'ble President DAV College Managing Committee, New Delhi
<b>Convener:</b>	Dr. Nisha Bhargava (Principal)
<b>Coordinators:</b>	Ms. Madhvi Bajaj (98720 03719) Dr. Mridula Sharma (94652 18615)
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<b>Steering Committee:</b>	Dr. Anju Lata Dr. Komil Tyagi Dr. Bhavna Sood Dr. Neetu Dr. Shefali Dhiman Dr. Sagarika Dev Dr. Sarabjeet Kaur Ms. Vandita Kapoor

For registration form, details of registration fee and any other query, please visit our website [www.mcmandavew-chd.edu](http://www.mcmandavew-chd.edu) or call at any of the above mentioned phone numbers.