



**INTEGRAL  
UNIVERSITY**  
LUCKNOW - INDIA

**A+** ACCREDITED  
BY NAAC



**INTERNATIONAL WORKSHOP**  
**ON**  
**PSYCHOTHERAPEUTIC MODALITIES**  
**AN INTERVENTIONAL APPROACH**  
**TO OVERALL WELLBEING**

(HYBRID MODE)

 **MAY 01<sup>st</sup> - 03<sup>rd</sup>, 2024**



ORGANIZED BY

**DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES**  
**INTEGRAL UNIVERSITY, LUCKNOW**

 **CENTRAL AUDITORIUM, INTEGRAL UNIVERSITY, LUCKNOW**

## About the University :

Integral University, a seat of educational excellence, is a premier university in Lucknow, the capital city of the state of Uttar Pradesh, India. It was established under the Act Number 9 of 2004 by the State Government. The University is duly approved by the University Grants Commission (UGC) under section 2(f) and 12B of the UGC Act, 1956, Medical Council of India, Pharmacy Council of India, Indian Nursing Council, Council of Architecture, Bar Council of India, Indian Association of Physiotherapists, National Council for Teacher Education, UP State Medical Faculty. Integral University, one of the premier educational institutions in India has been awarded A+ grade by the National Assessment and Accreditation Council (NAAC) in the second cycle of accreditation.

## About the Department :

The Department of Humanities and Social Sciences at Integral University is dedicated to providing holistic education by offering a range of programs, including Bachelor of Arts (Honours), Master of Arts, and Ph.D. courses in various disciplines including Psychology, Political Science, Economics, History, and Sociology. These programs aim on understanding and addressing issues and challenges faced by our society. Through education and research, the department aims to contribute to the advancement of knowledge in the humanities and social sciences.

## About Lucknow :

'Lucknow city' is the capital of Uttar Pradesh, India. It is located roughly in the centre of the state, on the Gomati River about 45 miles (72 km) northeast of Kanpur. Located in what was historically known as the Awadh region, Lucknow has always been a multicultural city. Courtly manners, beautiful gardens, poetry, music, and fine cuisine patronized by the Persian-loving Nawabs of the city are well known amongst Indians and students of South Asian culture and history. Lucknow is popularly known as the City of Nawabs. It is also known as the Golden City of the East, Shiraz-i-Hind and The Constantinople of India. The University Campus is 16 km away from Lucknow Railway Station.

## Target Audience :

Participants from Psychiatry, Psychology, Education and Allied Sciences

## Theme of the Workshop :

The International Workshop on Psychotherapeutic Modalities offers a crucial platform for professionals and students to explore diverse intervention strategies aimed at enhancing overall wellbeing. By bringing together experts from various disciplines, it fosters collaboration and knowledge exchange, ultimately advancing the field of psychotherapy. This workshop highlights the significance of tailored interventions in addressing individual needs, promoting mental health, and fostering holistic wellness on a global scale.

## Proposed Therapies :

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Acceptance & Commitment Therapy (ACT)
- Rational Emotive Behavior Therapy (REBT)
- Psychoanalysis
- Music Therapy
- Art Therapy
- Yoga/Meditation Therapy
- Mindfulness Based Stress Reduction
- Integrative Therapies
- Neuro-Biofeedback therapy
- Neurocognitive Plasticity Therapy (NCPT)

## Registration Details

All participants interested to participate in the conference are requested to get themselves registered by filling the registration form. The registration charges are as below :

Category	Registration Till (30 <sup>th</sup> April)	On Spot
Professionals/ Faculty	Rs. 1500/-	2000/-
Students/Research Scholars	Rs. 1000/-	1200/-

\*No TA/DA will be given to the participants.

## ACCOMODATION

All participants will be provided with local hospitality on request basis in a Hotels/ University Guest House subject to availability. Mobile No. : +91-7309600868, 9839967126

**NOTE : Additional Charges for Accommodation will apply.**

**\*\*Sham-e-Awadh : A visit to Lucknow City (Sponsored by the Organising Committee)**

CHIEF-PATRON		PATRONS	
 <b>Prof. S.W. AKHTAR</b> FOUNDER & CHANCELLOR Integral University, Lucknow	 <b>Dr. SYED NADEEM AKHTAR</b> PRO-CHANCELLOR Integral University, Lucknow	 <b>Prof. JAVED MUSARRAT</b> VICE - CHANCELLOR Integral University, Lucknow	
CO-PATRONS			
	 <b>Prof. MOHD. HARIS SIDDIQUI</b> REGISTRAR Integral University, Lucknow	 <b>Prof. AQIL AHMAD</b> ADVISOR TO CHANCELLOR Integral University, Lucknow	
CHIEF GUEST	REVERED GUEST	GUEST OF HONOUR	SPECIAL GUEST
 <b>Leister Sam Manickam</b> Former Professor & Head Department of clinical psychology SRAHER, Chennai & JSS AHER Mysuru, India Director of Training & Research, Mhat, Calicut, India	 <b>Prof. Girishwar Misra</b> Former Vice-Chancellor Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha Former Professor, DU	 <b>Dr. Rakesh Kumar Tripathi</b> Professor Cum Clinical Psychologist Dept. of Geriatrics Mental Health, King George's Medical University	 <b>Dr. Archana Shukla</b> Head Department of Psychology Former Coordinator, Institute of Women's Studies, University of Lucknow
VALEDICTORY GUEST	EXPERTS		
 <b>Prof. Neena Kohli</b> Former Head Department of Psychology University of Allahabad Presently Adjunct Faculty University of Allahabad Visiting Professor IIT Jhalwa Prayagraj Past President National Academy of Psychology (NAOP)	 <b>Dr. Durgesh K. Upadhyay</b> Member, IMTA Assistant Professor, Department of Psychology, Mahatma Gandhi Kashi Vidyapith, Varanasi. Certified music therapist & vocalist. Coordinator- UP music therapy lab Area of expertise- Music Therapy/Art Therapy	 <b>Dr. Anjali Gupta</b> Head & RCI Registered Clinical Psychologist, Clinical Psychology Department, Nur Manzil Psychiatric Centre Area of expertise- Yoga Therapy, Meditation and Mindfulness	 <b>Dr. Tushar Singh</b> Assistant Professor, BHU President (Elect), National Academy of Psychology Member of Board of Directors, International Association of Applied Psychology Area of expertise-Cognitive Behavioural Therapy



**Dr. Krishna Dutt**

Retired Clinical Psychologist  
K.G.M.U Lucknow  
Founder of Asmita Foundation  
Area of expertise- Psychoanalysis



**Dr. Ashutosh Srivastava**

Associate Professor,  
Assam Downtown University  
Director,  
Psyuni Institute of Psychology  
& Allied Sciences  
Area of expertise- DBT, REBT, ACT



**Dr. Anand Pratap Singh**

Head  
Department of Psychology  
& Mental Health  
Gautam Buddha University  
Area of expertise- Neuro Biofeedback

**CONVENOR**

**Prof. Zeba Aqil**

Head  
Department of Humanities & Social Sciences

**CO-CONVENORS**

**Dr. Md. Jasimuddin Khan**

Assistant Professor  
Dept. of Humanities & Social Sciences

**Dr. Farah Shoaib**

Assistant Professor  
Dept. of Humanities & Social Sciences

**Dr. Soumya Pandey**

Assistant Professor  
Dept. of Humanities & Social Sciences

**Dr. Shoaib Hasan**

Assistant Professor  
Dept. of Humanities & Social Sciences

**Ms. Neha Yooshing**

Assistant Professor  
Dept. of Humanities & Social Sciences

**Registration Link**

<https://forms.gle/abjkgVonYgdDei1x7>

Registration Open till 30<sup>th</sup> April, 2024

Website : <https://icmpsai.iul.ac.in/>

Scan QR Code  
For Registration



Scan QR Code  
For Payment



FOR ANY QUERY PLEASE CONTACT : +91-9415 19 7220, 7309 60 0868, 9839 96 7126



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