

### Outcomes of the Conference:

This platform will provide academic excellence by bringing together researchers, experts, and enthusiasts from all around the world. The conference will also provide holistic health perspective by encompassing a broad spectrum of disciplines and comprehensive knowledge of factors affecting longevity. By emphasizing on Sustainable Practices of ancient wisdom in an era dominated by technology, it will provide actionable insights for promoting healthy life span and well being. The attendees will leave not just with academic insights but with actionable practices that can be incorporated into daily life. Through this discourse, the conference aspires to foster a global community that is not just living longer but richer, fuller and more meaningful life.

### INTERNATIONAL CONFERENCE ON COMMUNICATING HEALTH, HAPPINESS & LONGEVITY FOR SUSTAINABLE GROWTH

#### Background:

In an age where the pursuit of a happy, healthy, and long life is more than just an aspiration, our conference aims to address the multi-dimensional aspects of health and well-being. By integrating traditional Indian knowledge systems with modern scientific techniques, this platform will not only promote academic excellence but also present actionable insights for the broader community.

**Venue:** [Govt. Degree College, Ani at Haripur, Distt. Kullu H.P 172026]

**Online Platform:** [Google Meet] (Link to be shared upon registration)

For accommodation you may contact Dr. Vikas Suman (9463819039), Prof. Anil (9459874914) before 20<sup>th</sup> November 2023.

#### Schedule of the Conference:

The conference will be in hybrid mode, which means papers for both virtual as well as physical modes are being invited, as per the following schedule. The last date of submission of abstract for virtual as well as physical mode, 7<sup>th</sup> November 2023, Communication of acceptance of Paper, 9<sup>th</sup> November 2023, Registration and Payment of Fee, 9<sup>th</sup> November 2023, Date of Conference 2<sup>nd</sup> December, 2023 (Virtual Mode), 3<sup>rd</sup> December, 2023 (Physical Mode), 4<sup>th</sup> December, 2023 (Exposure Visit). **Conference proceeding Book containing best and selected full length papers will be published with ISBN.**

#### Conference Fee:

- 1) Students from other colleges, HPU, SPU, CUHP, and other universities of India: Rs 750
- 2) Faculty members, Academicians, Scientists, Practitioners, NGO and other government officials: Rs 1200
- 3) Foreigners: 15 USD

#### Bank Details:

**A/c Name :** Serve Himalaya Society

**Bank Name :** STATE BANK OF INDIA (IGMC)

**A/c No.:** 30064677167

**IFS Code:** SBIN0004054

#### Guidelines to submit ABSTRACT

The abstract must indicate clearly, the title, name of the participant, institution/organization, contact number both Calling and

WhatsApp, Email, and postal address. It must have 5 keywords and a word limit of a minimum of 250 words and a maximum of 350 words in Times New Roman, Font Size 12, which is to be sent to the email: [Intconfani2023@gmail.com](mailto:Intconfani2023@gmail.com)

#### Organizing Team

**Chief Patron :** Dr. Rajinder Chauhan

**Patron:** Dr. Anita Sharma, Dr. Sandeep Sharma

**Co-Patron:** Dr. Labh Singh, Dr. Deepak Sharma

**Convenor:** Sh. Narender Paul

**Organizing Secretaries:** Dr. Sangeeta Negi, Sh. Dharam Kirti and Dr. Arun Dafraik

#### Organizing Committee:

Dr. Rajneesh Kumar, Sh. Anil Kashyap, Sh. Nirmal Singh, Sh. Vinod Kumar, Dr. Rajinder Singh, Sh. Ashok Kumar, Sh. Bhuvneshwar, Sh. Dhan Parkash, Ms. Seema, Sh. Sanjay Dutt, Sh. Vijay Kumar, Sh. Rohit Katoch, Miss. Pumpy Ghamtta, Dr. Yojana Thakur, Dr. Vikas, Dr. Ravinder Jaggi.

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#### About GC Ani

Govt. Degree College Ani at Haripur, Distt. Kullu, Himachal Pradesh, was established on the twenty-seventh of June two thousand six. We are obliged to the efforts of Late Sh. Hari Ram ji and the people of this area bring in an institute of higher education, especially for girls and underprivileged students. Today our college is progressing by leaps and bounds with well-equipped libraries, IT and science labs, and language labs, offering UG courses in Humanities, Science, and Commerce. Under Utkrist Mahavidyalaya Yojana, College has enhanced its sports and academic infrastructure to compete with world-class facilities. Though the advancements in technology and the use of Information and Computer Technology (ICT) in the classrooms can enable us to learn new skills we must consolidate our traditional cultural values and knowledge systems. In view of this, we have adopted "Academic and Cultural Leadership" and "Capacity Building of Students" as one of the "Institutional Best Practices". We seek to develop an immersive atmosphere in the College for students to celebrate our culture and tradition. I'm pleased to be a part of the serene and solitary environment of this great educational institute.

**Dr. Anita Sharma**  
Principal GC Ani



# International Conference

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

Mode: Hybrid/ Arts, Commerce, Science/ Multidisciplinary

2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> December, 2023

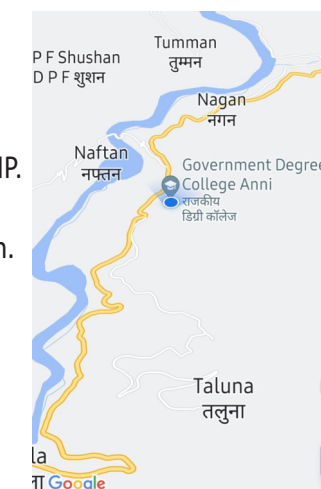
**Venue: Government College, Ani, Kullu**

*Organised By:*

**Government College, Ani, Kullu & HFRI Shimla-9 in association with SMS, HP, HNE Health Care, Haryana, Zyxxes Strategy Labs Pvt. Ltd., and Berry Markets Ltd., Dubai.**

#### Collaboration & Sponsorship by:

- 1) iTachyons Cohort FZC, Dubai, UAE.
- 2) Hiral Logistics Pvt. Ltd. Mumbai, India.
- 3) Minerva College of Education, Indora, Kangra, HP.
- 4) G.G.C. Hamirpur, HP.
- 5) Skill Labs Resource Services Pvt. Ltd. Chandigarh.
- 6) Wisdom of Mind, Haryana, India.
- 7) Serve Himalaya Society, Shimla, HP.
- 8) Sidhi Vinayak Travels, HP.
- 9) Coral Health Care Services, India



# ABOUT THE INTERNATIONAL CONFERENCE

**I**nternational Conference on Communicating Health, Happiness & Longevity for Sustainable Growth aims to provide an international platform to share the multifaceted factors influencing longevity and overall well-being. Drawing from various disciplines, the conference endeavors to merge the knowledge systems of the past with contemporary research methods, casting a comprehensive lens on the dimensions of health in the Postmodern context. In the Modern Age, longevity isn't merely about adding years to life, but more pertinently about adding life to those years. The objective of this International Conference is to delve deep into the symbiotic relationship between quality of life and its duration and to explore actionable insights and practices that can be employed universally.

The conference is grounded in a transdisciplinary approach. Considering longevity from solely on a biological or sociological perspective is a limited approach unless sustainability is not taken into consideration. Thus, by amalgamating diverse fields like technology, environmental science, forensic research, linguistics, sports, and ancient practices, the conference aims to foster a holistic understanding of well-being of an individual. By dissecting concepts from genetics to environment, traditional practices to cutting-edge tech, and societal structures to individual choices, this conference becomes a crucible for comprehensive insights into life's longevity amidst the stress caused due to wars of supremacy.

## **Themes of International Conference:**

**Technological Innovations:** Delving deep into how advancements like AI, robotics, and cloud computing are revolutionizing healthcare, enhancing longevity, and improving quality of life.

**Cultural Insights:** Explore linguistic expressions of longevity from major languages and take lessons from world regions like Blue Zones renowned for their longevity.

**Nature and Diet:** Investigate the myriad benefits of millets, herbs, and the critical role of a balanced diet in ensuring prolonged health.

**Forensic Analysis:** Harness modern forensic techniques to interpret historical data on life expectancy and human health trends over the ages.

**Environmental Impact:** Grasp the direct implications of environmental

factors like climate change, air and water quality, and biodiversity on human health.

**Ancient Meets Modern:** Melding ancient wisdom, like that from Vedic scriptures, with contemporary science to offer a harmonized perspective on longevity.

**Intelligent Quotient versus Emotional Quotient.**

**Communicating across Cultures.**

**Growth and sustainability.**

## **Sub-Themes of the Conference:**

- 1) **The Nanotechnology Revolution in Healthcare:**  
Understanding the impact of environmental factors and the applications of nanotechnology and biophysics on health and longevity.
- 2) **Blueprint of Biological Longevity:**  
Delving deep into genetic markers, cellular health, immune system efficiency, and learning from those who've lived exceptionally long lives.
- 3) **Physical Fitness and Longevity:**  
Analyzing the connection between biomechanics, BMI, and physical well-being. Recommendations for exercise regimes that boost health and lifespan.
- 4) **Chemistry of What We Consume:**  
Highlighting the effects of food adulteration on human health and promoting strategies for food safety and purity.
- 5) **Societal Structures and Longevity:**  
Exploring the impact of social dynamics, lifestyle choices, mental well-being, and community support systems on health.
- 6) **Psychology of Happiness:**  
Discovering the intricate relationship between happiness, stress management, resilience, and a long, healthy life.
- 7) **Financial Freedom and Well-being:**  
Unpacking the role of financial stability in accessing quality healthcare, making healthy lifestyle choices, and its implications on longevity.
- 8) **Harmonizing Life with Music:**  
Understanding the therapeutic and physiological effects of music on health and happiness. How ancient Indian music knowledge plays a part.
- 9) **Environment and Longevity:**  
Assessing the direct and indirect influences of environmental factors on health and life expectancy.
- 10) **Ancient Wisdom in Modern Times:**  
A deep dive into ancient Indian literature in Sanskrit that discussed concepts of longevity and its translation to contemporary practices for broader accessibility.
- 11) **Linguistic Expressions of Longevity:**  
Exploring the cultural nuances and expressions of longevity and health from languages such as English, Hindi, Sanskrit, and Punjabi.

- 12) **Tales from the Himalayan Tribes:**  
Understanding the unique lifestyles, diets, and practices of tribal people in the Himalayas and their potential contributions to longevity and health.
- 13) **Athleticism and Longevity:**  
Analyzing how regular sports and athletic activities contribute to mental, physical, and emotional health leading to prolonged life.
- 14) **Lessons from the Blue Zones:**  
Studying the practices, diets, and lifestyles of the world's Blue Zones - regions where people live longer and healthier lives than anywhere else on Earth.
- 15) **Nature's Bounty: Millets and Herbs:**  
Discussing the nutritional and health benefits of ancient grains like millet and the healing properties of herbs that contribute to longer life.
- 16) **The Sleep-Longevity Connection:**  
Investigating the crucial role of sleep in mental health, physical rejuvenation, and its direct correlation with lifespan.
- 17) **Ayurveda, Yoga, and Eternal Youth:**  
Diving into ancient Ayurvedic practices, yoga postures, and their profound effects on mental, spiritual, and physical well-being.
- 18) **Emerging Business Frontiers in Health and Tourism:**  
Uncovering business opportunities in the health, education, and tourism sectors promoting longevity and well-being.
- 19) **Vedic Wisdom meets Modern Science:**  
Merging tips for a prolonged life from ancient Vedic scriptures with modern scientific research to provide a holistic guide to longevity.
- 20) **The Future of Longevity - AI, Robotics, and Cloud Computing:**  
Exploring the roles of cutting-edge technologies like AI, robotics, and cloud computing in advancing healthcare solutions and understanding their potential to promote longer healthier lives.
- 21) **Forensic Science and Longevity Research:**  
Exploring how modern forensic techniques can be employed to understand historical patterns of life expectancy, decipher ancient remains, and contribute to the study of human longevity. This would offer insights into historical lifestyles, diets, and other factors that influenced health and lifespan.
- 22) **Eco-Wellness: The Environment-Longevity Link:**  
Delving into how environmental factors, including air and water quality, climate change, and biodiversity, directly influence human health and longevity. Highlighting the importance of sustainable practices to ensure a healthier planet and, consequently, longer, healthier human lives.