

International Conference on Communicating Health, Happiness and Longevity for Sustainable Growth
Organised by
Govt. Degree College, Ani, Haripur Distt. Kullu HP

The International Conference on Communicating Health, Happiness and Longevity for Sustainable Growth, held at Govt. Degree College, Ani, Haripur, Distt. Kullu HP, from 2nd December to 4th December 2023 marked a significant milestone in the Interdisciplinary exploration of well being. This conference under the visionary leadership of Dr. Anita Sharma and guidance of Dr. B.S.Chauhan, brought together over 250 in person attendees and more than 1000 online participants from over 30 countries. This report encapsulates the insights, discussion and outcomes of the conference, emphasizing the roles of Dr. B.S. Chauhan and Dr. Anita Sharma in orchestrating this successful event.

The Conference commenced with an invigorating Yoga Session at 8:00 on 2nd December 2023 by Jaipal Prajapath from Veitnam through online mode where he demonstrated various exercises and yoga asanas to the delegates for healthy lifestyle, which sets the tone of mindfulness and holistic health. The Conference was formally inaugurated by the hon'ble Chief Guest, Dr. Rajender Chauhan, Former Vice Chancellor H.P.U., Shimla and Vice Chancellor of APG University, Shimla along with Guest of Honor Dr. K.C. Sharma, retired Chairman of the Department of Economics, H.P.U., Shimla and Dr. Pawan Kumar, Scientist F and Joint Director of HFRI, Shimla. Various eminent speakers and participants joined the conference through offline mode as well online mode. The welcome address of the conference was delivered by Dr. Anita Sharma, Principal, Govt. Degree College, Ani. She officially welcomed the Chief Guest, Guests of Honour and delegates and all other participants.

The chairperson of the inaugural session was Er. Vinod Shawney, who joined the conference through online mode from USA. The book of abstract of conference was released by the Chief Guest and all other dignitaries. The concept note of the conference was given by Dr. B.S. Chauhan, Ex.Vice Principal, Centre of Excellence to all the delegates. Besides sharing the concept of conference, he also stressed on the idea of adopting a happiness model like Japan. Afterwards, the keynote speaker, Prof. Rakesh Kriplani of Rashtriya raksha University, Gujarat shared his knowledge on the topic, "Quality of Life." He briefed about various steps that can be taken to prevent mental, physical and psychological stress and also highlighted the psychology and science behind the mental health, happiness and longevity. In the plenary session, Dr. Monojit Das, a Ph.d in Internet Governance expressed his thoughts on the topic, "India's Ascent to Global Leadership in Health, Happiness:A Journey of Learning to Implementation" through virtual mode. He emphasised on the importance of promoting Indian Ethos, culture and lifestyle. The Plenary session was followed by lecture from invited speaker Dr. Jitender Kumar, who is an eminent memory mentor and principal Investigator, Young Innovator, PDUIC, under Rusa2.0, Ministry of Education, Govt. of India. He delivered his lecture on Super Human Development Skills. He also showcased many exercises to stimulate our subconscious mind to perform better. The session was concluded with Chief Guest address. He appreciated and congratulated the organisers of the conference and also shared a few anecdotes from his personal life to highlight the importance of mental health and happiness. The session ended with vote of thanks by our Sr. Faculty Member, Associate Professor Narender Paul, who thanked all the dignitaries and delegates who graced the conference with their active participation online as well as offline.

At 200 p.m. a workshop is conducted by Ria Jahangra, Wonder Girl on Memory Techniques for the students of Govt. Degree College, Ani. Simultaneously offline and online Technical Sessions were conducted.

The conference featured multiple technical session where over 120 papers were presented. The sessions covered a wide range of topics, from agriculture's role in longevity to AI and robotics in healthcare. Notable presentations of the offline Technical session were:

1. Prof. Yojana Thakur, Assistant Professor, Department of Zoology, Govt. Degree College Rampur Bsr. presented her paper on the title "A Study as to how the Agricultural Revolution Shaped Human Happiness and Longevity.

2. Mr. Shyama Nand Lecturer, Girls Senior Secondary School presented his paper on topic "Communicating Health, Happiness and Longevity for Sustainable Growth". He emphasised on the ayurveda and how with Ayurveda we could lead a happy life.

3. Ms. Aditi Sharma, student of Govt. College Rampur Bsr. presented paper on the title "Buzzing Partnerships: Exploring the Symbiotic Relationship Between Insects and Human Health". She concluded that her data was based on online data & she discussed that there is an impact of insects on transmission of diseases.

4. Ms. Smriti Rana, student of Govt. College Rampur Bsr. presented her paper on the title "Pesticides and Pollination: Understanding the complex relationship between agricultural practices and honeybee for aging behaviour". She highlighted the importance of honeybee and detrimental effects of pesticides on honey bees and also discussed various solutions for these problems.

5. Ms. Khem Lata, student of Govt. College Rampur Bsr. presented paper on the title "Study the long term psychological impact of the pandemic including increased rate of anxiety. She discussed the mental health concerned during the pandemic and the symptoms like flashbacks, night mares and also the uncontrollable thoughts which serves anxiety.

6. Ms. Anisha Nainta, student of Govt. College Rampur Bsr. presented paper on the title "Blueprints of Longevity: Insights from the Blue zone". She brought to fore that psychosocial aspects of longevity within Blue Zones, emphasized the importance of purpose, social cohesion and strong familial ties in promoting healthy aging and by examining the cultural values, sense of community and intergenerational relationships..

7. Professor Narender Paul, Associate Professor Physics, GDC Ani, Anuj Sharma, Dr. Kirti, Dr. Jagdish and Brijesh Singh presented paper on the title, "Revolutionizing Life Sciences: Key Contributions in Nano-technology, Instrumentation and Biophysics". Professor Narender Paul shared on realms of nanotechnology instrumentation and biophysics have been instrumental in fostering advancements in life sciences, each contributing uniquely to the betterment of human health and the understanding of biological phenomena.

8. Dr. Sangeeta Negi, Assistant Professor in English, G.D.C., Ani, and Sh. Narender Paul Associate Professor in Physics presented their paper on the title, "Cultivating Emotional Intelligence to a happy, Healthy and Stress Free Life". She emphasised in her paper when it

comes to happiness and to be mentally healthy or fit, emotional intelligence come to rescue as it is the ability to understand, use and manage emotions in positive ways to relieve stress, communicate effectively empathize with others, overcome challenges and makes mentally and physically healthy.

At the end of the technical session Dr. Brijesh Singh Chauhan introduced how we can lead happy life by presenting his paper on, “The Extraordinary Within: A Two-Hour Journey into Superhuman Skills”. Dr. Vidya Bandhu Negi, Associate Professor in Physical Education, G.D.C., Rampur Bushehar chaired and Dr. Rajneesh Thakur, Assistant Professor in Economics G.D.C. Ani co-chaired the session. Professor Nirmal Singh AP Hindi hosted the session. The session was fruitful and enlightened the minds of the participants towards longevity of life.

The Chairperson of the Online Technical Session was Dr. Jeevan Masoi, Assistant Prof. in Mathematics, Govt. College Rampur and co chaired by Prof. Anil Kashyap. Prof. Anil Kashyap welcomed Chairperson and all the participants of this session.

Some remarkable online presentation were:

- 1) “Psychology of Happiness” by Vimmi Rani, GDC Paonta Sahib.
- 2) “Air Pollution and its Relation to Climate Change and their Impact on Public Health” by Sulaxna Sharma SGG SJ GC Paonta Sahib.
- 3) “Impact of Climate Change on Vector-Borne Diseases in Himachal Pradesh (Dengue, Chikungunya)” by Ritu Pant SGG SJ GC Paonta Sahib.
- 4) “Chemistry of food Adulterants and basic of Food Safety Strategies” by Amita Joshi SGG SJ GC Paonta Sahib.
- 5) “Food Adulteration: Implications for Human Health and Strategies for Ensuring Food Safety” by Subhash Chand, HP, India.
- 6) AI and Robotics in Healthcare: Essential Tools for Longer and Healthier Lives ” by Sushmita Thakur, HP, India.
- 7) “Psychological Impact of Music on Health and Happiness: A case Study of Tehsil Anni in District Kullu” by Ashok Kumar, Assistant Professor, GDC Ani at Haripur, Distt. Kullu.
- 8) “Economic Elixir: Financial Stability as a Catalyst for Longevity” by Dr. Rajneesh Kumar, AP Economics, GDC Ani at Haripur, Kullu, HP India. At the end of this technical session Dr. Jeevan Masoi gave his concluding remarks along with appreciation of all presenters and their choice of topics.

The online technical session II was Chaired by Prof. Dharam Kirti Negi and Co-Chaired by Dr. Sangeeta Negi.

The following are some of the insightful papers through online mode:

- 1) Vikas Suman GDC Nerwa presented his paper on the topic “Leveraging Millets for Enhanced Gut Health: A Holistic Nutritional Approach”.
- 2) Kanta Devi Chauhan presented on the topic “Jaddi Booti and Bajra”.
- 3) Dr. Veena Sharma GDC Arki presented on the topic “Attaining Psycho-Social Well-Being through Art Therapies”.
- 4) Dr. Punam Chauhan AP English, GC Nalagarh, Solan, HP India presented on the topic “The Legend of the Fountain of Youth”.
- 5) Bhuvneshwar, AP Sanskrit, GDC Ani at Haripur, Kullu, HP, India presented on the topic “From Scripture to Science: Unveiling Sanskrit’s Ancient Longevity Secrets for Modern Well-Being”.
- 6) Vijay Kumar , AP Chemistry, GDC Ani at Haripur Distt. Kullu HP, India presented on the topic “Utilizing Nanotechnology for the Development of High-Sensitivity Sensors for Detecting Adulteration in Food Products”.
- 7) Nirmal Singh, AP, GDC Ani at Haripur Distt. Kullu HP, India presented on the topic “Nutritional and Health Benefits of the Local Vegetables, Grains and Herbs of Kullu District”.
- 8) Dhan Parkash AP, GDC Ani at Haripur Distt. Kullu HP, India presented on the topic “Impact of Financial Freedom of the Well-Being of Human Life, A study of Employees and Students of Ani College of Himachal Pradesh ”.

At the end of this technical session Prof. Dharam Kirti Negi gave his concluding remarks along with appreciation of all presenters and their choice of topics.

A cultural evening was organized by Govt. Degree College Ani for the dignitaries and delegates in the Multipurpose hall which showcased the rich traditions of India adding a unique flavor to the conference and highlighting the region’s cultural heritage. The event started with Shimla natti followed by classical song by sonu, skit on the theme of having a perspective in life ,Punjabi dance, Pahari folk song by Vivek, and Kulluvi Natti which won second prize in Youth Festival Group 3 which not only mesmerized the audience but also rejuvenated them. The melodious voice of Prof. Sanjay Dutt had a casting spell on the audience.

On 3rd December 2023, the second day of the Conference again commenced with Yoga session by Jaipal Prajapath from Veitnam virtually at 8:00. At 9:30 A.M. the technical session commenced with Invited Speakers. The first invited speaker of the session was Dr. Vasu Singh, famous doctor from USA. She delivered her talk on topic, “ Medicine, Women’s Health and Asthetic Medicines in Pennysylvania.” Her presentation focused on life style management and how can we balance emotion and mental health. It was followed by second Invited Speaker, Dr. Pawan Rana ,Scientist F, HFRI, Shimla who delivered his talk on emerging threats of Insects, pests and forest in Northwestern Himalayas and their eco-friendly management challenges and opportunities. He emphasized on economic importance of insects and ecological

role and their influence on environment. The session was chaired by Prof. Narender Paul and co-chaired by Prof. Nirmal Singh. There were three online technical sessions.

The first technical session was chaired by Dr. Pawn Rana and Co-chaired by Prof. Ashok. Dr. B.S Chauhan was the plenary speaker of first technical session. He shared his experience what he has gained during his visit to the different places of the world. Some of the notable presentation of the sessions were:

- 1) "Importance of Geography in Supporting Sustainable Developmental Goals: A Case Study of Distt. Kinnaur, HP" by Dharam Kirti, Assistant Professor, GCD Ani at Haripur, Kullu.
- 2) "Exploration of Representation of Wellness and Mental Health in *Set Boundries*, Fine Peace: A Guide to Reclaiming Yourself" by Rohit Katoch, Assistant Professor, GDC Ani at Haripur Distt. Kullu.
- 3) "Lok Sangeet Avam Jan Ranjan" by Prof Sanjay Datt Assistant Professor GDC Ani at Haripur
- 4) "Role of Trade and Commerce in Empowering the Tribal Women: In District Kinnaur HP" by Radhika, Assistant Professor, GDC Ani at Haripur Distt. Kullu.
- 5) "Studying the potential of Electrochemical Biosensors for the rapid and sensitive Detection of Food Fraud in meat and dairy Products".by Mr. Vineet Kumar, B.sc 3rd year, GDC Ani at Haripur.
- 6) "Relationship Between Cultural Diversity and Mental Well Being: A case study of Ani Distt Kullu".by Ms. Sakshi B.A 3rd year GDC Ani at Haripur.

The Second technical session was chaired by Dr. Madan Shandil and Co-chaired by Prof. Dhanprakash. The remarkable papers of the session were :

- 1) "Integrative Longevity: Harmonizing Vedic Insights with Contemporary Science".
by Vinod Kumar AP History, GDC Ani, Kullu.
- 2) ."Mathematical Perspectives on Well-Being: Insights from Eminent Mathematicians".
by Anil Kashyap, AP Mathematics, GDC Ani, Kullu,
- 3) "Harmonious Development of Life Through yogic Practices".
By PumpyGhamtta, Assistant Professor, GDC Ani, Kullu,
- 4) "Unravelingthe Threads: Exploring the Impact of Social Dynamics on Mental Well Being in Contemporary Society".by Seema, Assistant Professor, GDC Ani, Kullu.

5) “Soilless System for Sustainable Farming for Future”. by Pushpa Guleria, Assistant Professor, GDC Ani at Haripur, Kullu.

The third technical session was chaired by Prof. Vinod Thakur and Co-chaired by Prof. Bhuvneshwer. Some of the exceptional papers presented in the session were:

- 1) “Antiviral Properties of Medicinal Plants of Himachal Pradesh” by Richa Kumari , Research Scholar.
- 2) “Characterization Technique for ZnO Nano particles” by Sh.Narender Paul and Mast Ram.
- 3) “Role of Mathematics in Our Life,” by Vanshika Sharma, known as Human Calculator Of India. All the sessions were very insightful and fruitful.

The Valedictory Session commenced at 1:00 P.M. on 3rd December 2023. The Chief Guest of the Valedictory Session was Principal, Govt. Degree College , Ani, Dr. Anita Sharma and Dr. K.C.Sharma, Dr. Pawan Rana and Dr. B.S. Chauhan were the Guests of Honour of the session .During the welcome Address by Prof. Narender Paul informed that 150 papers were presented and delegates participated from different countries viz. USA, Germany, Moscow, Veitnam and from different States of India. The report on International Conference was presented by Dr. Sangeeta Negi who elaborated at length all the activities of the conference. Dr. Anita Sharma, the Chief Guest of the session appreciated the meticulous effort of all the teaching and nonteaching staff members and students for the seamless execution of conference that marked a new benchmark in academic conferences. She also shared that this conference was a remarkable confluence of innovative ideas and thought provoking discussions, creating an unparalleled platform for exchanging ideas on health and happiness which is the need of an hour. The certificates were also distributed to the off line participants of Conference. Life Time Achievement awards were also given to Dr. Anita Sharma and Dr. B.S. Chauhan. The session ended with vote of thanks by Prof.Dharam Kirti, Assistant Professor in Geography. The conference concluded with synthesis of ideas and recommendation for future directions After this conference, it is believed that everyone is now standing on the brink of new chapter of their life which will be focused on health, happiness and longevity.

On 4th December 2023, an excursion visit was organised by Govt. Degree College ,Ani as per schedule of conference to nearby areas like beautiful mountain peak of Jalori pas, Sayolsar and Jibhi for the delegates so that they could feel rejuvenated and enjoy bliss of nature.