



DE NOVO

DE NOVO 24

INTERNATIONAL SOCIAL WORK CONFERENCE & STUDENTS' MEET

Jointly organized by

**De Paul School of Social Work, DiST, Angamaly, India,
James Cook University, Australia and EWBI, Geneva**

Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies

On the Theme and Subthemes of De Novo 24

De Novo, a venture initiated by De Paul School of Social Work started in 2009. The conference is intended to allow discussion and consideration of a wide range of topics related to conference theme. The purpose of conducting such an event is to proclaim the motto "A BETTER WORLD TO LIVE IN."

De Novo 24 International Conference and Second International Emotional Well-being conference in collaboration with Emotional Well-being Institute, Geneva to be held at DiST, Angamaly, Kerala, India from 4 to 6 December 2024 in collaboration with James Cook University, Australia and EWBI Geneva and Academic Partnership with the Catholic University of Eastern Africa and University of Nairobi, Kenya presenting the theme Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies.

This conference aims to explore the multifaceted nature of emotional well-being across various demographics and within the broader social context. The three-day conference has workshops, Keynote speakers with expertise in various aspects of emotional and social well-being, Plenary sessions and Panel Discussion focused on specific demographics or challenges. It also has paper presentation sessions inviting scholars across the world to share their scholarly work and disseminate knowledge.

This conference will promote opportunities for networking and collaboration among attendees from diverse backgrounds and countries. By exploring these themes, this conference can contribute significantly to the advancement of knowledge and the development of practical

strategies for promoting emotional and ecological well-being for all. It will bring together researchers, practitioners, policymakers, and community leaders to foster a comprehensive understanding of well-being and identify strategies for building a more inclusive and emotionally healthy world.

Subthemes:

1. Emotional Well-being Across the Lifespan:

- Families: Promoting emotional well-being in families through communication, conflict resolution, and fostering positive connections.
- Children and Youth: Addressing unique challenges faced by younger generations, such as academic pressures, cyberbullying, and social media influences.
- Couples: Strengthening emotional connection and communication within romantic partnerships.
- Elderly: Supporting emotional well-being in later life through social engagement, managing loss and promoting mental agility.

2. Ecological Well-being:

- Inequality and Poverty: Exploring the impact of social determinants of health on emotional well-being and identifying strategies for fostering equity.
- Environment: Examining the relationship between access to nature, environmental quality, and emotional well-being.
- Institutions and Communities: Building supportive social structures and fostering a sense of belonging within communities, synergy of the organizations

3. Challenges in the Contemporary World:

- Technological advancements: The impact of social media, isolation and information overload on emotional well-being.
- Economic and Political Turmoil: Addressing the mental health consequences of global instability and uncertainty.

4. International Policies and Governance:

- National and International Policies: Promoting emotional well-being at a national and international level.

- Developing policies that support mental health services and access to resources.

5. Approaches to Wellbeing:

- Evidence-based Interventions: Exploring effective therapeutic models for promoting emotional well-being.
- Building Capacity: Equipping individuals and communities with skills to manage stress, navigate challenges and build resilience.

6. Building Inclusive Societies:

- Addressing Mental Health Stigma: Promoting open conversations about mental health.
- Creating Supportive Environments: Enhancing diversity, equity, and inclusion efforts in workplaces, schools, and communities.

This conference will encourage a cross-disciplinary exchange of knowledge, identify innovative solutions, and ultimately contribute to building a world where everyone can thrive emotionally.

