



Centre for the Science of Happiness Miranda House

under the aegis of IQAC
ORGANISES

A TWO-DAY INTERNATIONAL CONFERENCE



WELL-BEING AND HAPPINESS: INTERDISCIPLINARY PERSPECTIVES

05 – 06 November 2026

CALL FOR ABSTRACTS

CONFERENCE OVERVIEW

This conference explores happiness and well-being through an interdisciplinary lens, bringing together philosophy, psychology, neuroscience, medicine, sociology, and education. It examines different understandings of flourishing and connects philosophical perspectives with contemporary scientific research and practical approaches to human well-being.

Supported by the Rekhi Foundation

Prof. (Dr.) Bijayalaxmi Nanda
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CONCEPT NOTE

Over the last two decades, well-being and happiness have re-emerged, as central concerns not only of individual life but of public policy, education, and health discourse across the world. The World Health Organization defines health itself as a state of complete physical, mental, and social well-being, and not merely the absence of disease; the United Nations' annual World Happiness Report has placed subjective well-being at the heart of development thinking; and Sustainable Development Goal 3 (SDG 3) explicitly commits nations to promoting well-being for all. In the Indian context, the National Education Policy 2020 emphasises on holistic and multidisciplinary education, which further promises a renewed institutional interest and resonates with the pursuit of citizens well-being. The study of happiness and well-being has evolved from philosophical reflections into multidisciplinary fields involving psychology, neuroscience, medicine, sociology, economics, education and public policy. Contemporary research uses surveys, experiments, longitudinal studies, physiological measures and neuroimaging to examine happiness, flourishing, stress, resilience, relationships and meaning. Yet important questions remain: how should well-being be defined and measured across cultures, and how are individual experiences connected to biological, social, economical and institutional conditions?

An interdisciplinary approach is essential because no single discipline can fully explain human well-being. While philosophy explores meaning, virtue, purpose and flourishing; psychological and biological research identifies mechanisms and social sciences examine culture, inequality, relationships and institutions. The concept of well-being has been explored by ancient Indian as well as western philosophical traditions.

At the same time, the empirical sciences i.e., neuroscience, psychology, and the health sciences, have in recent decades generated a substantial and influential body of research on happiness: positive psychology's models of flourishing, psychometric measures of subjective well-being, and neuroscientific accounts of reward and affect. We believe that philosophical reflection on well-being, in turn, stands to be enriched, and tested, by sustained engagement with empirical findings and with the practical traditions i.e., contemplative, therapeutic, pedagogical, and policy-related, in which ideas of flourishing are actually put into practice. Happiness research has evolved from a niche discipline to a top priority for scholars, medical professionals, and policymakers in a matter of decades. There are three main trends, which make this conference imperative. First, economic growth no longer ensures contentment. In many nations, community trust declines, mental health issues worsen, and life pleasure declines even as prosperity rises. Second, growing mental health issues i.e., stress, loneliness, and pressure from digital life are becoming more common among young people worldwide. Third, in contemporary times, we can investigate well-being scientifically rather than merely theoretically with instruments, like, brain scans, real-time emotion tracking, and extensive worldwide surveys.

The conference aims to bring together scholars and practitioners from psychology, philosophy, medicine, neuroscience, sociology, education and related disciplines to critically examine happiness and well-being as psychological experiences, biological processes, social phenomena, clinical concerns and philosophical questions. The conference seeks to connect empirical research with conceptual inquiry and practical experience, while critically examining what current research can and cannot legitimately claim about health, happiness and human flourishing.

SUB-THEMES

- Classical and Contemporary Western Theories of Well-being
- Indian Philosophical Perspectives on Well-being
- Foundations and Measurement of Well-being
- Mental Health, Clinical Practice and Flourishing
- The Neuroscience of Happiness
- Brain, Body and Affect
- Community, Connection and Loneliness
- Digital life, Social media and Well-being
- Holistic Well-being and Happiness
- Applied Well-being: Education, Work and Public Policy

Scan to access detailed Sub-Themes



ORAL/POSTER SUBMISSION GUIDELINES (HYBRID MODE)

Abstract Submission

- Abstract Length: Maximum 250 words
- Keywords: Include 4 keywords

The abstract must include the following details:

1. Title of the Paper
2. Author Name(s)
3. Institutional Affiliation
4. Contact Information (Email ID and Phone Number)

Poster Submission

Dimension: Height 120cm X Width 80cm

Originality Requirement:

All submissions must be original and plagiarism-free.

Abstracts containing plagiarized material will not be considered for review.

Important Dates:

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| • Abstract submission: | 15 October 2026 |
| • Intimation of abstract acceptance: | 19 October 2026 |
| • Last Date for Registration: | 22 October 2026 |
| • Full paper submission (3000–4000 words): | 25 October 2026 |
| • Poster Submission: | 25 October 2026 |
| • Intimation of Presentation Schedule: | 01 November 2026 |

Presentation Fee:

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| • UG Students: | Rs. 500 |
| • PG Students: | Rs. 800 |
| • Scholars: | Rs. 1000 |
| • Faculty/Professionals: | Rs. 2000 |

Abstracts will be screened by an expert panel, and only selected abstracts will be invited for presentation.

Fees will be submitted after the confirmation of acceptance via email.



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