



speaking 



Registered under MSME and NITI Aayog

# **SPEAKINGCUBE ONLINE MENTAL HEALTH CONSULTING FOUNDATION**

Presents

4th Virtual International Conference

**IN COLLABORATION WITH  
SHOOLINI UNIVERSITY & UNIVERSITY OF VENDA**

**ON**

**MINDFUL-TRAUMA MANAGEMENT AND HAPPY  
RELATIONSHIP**

**16TH MAR-17TH MAR 2024**

Aligned with the concept of WHO and UN for a  
sustainable development goal

**FOR ENQUIRY - [SCCONFERENCE21@GMAIL.COM](mailto:SCCONFERENCE21@GMAIL.COM)  
[CUBESPEAKING@GMAIL.COM](mailto:CUBESPEAKING@GMAIL.COM)**

# ABOUT SPEAKINGCUBE

Speakingcube is an online mental health consulting foundation with a team of experts working to elevate mental health through mindful practices. The mission of Speakingcube is to provide educative, preventive, and curative services to lay the foundation of a happy and peaceful world around us. Speakingcube was founded by Dr. Deepika Chamoli Shahi, as LLP and transformed into section 8 company under the guidance of the advisors. Speakingcube is a Mental Health NGO registered under Uttarakhand government MSME and NITI Aayog. We have a diverse team of psychologists, clinical hypnotherapists, life coaches, mindfulness experts and perinatal experts. Our advisors are Prof. Dr. Rita Kumar, Senior Professor, Psychology Department, Amity University Noida & Dr. Col(Retd.) Chetan Shardha, Diabetologist, Yashoda Hospital, Ghaziabad.

# AIM OF THE CONFERENCE

- To explore the integration of mindfulness in trauma management and happy relationship.
- To conduct active research focused on trauma management and happy relationship.
- To create professional who are equipped in dealing with trauma and bereavement

# OBJECTIVE OF THE CONFERENCE

- To educate, train and discuss the psychological aspects of trauma management to establish happy relationship.

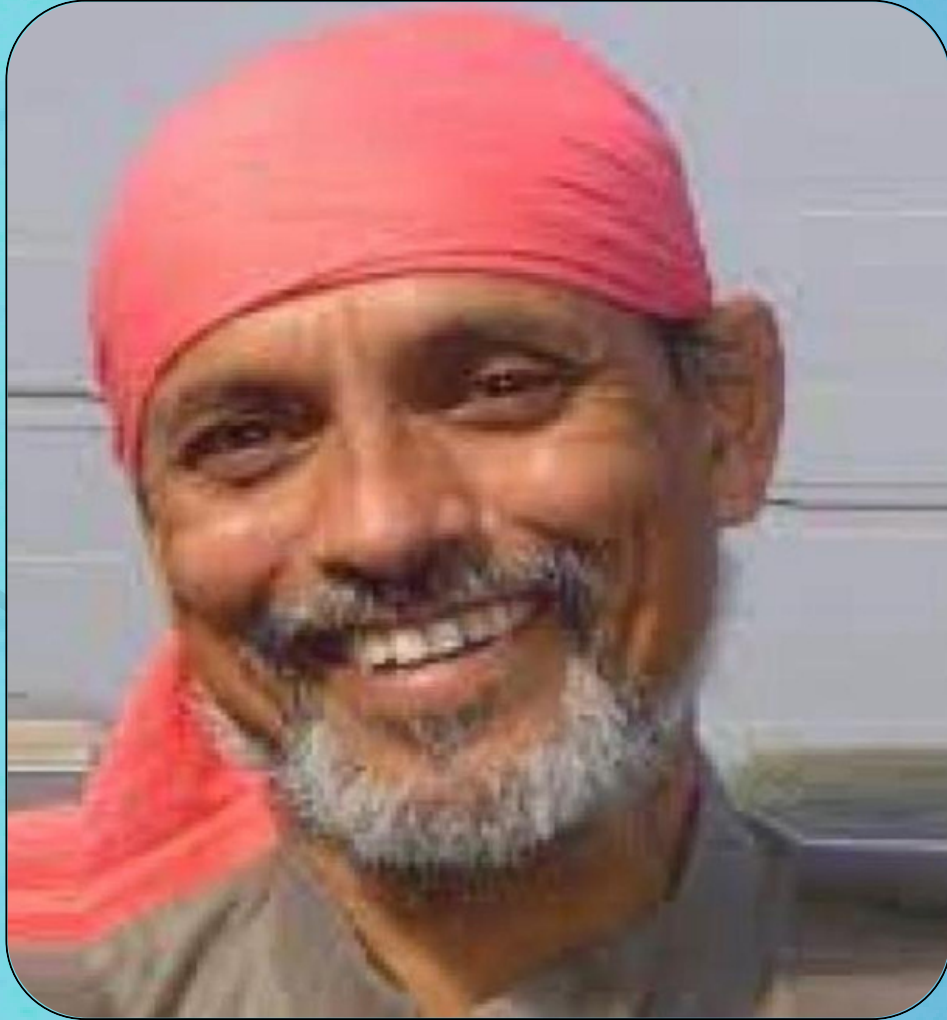
**THEME OF THE CONFERENCE**

**MINDFUL TRAUMA  
MANAGEMENT AND HAPPY  
RELATIONSHIP**

# SUB-THEMES

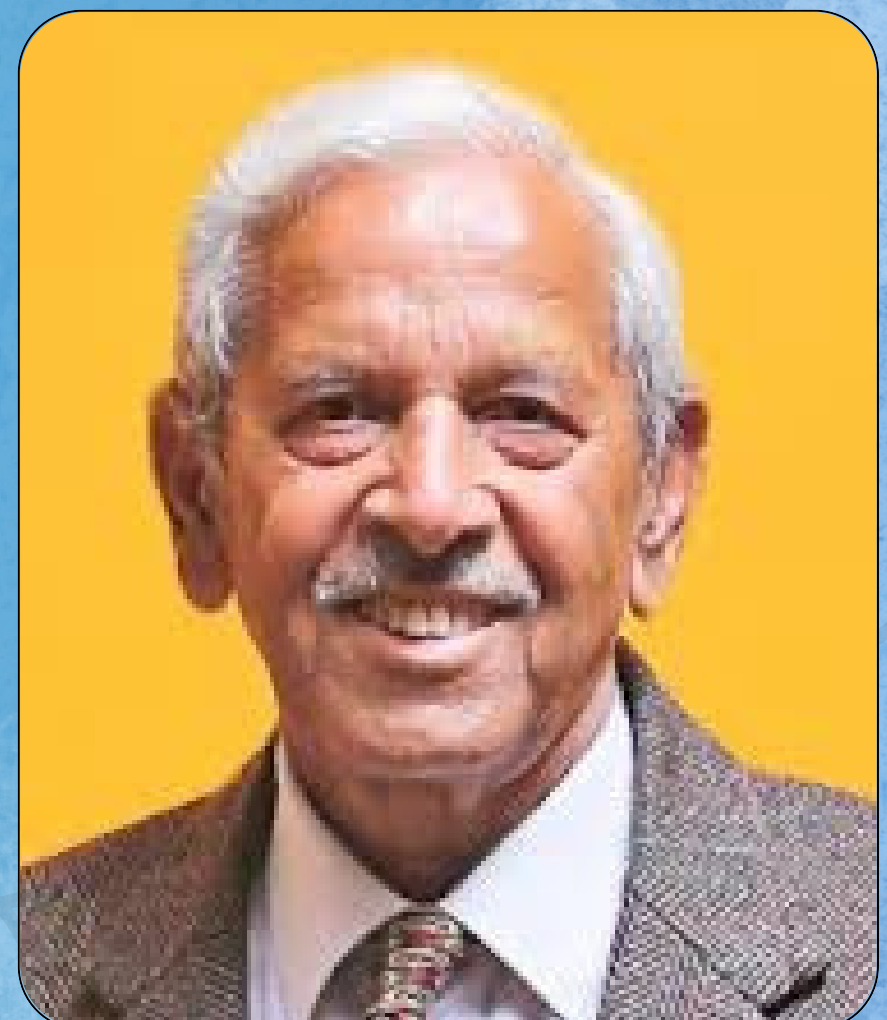
- Childhood trauma
- Stress management
- Work-Life balance
- Relationship issues
- Happy relationship
- Substance abuse
- Alcohol abuse
- Alcohol addiction
- Alcohol dependency
- Parenting
- Grief and bereavement
- Economic Behaviour in Trauma cases

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Hypnotherapist  
Founder and Director Speakingcube



**Chairperson and Advisor**  
**Prof. (Dr.) Rita Kumar**  
Psychologist & Clinical  
Hypnotherapist  
Senior Professor, AIPS,  
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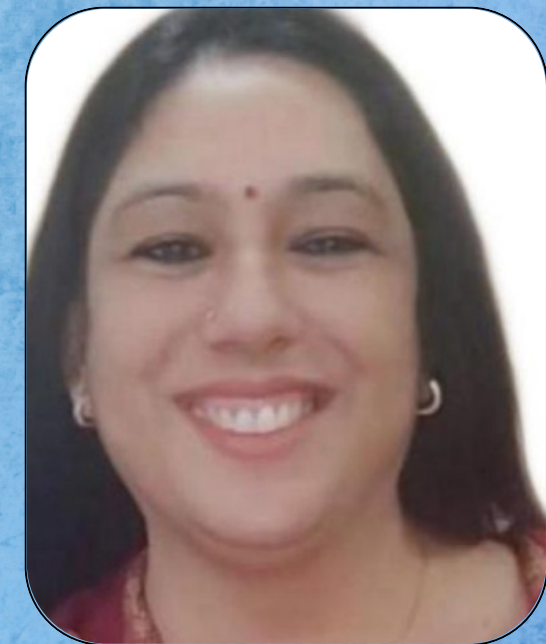
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Yashoda Hospital & Research  
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**Prof. (Dr.) Nidhi Verma**  
Psychologist and Clinical  
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**Prof. (Dr.) Anita Chauhan**  
Associate Professor Head of  
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Founder and Director  
PSY-FI Solutions  
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PGI Chandigarh



**GUEST SPEAKER**

**Prof. (Dr.) Nidhi Verma**  
Core team member Speakingcube  
Associate Professor  
Amity University  
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**GUEST SPEAKER**

**Prof. (Dr.) Anita Chauhan**  
Associate Professor  
Head of the department  
Centre of Psychology and Behavioral  
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Psychologist & Clinical  
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Shortlisting of research papers will be done through peer review process and selected papers will be published. Publication charges are applicable as per the indexing of the Journals (UGC Carelist, Scopus, and Web of Science. **No extra publication fee will be charged for peer-reviewed journals.**

- The Last date of Registration 10-03-24
- The Last date of Abstract Submission 01-03-24
- The Last date for Full Paper Submission is 13-03-24

## CERTIFICATE OF APPRECIATION TO TOP 3 PAPERS

### GUIDELINES FOR PAPER SUBMISSION

- APA format to be followed.
- Deadlines to be followed.
- Plagiarism above 15% will not be accepted.

# REGISTRATION DETAILS

Indian Attendees	INR 300
Indian Students (UG, PG & Research scholar )	INR 1500
Indian Professional	INR 2000
International Attendees	\$ 8
International Students	\$ 30
International Professionals	\$ 45

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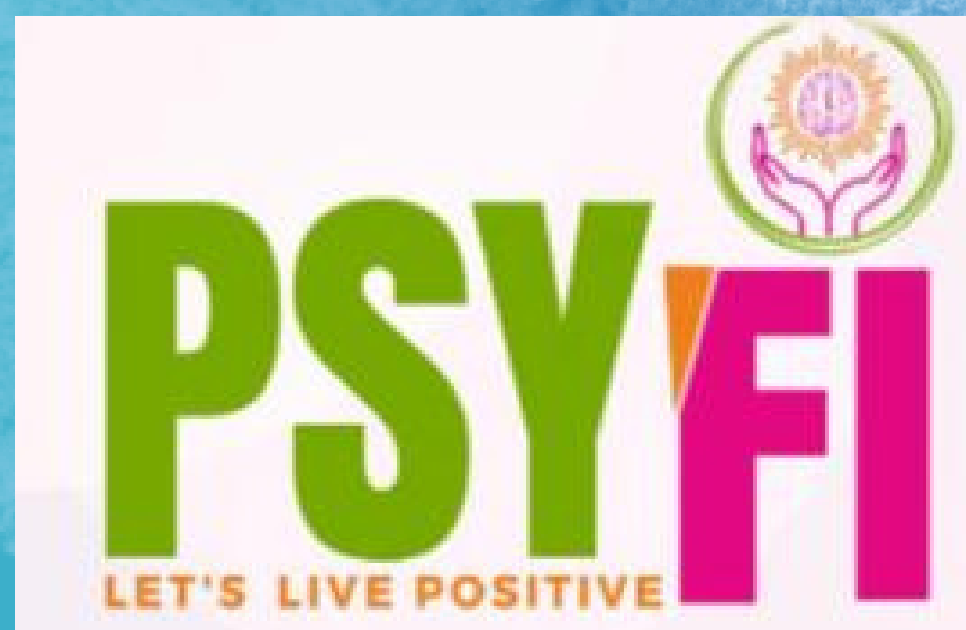
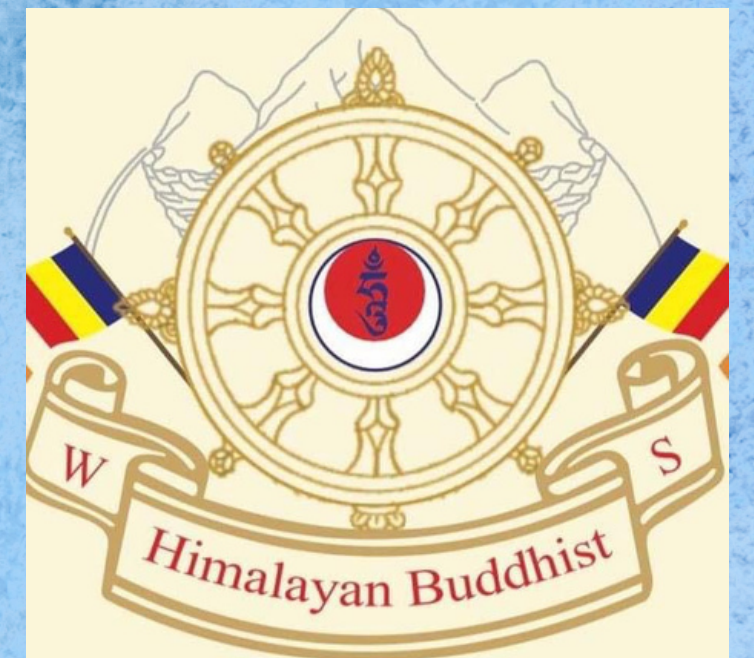
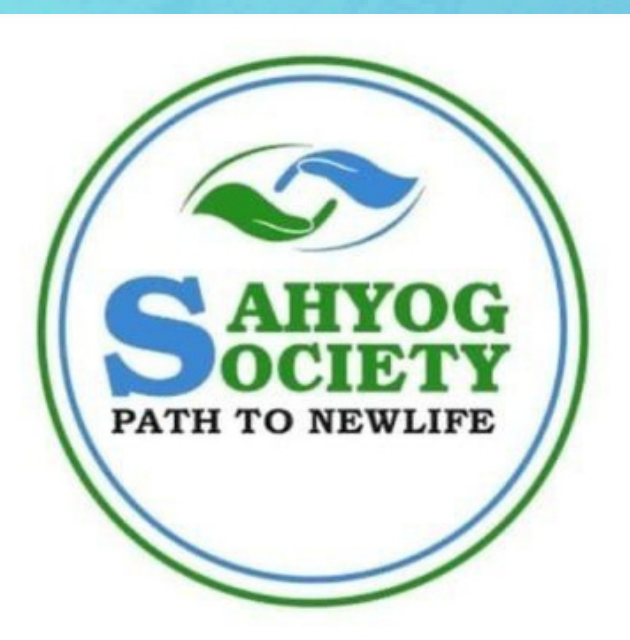
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Himalayan Environmental Studies  
and Conservation Organization



University of Venda  
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# FOR ENQUIRY

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