

## **NATIONAL CONFERENCE**

A national conference was organised on 23 and 24 September 2016 on "Perspectives of Successful Ageing" in collaboration with Indian Association of Positive Psychology to bring awareness that being old is a great challenge in this changing world. The conference stressed the need to enlighten society regarding the enactment of the act and its application.

It is not expected that legal provisions can enforce well-being of elderly when the emotional needs and care constitute the main component of the requirement. In such a scenario an act alone is not likely to achieve the desired results unless society change is brought inculcating the value system which places priority on respect and care of the elderly.

Conference Convener Dr. Sarabjit Sran

Organizing Secretary : Dr. Pooja Wadhawan

The sub themes of the conference were:

- · Realistic Self Appraisal
- · Adaptation and Resilience
- · Effective coping strategies
- · Engagement in life
- · Disability being critical for successful ageing
- · Structure and attributes of successful ageing
- · Intervention for promotion of healthy ageing
- · Self- Acceptance and self-contentment
- · Empowering the elderly
- · Social security

More than 100 abstracts were submitted and approximately 450 students and delegates participated.

Entries from various universities namely University of Delhi, Amity University, Ambedkar university, Sharda University, Bangalore university, Banaras Hindu University, Panjab University and IGNOU were received. Students from different states like Ahmedabad, Guhati , Varanasi, etc. also participated.

The conference included several eminent guests. Just to name a few: Dr. Sanjay Srivastav, Prof Girishwar Misra, Prof. SS Nathawat, Prof Arvind Mishra, Alok Verma, Prof NK Chadha (president of Indian Association of Positive Psychology)