



"The Dean of Peace"



NEPAL OPEN UNIVERSITY  
नेपाल खुला विद्याविद्यालय



2007

11th International Conference on

"Pathways to Global Peace through Emotional intelligence, Positive Mental Health, Behavioral and Co-operative Management"

Jointly Organized by World Without Anger (WWA), Nepal and EQ4Peace Worldwide, Inc., USA

## Report

on

**WWA/EQ4Peace 11<sup>th</sup> Annual International Peace Conference | Hybrid**

"Pathway to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Co-operative Management"

**Conference Theme** – *Fostering Global Peace through Emotional Intelligence, Mental Well-being, and Cooperative Human Behavior*

### Organized by:

World Without Anger (WWA), EQ4Peace Worldwide Inc., USA, & Global Peace Foundation (GPF) Nepal

### Co-organized by:

Nepal Open University (NOU)

**Strategic Partner:** UNESCO Kathmandu

### Hosted by:

Quest International College, Pokhara University

**Dates:** 21–22 September 2024

**Location:** Hybrid (Physical venue: Quest International College, Pokhara University, Nepal)

## Table of Contents

### Introduction

Overview of the Conference Theme

Objectives and Significance

### Inaugural Session

Welcome and Opening Remarks

Chief Guest and Distinguished Guests

Lighting of the Lamp and National Anthem

Release of Abstract Book

Dean of International Peace Prize (DOIPP) Ceremony

Tributes and Donation Announcements

Key Speeches and Highlights

Concluding Remarks and Group Photo

### Day 1 Proceedings

#### Plenary Session I

**Moderation and Chairperson** Introduction by Prof. Dr. Arahan Sthapit, Dean, Faculty of Management & Law, Nepal Open University, Nepal

**Keynote Address:** *International Relations for Peace Diplomacy* – Prof. Dr. Subarna Lal Bajracharya, Nepal

**Keynote Address:** *Role of Health Psychology in Mental Health and Well-being* – Prof. Dr. Anand Kumar, India

**Keynote Address:** *Co-operatives: A Tool for Revitalizing Democracy and Peace* – Dr. Frederic Dufays, Belgium

Reflections and Session Conclusion

#### Panel Discussion I

**Theme:** *Building Global Peace: Starting with Inner Peace*

**Moderation by** Prof. Matt Perelstein

Panelist Presentations:

- Dr. Laxman Shakya
- Er. Ram Rohan Pant
- Ven. Bhikkhu Kondanya

Key Insights and Closing Remarks

### **Pre-Conference Workshop I**

Theme: *Managing Stress through Developing a Positive Attitude for Personal Excellence*

**Moderation and Chairperson** by Prof. Dr. Nandita Sharma, Head, Department of  
Central Department of Psychology, Tribhuvan University

**Workshop Presentation** by Dr. Kedar Bahadur Rayamajhi, Former Deputy Executive  
Director of Nepal Administrative Service Commission (NASC)

Interactive Techniques and Core Messages

Felicitation and Certificate Distribution

### **Day 2 Proceedings**

#### **Panel Discussion II**

Theme: *Emotional Education: Integrating EQ, EI, and SEL into Schools, Globally*

**Moderation by** Prof. Matt Perelstein

#### **Panelists:**

- Dr. Pramila Thapa
- Dr. Dhruba Raj Regmi
- Farah Sarosh
- Mr. Ashok Kumar Jha

Challenges and Recommendations

Summary and Panel Conclusion

#### **Concluding Reflections**

#### **Annexes**

**WWA/EQ4Peace 11<sup>th</sup> Annual International Peace Conference | Hybrid**  
**"Pathway to Global Peace through Emotional Intelligence, Positive Mental Health,  
Human Behavior, and Co-operative Management"**

**Introduction:**

The Inaugural session of the WWA/EQ4Peace 11th International Peace Conference entitled *"Emotional Intelligence and Management of Human Resources, Information Technology, Cooperatives, and Positive Mental Health for World Peace in the Pandemic-affected Era"* began with a warm welcome to delegates in the Conference Hall, accompanied by a 'Mangal' tune performance on Dhime by a musical ensemble. Sushil Gautam hosted the opening, greeting all participants and outlining the day's agenda. The session was chaired by Dr. Dess Mardan Basnet, Founder/President and featured Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lumbini Buddhist University, Lumbini, Nepal as the Chief Guest, with Prof. Anand Kumar, President, Indian Academy of Health Psychology (IAHP), India as the Special Guest, along with Prof. Matt Perelstein, President and CEO, EQ4Peace Worldwide, Inc. - USA, Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University, Nepal and Mr. Udaya Raj Poudel, Principal, Quest International College, Dr. Chiranjibi Bhattarai, President, GPF Nepal, and Mr. Mukunda Raj Khanal, Chairman, Bachan Saving and Credit Co-operative Ltd. as distinguished guests respectively.

In his welcoming remarks, Prof. Arhan Sthapit emphasized that this conference brings together a rich diversity of minds from across the globe—professors, researchers, practitioners, and students—each contributing their knowledge and experience to the shared goal of fostering peace through these critical dimensions. He expressed confidence that the discussions, papers, and exchanges over the course of these two days will generate new insights, collaborations, and solutions that will resonate far beyond this gathering.

The Chief Guest inaugurated the conference by lighting the auspicious lamp, followed by the national anthem. Prof. Dr. Arhan Sthapit, Conference Chair, 11<sup>th</sup> WWA/EQ4Peace Conference welcomed scholars, academicians, and researchers from ten countries, including India, Bangladesh, USA, Belgium, Kenya, Malaysia, Nepal, French, Bulgaria, Uganda, and the UK. The Chief Guest released the abstract book of the conference and presented the "Dean of International Peace Prize (DOIPP)" for 2022 and 2023 to Er. Ram Rohan Pant, Regional Representative for South Asia at the Global Peace Foundation, and Dr. Tap Raj Pant, Education Program Specialist at UNESCO. The awards were presented by Ms. Deeanna Croasmun, daughter of the late Dr. Dean Van Leuven, Founder Patron of World Without Anger (WWA).

The DOIPP award honors individuals for their significant contributions to peace, emotional literacy, positive psychology, and psycho-social well-being. Er. Ram Rohan Pant was recognized for his contributions to development, peace, and social issues, while Dr. Tap Raj Pant was acknowledged for his long career in education and his work at UNESCO.

Following the award ceremony, a one-minute silence was observed in memory of the late Dr. Dean Van Leuven and Prof. Dr. Tulasi Ram Vaidya. Ms. Deeanna Croasmun also contributed US \$1,000 from her father's estate as DOIPP funds. She also committed to provide US \$100 per month for Social Emotional Learning (SEL) to support the Life Without Anger Emotional Educational Program(LWAEPP).

Chiranjibi Bhattarai shared his insights on the global causes of war, the economic impacts, and the peace crisis, emphasizing the role of market-driven societies in fostering impatience.

Prof. Dr. Anand Kumar praised the WWA concept and stressed empathy and communication in conflict resolution. He also highlighted the importance of stress management in education. WWA is emerging as a leading organization involving academicians, researchers, policy makers, medical professional, psychologists, sociologists and other stake holders to enhance the goal of global peace through positive mental health and well-being, to make a better society and to help Nepal become even more flourishing.

Prof. Matt Perelstein highlighted that this weekend we will offer insightful research, presentations, workshops, panels, and a peace documentary, concluding with Nepali culture. WWA and EQ4Peace aim to foster peace through emotional intelligence (EQ) and Positive Mental Health. Future project will be collaborating with UNESCO, PENN, and Nepal's Ministry of Education to bring peace education to schools. Prof. Matt Perelstein, moderator of the panel discussion, expressed appreciation for the Dalai Lama's vision of creating global peace by starting with inner peace, and highlighted collaboration with UNESCO for peace and education.

Mr. Udaya Raj Poudel celebrated the hosting of this conference, marking a milestone in promoting emotional intelligence and peace education. As WWA's second major event, he highlighted the importance of emotional literacy in fostering relationships, success, peace, and harmony, especially in a tech-driven world where emotional intelligence is often overlooked.

Dr. Chiranjibi Bhattarai, proud to have worked with WWA since the 2nd International Peace Conference in 2010, expressed the great honor of collaborating with the WWA team where our shared vision and mission to build peace truly thrive. He shared that the conference will explore new paths toward a more peaceful, harmonious, and prosperous future, for all.

Prof. Dr. Subarna Lal Bajracharya, the next Chief Guest, spoke on the significance of Buddha's enlightenment and the role of meditation in managing anger, noting that wisdom is crucial to peace. On behalf of Lumbini Buddhist University, he shared that he was proud to express his support of this important initiative and eagerly looked forward to the valuable insights and collaborations to emerge from this gathering. I would like to

congratulate everyone once again on this significant endeavor and wish the conference great success in inspiring positive change and advancing global peace.

The session concluded with tokens of appreciation presented to the Chief Guest and special guests, followed by a speech from Dr. Dess Mardan Basnet, Chair of the opening session. In conclusion, he highlighted that we celebrate Dr. Dean Van Leuven's impactful work in emotional education and his contributions to global peace. Prof. Murari Prasad Regmi's insightful knowledge and the power of wisdom have brought us together to organize the 1st through the 11th editions of the International Conference.

Thank you all for your participation as we continue this important journey together. The event ended with a group photo session with both national and international delegates.

### **1<sup>st</sup> Day:**

*The Plenary Session - I* was moderated by Ms. Rosemary Joshi, Assistant Lecturer at Nepal Open University. The session was chaired by Prof. Dr. Arhan Sthapit, the Dean of the Faculty of Management and Law at Nepal Open University, Lalitpur, Nepal. The session featured three distinguished keynote speakers. Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor of Lumbini Buddhist University, Nepal, delivered an insightful presentation on *"International Relations for Peace Diplomacy"*. Professor Subarna further added importance and focuses on the role of diplomatic efforts in fostering global peace and stability. It emphasizes dialogue, negotiation, and collaboration between nations to prevent conflicts, resolve disputes, and promote mutual understanding. Diplomacy in this context aims to bridge cultural, political, and economic divides, encouraging peaceful coexistence. Key aspects include conflict resolution, peacebuilding strategies, and multilateral cooperation through international organizations such as the United Nations. The concept advocates for a diplomatic approach to addressing global challenges like human rights violations, environmental issues, armed conflicts, ultimately striving for a more peaceful and just international community.

Next, Prof. Dr. Anand Kumar from the Indian Academy of Health Psychology (IAHP), India, discussed the *"Role of Health Psychology in Mental Health and Well-being"*. He further added that health psychology emphasizes the importance of holistic healthcare, viewing health as a result of interrelated biological, behavioral, and social factors. Drawing from ancient Indian practices like yoga and meditation, he highlighted the connection between mental and physical health. Research has shown that techniques such as breathwork, Emotional Freedom Technique (EFT), and mindfulness can improve mental health. A comprehensive approach to health now includes addressing both challenges and opportunities for well-being. Key action plans for promoting mental health include promoting wellness through sleep, diet, exercise, and mindfulness, organizing awareness campaigns, offering community support, and implementing mental health screenings for conditions like anxiety and depression.

Lastly, Dr. Frederic Dufays, a scholar from the Department of Work and Organization Studies, Belgium, presented virtually on *"Co-operatives: A Tool for Revitalizing Democracy and Peace."* He added that the idea of using cooperatives as tools for revitalizing democracy and peace is rooted in the belief that cooperative principles—democracy, equality, solidarity, and mutual aid—are fundamental to building just, peaceful societies. By giving individuals a voice in decision-making, promoting economic justice, and fostering social cohesion, cooperatives provide an alternative to traditional power structures and economic models that often perpetuate inequality and conflict. In this way, they not only contribute to local and national peace but also to the broader goal of global peace. In closing, Prof. Dr. Arhan Sthapit, Chairperson of the session, expressed his heartfelt gratitude to all the distinguished keynote speakers for their invaluable contributions. Prof. Dr. Subarna Lal Bajracharya's insights on the role of diplomacy in fostering global peace highlighted the importance of dialogue and collaboration. Prof. Dr. Anand Kumar's discussion on health psychology underscored the significance of a holistic approach to mental well-being, emphasizing mind-body connections. Dr. Frederic Dufays' presentation on cooperatives demonstrated how democracy, solidarity, and mutual aid can foster peaceful and just societies. Together, these sessions offered a profound understanding of how diplomacy, mental health, and cooperative models can contribute to a more peaceful world.

To conclude, Prof. Arhan Sthapit, Chairperson of the session, expressed his sincere gratitude to our distinguished keynote speakers. Prof. Dr. Subarna Lal Bajracharya highlighted the crucial role of diplomacy in fostering global peace. Prof. Dr. Anand Kumar emphasized the importance of a holistic approach to mental health, while Dr. Frederic Dufays illustrated how cooperatives can promote democratic values and peace. Together, these insights provide valuable perspectives on creating a more peaceful world. The session concluded with a brief certificate distribution and the felicitation of the chairperson.

Panel Discussion-I was moderated by Prof. Matt Perelstein, Co-founder and CEO of EQ4Peace Worldwide Inc., USA, and focused on the theme *"Building Global Peace: Starting with Inner Peace."* The panelists included Dr. Dipak Prakash Baskota, Former Chairperson of the National Cooperative Development Board (NCDB), who explained that, from the perspective of cooperatives, building global peace begins with fostering inner peace through collaboration and mutual respect. Cooperatives emphasize democratic decision-making, solidarity, and shared responsibility, which create a harmonious environment. By cultivating peace at the community level, cooperatives contribute to broader global peace through collective efforts and unity. Dr. Laxman Shakya, Vice-President of World Without Anger (WWA), viewed building global peace as starting with transforming personal emotions, particularly anger. By addressing inner turmoil and promoting emotional awareness, individuals can create a ripple effect, fostering healthier relationships and peaceful communities. Healing from within is key to creating lasting peace in the world. Er. Ram Rohan Pant, Regional Representative for South Asia, Global Peace Foundation, discussed the foundation's values-driven approach

to peacebuilding, focusing on universal principles and shared values to resolve conflicts, encourage sustainable development, and engage every member of humanity as essential contributors to creating a peaceful culture. GPF's efforts are centered around four key areas, grounded in the belief that all people belong to one global human family with a shared origin. Ven. Bhikkhu Kondanya, Mahastharavir, Abbot of Buddha Vihara in Kathmandu, Nepal, emphasized that, from a Buddhist perspective, building global peace begins with cultivating inner peace. Buddhism teaches that peace arises through mindfulness, compassion, and the reduction of negative emotions like anger and hatred. By fostering inner harmony and practicing ethical conduct, individuals contribute to a peaceful world, reflecting the interconnectedness of all beings. Each panelist shared their perspectives on how global peace is rooted in inner peace, stressing the essential role individuals play in fostering peace. They discussed personal experiences and the ongoing efforts of peacebuilders worldwide, highlighting that true global peace can only be achieved by cultivating inner peace within oneself. The speakers emphasized that personal harmony and emotional stability are fundamental to contributing effectively to peace on a larger scale. Prof. Matt Perelstein concluded the panel discussion by highlighting the shared theme among the panelists: building global peace begins with cultivating inner peace. Dr. Dipak Prakash Baskota emphasized the role of cooperatives in fostering peace through collaboration and mutual respect. Dr. Laxman Shakya stressed the importance of transforming personal emotions, especially anger, to create peaceful communities. Er. Ram Rohan Pant discussed the Global Peace Foundation's values-based approach to peacebuilding, while Ven. Bhikkhu Kondanya highlighted the Buddhist perspective on peace, emphasizing mindfulness and compassion. Each speaker underscored the vital role of individual inner peace in achieving lasting global peace. The session concluded with closing remarks from the moderator and the distribution of certificates to the speakers.

In conclusion, Prof. Matt Perelstein, moderator, thanked the panelists for their profound insights on building global peace through inner peace. He emphasized the shared theme of the discussion: cultivating personal harmony and emotional stability is essential for fostering peace on a larger scale. He acknowledged the panelists' contributions to promoting peace through collaboration, emotional awareness, value-based approaches, and mindfulness. The session concluded with closing remarks and the distribution of certificates to the panelists.

Pre-Conference Workshop -I was moderated by Asst. Prof. Dr. Sandesh Dhakal from the Central Department of Psychology, Tribhuvan University, Kathmandu, Nepal. The workshop focused on *"Managing Stress through Developing a Positive Attitude for Personal Excellence."* It emphasized the central role of emotions in shaping behavior and aimed to help individuals harness their subconscious mind to enhance effectiveness. The goal was to empower participants to "Be a gift to the world," "Make a difference," and "Serve Humanity." Key objectives included creating a positive environment, promoting positive thinking, and managing stress and emotions. Topics covered included the power of a positive attitude and emotional intelligence. The approach combined interactive



lectures, appreciative inquiry, and Eastern wisdom, encouraging participants to explore their true selves. Ultimately, the program sought to foster personal excellence and lasting positive change. The session was chaired by Prof. Dr. Nandita Sharma, Head of the Central Department of Psychology, Kirtipur, Kathmandu, Nepal. Dr. Kedar Bahadur Rayamajhi, Former Director of Nepal Staff College, Government of Nepal, served as the presenter, sharing valuable insights on managing stress and fostering personal excellence through a positive mindset. The workshop concluded with a brief certificate distribution and the felicitation of the chairperson.

To conclude, Prof. Dr. Nandita Sharma expressed her gratitude to Dr. Kedar Bahadur Rayamajhi for his valuable insights on managing stress and fostering personal excellence through a positive mindset. She highlighted the workshop's focus on developing a positive attitude, emotional intelligence, and creating lasting positive change for personal and societal growth.

## **Day 2:**

Panel Discussion-II, moderated by Prof. Matt Perelstein, Co-founder and CEO of EQ4Peace Worldwide Inc., USA, focused on the theme, *“Emotional Education: Integrating EQ, EI, and SEL into Schools, Globally.”* The panel featured experts from various fields, including Dr. Dhruba Raj Regmi, National Program Officer at UNESCO Kathmandu; Dr. Pramila Thapa, Former Registrar of Purbanchal University, Nepal; Farah Sarosh, CEO of NurtureLife, India; and Mr. Ashok Kumar Jha, Former Chief Psychologist and Former Member of the Public Service Commission, Nepal. All panelists highlighted the critical importance of Emotional Intelligence (EI) in education.

The discussion began with Prof. Matt's question, “How do we teach emotional intelligence?” Dr. Pramila Thapa responded, emphasizing that understanding EI opens up the brighter side of life. She also stressed the need to reduce reliance on digital platforms, a theme echoed by several speakers, who explored both the positive and negative impacts of digital media on emotional development.

The conversation then shifted to connecting emotional intelligence with people. Dr. Thapa suggested that interaction, discussion, problem-solving, and cooperative learning are key to emotional engagement. Mr. Ashok Kumar Jha, quoting Aristotle, said, “Educating the mind without educating the heart is no education at all,” stressing the need for EI to be integrated into the education system.

Dr. Dhruba Raj Regmi outlined six key areas of emotional learning: social skills, critical thinking, creativity, interpersonal and intrapersonal skills, media literacy, and global education. He emphasized that emotional intelligence is vital for all ages and advocated for pilot projects to foster emotional stability, which is essential for personal growth. Dr. Regmi also highlighted that emotionally stable students are less likely to engage in harmful habits.

Throughout the discussion, Dr. Regmi reiterated UNESCO's belief that education is more than just knowledge - it shapes individuals and fosters understanding to build sustainable peace. He stressed that integrating EI into education systems is crucial for promoting inclusive education, conflict resolution, and building resilient communities. UNESCO is committed to partnering with the Government of Nepal to integrate EI into the national education system through teacher training and curriculum development, ensuring both academic and emotional growth for students.

In conclusion, Prof. Matt Perelstein, the moderator, emphasized that integrating Emotional Intelligence into global education systems can enhance students' social skills, improve academic performance, and contribute to fostering a more peaceful society.

The Plenary Session - II of the conference was moderated by Dr. Anoop Shresthacharya, CEO of World Without Anger (WWA) and coordinator of the 11th International Conference. The session was chaired by Mr. B.N. Sharma Acharya, President of Peace Education Network Nepal (PENN) and Vice-President of UNESCO Clubs, Nepal. The session featured three distinguished keynote speakers, and concluded with closing remarks from the moderator, followed by the distribution of certificates to the speakers. Prof. Matt Perelstein, Co-founder and CEO of EQ4Peace Worldwide, USA, delivered a keynote on *"Inner Peace and Global Peace through Emotional Intelligence and Positive Mental Health."* He emphasized the critical importance of emotional literacy, especially post-COVID-19, and explored how fostering inner peace and healthy relationships can contribute to global peace. Prof. Isaac K. Nyamongo from The Co-operative University of Kenya presented virtually on *"Cooperation among Cooperatives for Sustainable Development in the Era of Global Shock."* He discussed the resilience that cooperatives can provide in times of global economic and climate crises, drawing lessons from the COVID-19 pandemic and previous global challenges. Dr. Antigonos Sochos from the University of Wolverhampton, UK, also presented virtually on *"Bullying in the Workplace, Burnout, and the Protective Effects of Social Support."* His study, based on a survey of 222 employees, showed that social support, particularly from colleagues and managers, can mitigate the negative effects of workplace bullying and burnout, with varying protective effects depending on the type of support and bullying involved.

In conclusion, Mr. B.N. Sharma Acharya expressed his sincere appreciation to the distinguished keynote speakers for their insightful presentations. He highlighted the importance of emotional intelligence in fostering inner peace and global harmony, while Prof. Isaac K. Nyamongo shared valuable insights on the resilience of cooperatives. Dr. Antigonos Sochos emphasized the protective role of social support in mitigating workplace bullying and burnout. Mr. B.N. Sharma thanked all speakers and participants for making the session truly impactful. The session concluded with closing remarks from the moderator and the distribution of certificates to the speakers.

The Pre-Conference Workshop - II was moderated by Advocate Hasina Pradhan, Legal Advisor of World Without Anger (WWA), and focused on the theme of *Cooperative Management: Ensuring Responsible Governance and Self-Regulatory Organizations*. The

workshop was chaired by Prof. Dr. Keshav Raj Khadaka, a Development Economist from Tribhuvan University, Nepal. Dr. Sagar Kisan Wadkar, Adviser (Research & Study) at the National Cooperative Union of India (NCUI), presented insights on the importance of responsible governance in cooperative organizations and the role of self-regulatory frameworks. The session concluded with certificate distribution and the chairperson's felicitation. The central theme of the Pre-Conference Workshop II was in India, cooperatives have had a significant 120-year impact on socioeconomic development. While the sector faced a decline after economic reforms in the 1990s, recent efforts, including the creation of the Ministry of Cooperation, have revitalized interest, focusing on enhancing transparency and accountability. Amendments to the Multi-State Cooperative Societies Act aim to promote responsible governance and develop cooperatives into self-regulatory organizations (SROs). Effective cooperative management, involving democratic decision-making, member-centric practices, and financial accountability, is key to ensuring sustainability. The workshop explored the role of Indian laws on cooperatives, key interventions by the Ministry of Cooperation, and the integration of SROs to drive growth through responsible governance and self-regulation.

In conclusion, Prof. Keshav Raj Khadaka expressed his appreciation for Dr. Sagar Kisan Wadkar's insightful presentation on the importance of responsible governance in cooperatives and the role of self-regulatory frameworks. He praised the recent efforts to revitalize the cooperative sector in India, particularly focusing on transparency, accountability, and sustainable growth through effective management.

Dr. Deepak Prakash Baskota, Founder Chairperson of the National Cooperative Federation (NCF), Nepal, and Chief Patron of the 11th International Conference of WWA, also shared his views. He highlighted the significance of the sub-theme of Cooperative Management, emphasizing its importance for those interested in researching Nepalese cooperative movements. Dr. Baskota noted that this sub-theme offers a pioneering opportunity to advance cooperative literature.

He further shared his experiences and practices of cooperatives at the national policy level and assured that the current global economic activities would not be possible without the effective practices of cooperative philosophy.

Video Demo session - I was presented by Mr. Finn Perelstein, USA featuring Ibrahim, an 83-year-old peacemaker from Jerusalem. Ibrahim runs an illegal peace hostel in Eastern Jerusalem with the ambition to love his neighbor, inspired by the biblical teaching, "love your neighbor as yourself." However, he faces a persistent dilemma in a land where religion advocates love, yet violence and division prevail. Palestinians and Israelis live in a segregated society, separated by walls, with Palestinians treated as subjugated minorities, particularly in politics. Despite Ibrahim's peace efforts, he has been unjustly targeted by the Israeli government. His story reflects the broader challenge of trying to love your neighbor in a system of systemic separation and apartheid.

The 11th WWA/EQ4Peace International Peace Conference concluded its second day with a meaningful and engaging Valedictory Session at Quest International College in Gwarko, Lalitpur. The session, held from 3:00 to 4:00 pm, was hosted by Mr. Mukunda Raj Khanal, Executive Member and Programme Coordinator of WWA.

The session began with the arrival of Dr. Dhruba Raj Regmi, National Program Officer at UNESCO Nepal, the Chief Guest of Honor, who was warmly welcomed by Ms. Jyoti Sherchan, Chairperson of Quest International College.

The dais was graced by several esteemed figures, including Associate Prof. Dr. Madhya Zhegan of the University of Malaya, Special Guest of Honor, Prof. Dr. Arhan Sthapit from Nepal Open University, and Dr. Dess Mardan Basnet, Founder/President of WWA. Other notable guests included Dr. Sagar Kisan Wadkar from the National Cooperative Union of India (NCUI) and Mr. Bharat Giri, General Secretary of WWA.

WWA organized an Award Ceremony to recognize outstanding contributors to education and the community. The awards were presented by the Special Guest of Honor. During this special ceremony, WWA honored exceptional individuals for their visionary contributions. The WWA Visionary Achievement Award (2022) was presented to Mr. Purshottam Giri, Vice-Principal at Bheem Secondary High School, for his dedication to education. The 2023 award went to Mr. Suresh Dhimal, Treasurer of WWA Nepal, for his outstanding leadership. WWA Volunteer Achievement Awards were also presented to Mr. Dilip Phuyal, Senior Photographer at WWA Nepal, and Mr. Sandeep Shrestha, Principal at Sambriddhi College, Kathmandu, for their invaluable volunteer work and support to the organization.

The ceremony celebrated these remarkable individuals who have greatly contributed to their respective fields and communities.

Ms. Paula Perelstein, Treasurer of EQ4Peace Worldwide Inc., USA, shared her reflections on the conference, emphasizing the importance of emotional intelligence in peacebuilding. She expressed her belief that WWA's ability to organize a series of peace conferences will undoubtedly encourage researchers to explore new dimensions in the fields of peace and emotional intelligence.

Dr. Sagar Kisan Wadkar, Adviser (Researcher & Study) at the National Cooperative Union of India (NCUI), New Delhi, discussed the role of cooperative management in fostering global peace at the WWA Conference in 2024. He emphasized that cooperative laws are powerful tools, especially when community members embrace the self-regulation theory of cooperatives. These laws can help guide members to stay on track and avoid future disasters. Dr. Wadkar also mentioned that NCUI is always ready to collaborate with WWA conferences to promote peace and prosperity through cooperative research activities, addressing socio-economic, cultural, and volunteer needs within society.

Dr. M.A. Khalid, Director of the Professional Institute of Business, Bangladesh, joined virtually to share valuable insights into international peace efforts. He has committed to participating in the next conference.

Dr. Dhruba Raj Regmi emphasized UNESCO's commitment to promoting peace through education and emotional intelligence in Nepal. By collaborating with the Government of Nepal, UNESCO aims to integrate emotional intelligence into classrooms, fostering empathy, self-awareness, and resilience. This partnership will create a supportive learning environment, promoting both academic success and social harmony for a peaceful society. Kudos to the organizers, Prof. Matt, Dr. D.M. Basnet, and their team, for their inspiring work in advancing emotional intelligence for sustainable peace.

The session culminated with the distribution of certificates, the Best Paper Award, Critic Award, and Volunteer Awards to the paper presenters by the Chief Guest, Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Kathmandu, and Associate Prof. Madhya Zhegan, Department of Educational Psychology and Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia.

Associate Prof. Dr. Madhya Zhegan emphasized the importance of emotional intelligence in both educational and social settings. He expressed a keen interest in collaborating with WWA and looks forward to creating meaningful work together in the future.

Dr. David Basyal, Head of the Quest Research Cell, extended a heartfelt vote of thanks to all attendees and contributors for making the event a success.

In his concluding remarks, Mr. Ramesh Kunwar, Chief Finance Officer of Quest International College, Pokhara University, expressed appreciation for the efforts of all stakeholders in making the conference a resounding success. He also expressed his willingness to host the 12th International Conference at his college.

The event concluded with a vibrant cultural program presented by the students of Quest International College, followed by refreshments and a group photo session to capture the memories of this important occasion.

The 11th WWA/EQ4Peace International Peace Conference, which brought together thought leaders, experts, and activists, has successfully paved the way for fostering peace through emotional intelligence, positive mental health, and cooperative management.

The 11th WWA Conference aimed to announce the 12th International Conference entitled "Creating Peace through Global Citizenship Education, Social-Emotional Learning, Enhanced Cooperative Management, and Organizational Behavior" The report included annexes at the bottom, covering the Plenary Session, Panel Discussion, Pre-Conference Workshop, Inaugural Session, Technical Session, and Valedictory Session.

As the conference concluded, participants left with renewed energy, inspired to continue their work towards fostering peace, emotional intelligence, and collaboration for a better, more harmonious world. The report included Appendixes at the bottom. The conference

featured the Inaugural Session, Plenary Session-2, Panel Discussion-2, Pre-Conference Workshop-2, and Valedictory Session, and Technical Sessions-10.

## **Report on Technical Sessions of the 11th Annual International Peace Conference (WWA/EQ4Peace)**

**Date:** 21-22 September 2024

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal (Hybrid)

### **Sessions Overview:**

The 11th Annual International Peace Conference (WWA/EQ4Peace) held on 21-22 September 2024 brought together academics, professionals, and researchers from diverse fields to discuss crucial aspects of peace, mental health, emotional intelligence, social dynamics, and governance. This report provides a detailed overview of the technical sessions conducted during Day-1 and Day-2, highlighting the presentations and key themes across various parallel tracks. The conference featured 10 technical sessions, each focusing on interdisciplinary areas related to emotional intelligence, mental health, social stability, and conflict resolution.

### **Introduction:**

In today's fast-paced world, achieving inner peace and fostering positive interpersonal relationships has become increasingly challenging. Stress, emotional turbulence, and social pressures often disrupt individuals' sense of calm and harmony. Emotional intelligence (EI) has emerged as a crucial factor in navigating these complexities. EI involves the ability to recognize, understand, and regulate emotions, which is vital for self-awareness, stress management, empathy, and communication. Enhancing EI helps individuals maintain internal tranquility and strengthens their relationships, fostering peace at both personal and social levels.

The digital age, particularly social media platforms like Facebook, Instagram, and Twitter, has also reshaped human emotional dynamics. These platforms influence consumer behavior by offering immediate access to product information, peer opinions, and influencer marketing. This interconnected world shapes purchasing decisions, often encouraging impulsive buying and increasing brand loyalty. Additionally, the digital landscape amplifies social pressures, particularly among adolescents who face increased academic and social challenges. Emotional intelligence plays a critical role in helping young individuals manage these pressures, resolve conflicts, and build resilience.

This report delves into how emotional intelligence influences not only personal well-being but also contributes to social harmony. The sessions at the conference explored a wide range of topics, including emotional intelligence's role in managing anxiety, fostering inner peace, and improving interpersonal relationships, as well as its connection to broader societal issues such as social media, parenting, and conflict prevention.

### **Technical Session Overview:**

#### **Day-1 &2 (21st September 2024)**

The second half of the first day of the conference featured a series of impactful and thought-provoking parallel technical sessions, each focusing on various aspects of psychology, peace, mental health, and social dynamics.

The **Psychology and Peace** session explored several themes related to emotional intelligence and its role in promoting well-being and peace. Mindfulness practices were highlighted for their effectiveness in emotional regulation, promoting social confidence and interpersonal harmony. The importance of water management in social stability was emphasized, with a focus on equitable distribution and international cooperation. Other presentations discussed the significance of self-determination, connecting with nature for inner peace, and the influence of parenting styles on children's emotional development. One presentation also explored the psychological effects of the 2015 earthquake on schoolchildren, particularly focusing on the increased vulnerability to PTSD and anxiety among female students.

The **Positive Mental Health and Anger Management** session, chaired by Dr. Sandesh Dhakal, featured presentations on various mental health topics. One study examined the challenges faced by adults with stuttering, revealing that speech exercises and social exposure can improve emotional well-being. Other presentations looked into the influence of self-perception of health on life satisfaction in the elderly, positive psychology's role in helping college students manage competitiveness, and the impact of personality traits on happiness. The session emphasized the importance of positive psychology in improving mental health and overall well-being.

The **Mental Health** session, chaired by Dr. Madhya Zhagan, delved into the psychological challenges faced by various groups in Nepal. One study reviewed the mental health impact of natural disasters, revealing high rates of PTSD, depression, and anxiety among survivors, particularly women, children, and the elderly. The session also covered job stress among special educators working with autistic children, emotional and behavioral issues among adolescents, and the psychological distress experienced by medical students during the COVID-19 pandemic.

In the **Mental Health** session chaired by Dr. Khem Raj Bhatta, key issues related to adolescents and mental health were explored. Presentations included the impact of callous-unemotional traits on adolescents' emotional and behavioral problems, the effectiveness of the SoundingBoard app in improving communication in children with autism, and cultural influences on attitudes toward public displays of affection. The

session also discussed the adjustment challenges faced by master's students in Nepal and college students' attitudes toward mental health.

The **Emotional Intelligence and Peace** session, chaired by Dr. Jivan Khadaka, featured presentations that emphasized the role of emotional intelligence (EI) in managing personal emotions and fostering peace. The session included discussions on EI's impact on social anxiety, stress reduction, and aggression in corporate employees, as well as how EI contributes to both inner peace and harmonious interpersonal relationships. One presentation also reviewed the effectiveness of positive psychology-based solution-focused therapy for adolescents.

In the **Human Behavior Management** session, chaired by Dr. Rashesh Vaidya, various topics were explored related to consumer behavior, job satisfaction, and anger management. Studies examined factors influencing consumer purchase intentions post-COVID-19, the role of emotional triggers in advertising, job satisfaction's impact on employee well-being, and cognitive dissonance in university choice. Another presentation focused on self-exploration as a strategy for anger management, showing how personal growth can reduce emotional control issues.

The **People and Behavior Management** session, chaired by Mr. Gautam Majumder and Dr. Dola Majumder, covered topics on marketing, social dynamics, and governance. Presentations explored the impact of parasocial interactions in influencer marketing, social media's role in consumer behavior, and challenges faced by gig workers. Other studies examined sustainable homestay tourism, consumer preferences for ecological products, and the determinants of employee job stress in cooperatives.

The **Social Dynamics, Psychology, and Governance** session, chaired by Dr. Niranjana Devkota, focused on governance and social issues. It explored citizens' perceptions of e-governance in Kathmandu, teachers' participation in professional development, and the benefits of urban nature parks. Presentations also discussed women's participation in local governance, trends in green finance and SDGs, and bankers' views on green banking practices.

The **Global Peace, Buddhism, and Yoga** session, chaired by Prof. Matt Perelstein and Dr. Suraj Shakya, explored various spiritual and psychological pathways to peace. Presentations discussed the Buddhist concept of Right Livelihood in promoting social harmony, the importance of mindfulness and self-determination in cultivating inner peace, and the influence of Buddhist practices in Himalayan tourism. Other studies highlighted the positive psychological effects of Vipassana meditation, the need for digital detox strategies, and Buddha's teachings on detachment from craving for mental well-being.

Finally, the **Cooperative and Financial Management** session, chaired by Dr. Anoop Shrethacharya, featured presentations on topics such as women's empowerment in entrepreneurship, the adoption of fintech services, the gig economy, corporate social responsibility in banks, and consumer behavior related to social media and ecological



products. The session also included a study on gender differences in emotional intelligence among adolescents, suggesting the need for gender-sensitive interventions.

Each session provided valuable insights into human behavior, mental health, emotional intelligence, and governance, contributing to a deeper understanding of how these factors intersect to promote individual well-being, social harmony, and peace.

## **Appendix - 1**

### **WWA/EQ4PECE 11th Annual International Peace Conference | HYBRID Pathways to Global Peace through Emotional Intelligence, Positive Mental Health, Human Behavior, and Cooperative Management**

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

#### **Day I**

**21 September 2024, Saturday**

**Registration:** 7:00 – 8:00 am

**Breakfast:** 7:00 – 8:15 am

**Welcome Delegates to Conference Hall with ‘Mangal’ Tune Performance  
(on Dhime by a musical ensemble):** 8:15 – 8:20 am

#### **Opening Ceremony Program Schedule**

**Time:** 8:20 – 9:40 am

**M.C.:** Mr. Sushil Gautam, Quest International College

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

#### **Proposing the Chairperson:**

1. Dr. Dess Mardan Basnet, Founder/President, WWA and International Organizing Secretary of the 11th Conference, Chairperson of the Program

#### **Call to the Dais:**

2. Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lumbini Buddhist University, Nepal, Chief Guest of the 11th WWA/EQ4Peace International Conference
3. Prof. Dr. Anand Kumar, President, Indian Academy of Health Psychology (IAHP), Special Guest of the 11th WWA/EQ4Peace International Conference
4. Prof. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc., USA, and International Chief Patron of the 11th WWA/EQ4Peace International Conference
5. Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University, and Conference Chair of the 11th WWA/EQ4Peace International Conference
6. Prof. Dr. M.P. Regmi, Chief Advisor, Advisory Committee, WWA, and Chairperson of the 11th WWA/EQ4Peace International Conference Scientific Committee
7. Dr. Dipak Prakash Baskota, First Chair, National Co-ops Federation (NCF) Nepal, and International Advisory Committee Chair of the 11th WWA/EQ4Peace International Conference
8. Mr. Udaya Raj Poudel, Principal, Quest International College, Gwarko, and Honorary Patron of the 11th WWA/EQ4Peace International Conference

9. Dr. Chiranjibi Bhattarai, President, Global Peace Foundation Nepal, and Patron of the 11th WWA/EQ4Peace International Conference
10. Representative from Gorkhas Finance Ltd. as a member of the DOIPP Committee, WWA
11. Mr. Mukunda Raj Khanal, Chairman, Bachan Saving and Credit Cooperative Ltd., Dillibazar & WWA/EQ4Peace 11<sup>th</sup> International Conference, National Advisory Committee Chair

#### **Programmes:**

- Distribution of the Program Schedule and Badges to the Guests by the QIC Volunteers
- **Bouquet Presentation:**
  - By the Chairman of World Without Anger (WWA) to the Chief Guest
  - By the Chairman of Bachan SACCOS to the Special Guest
- Inauguration Ceremony: Lighting of the Auspicious Lamp with Nepalese National Anthem by the Chief Guest

#### **Opening Remarks:**

Prof. Dr. Arhan Sthapit, Conference Chair of the 11th WWA/EQ4Peace International Peace Conference

#### **Release of the Abstract Book on 11th Annual WWA/EQ4Peace International Conference**

By the Chief Guest, followed by all dignitaries on the dais (coordinated by QIC Volunteers)

#### **Awards Function:**

The Dean of International Peace Prize (DOIPP) represents the culmination of the enduring efforts and dedication of Dr. Dean Van Leuven, the 'Dean of Peace'. Dr. Leuven's work aimed to demonstrate that peace is the essential need in times of anxiety and tension. The recipient of this award is someone who has made substantial contributions in areas such as emotional literacy, peace and positive psychology, and psycho-social well-being within global society.

A one-minute silence in memory of the late Dr. Dean Van Leuven, Founder Chief Patron of WWA, who passed away on April 16, 2019, and Prof. Dr. Tulasi Ram Vaidya, past Chairman of the DOIPP Committee, WWA, and former Vice-Chancellor of Lumbini Buddhist University, who passed away on July 17, 2024.

#### **Announcement of the Dean of International Peace Prize, 2022:**

The Dean of International Peace Prize for 2022 is awarded to Er. Ram Rohan Panta, Regional Representative for South Asia at the Global Peace Foundation.

Er. Ram Rohan Panta is recognized for his significant contributions to development and peace. A former President of GPF Nepal, he is a leading activist in social issues, technology, and peace. Panta successfully led 1,600 youth volunteers in earthquake relief efforts, organized major youth seminars, and launched the Global Peace Builders practicum, which has graduated approximately 100 youths. His notable achievements include the Global Peace Leadership Conference Indo-Pacific 2024 and initiatives such as the Peace Environment & Tourism Forum and Udyamai Yuva Challenge.

The award will be presented by Ms. Deeanna Croasmun, daughter of the late Dr. Dean Van Leuven (The Dean of Peace), Founder Patron of World Without Anger (WWA), from West Wendover, NV, USA.

#### **Announcement of the Dean of International Peace Prize, 2023:**

It is awarded to Dr. Tap Raj Pant, Education Program Specialist at UNESCO Juba, Central Equatoria, South Sudan.

Dr. Tap Raj Pant is a seasoned education specialist with over two decades of experience with UNESCO. Since October 2019, he has served as the Chief of Education Section and Education Programme Specialist at the UNESCO Juba Office in South Sudan. His UNESCO career began in 2005 as the National Programme Officer for Education in Kathmandu, Nepal. Prior to his current role, Dr. Pant was the Chief of Education Section at the UNESCO Ramallah Office from 2016 to 2019. He played a key role in developing the UNESCO National Education Support Strategy for Nepal for the periods 2008-2013 and 2013-2017. Dr. Pant holds an M.Phil. from the Danish University of Education and a Ph.D. in Inclusive Education from Tribhuvan University.

**Short Remarks by Ms. Deeanna Croasmun:**

The DOIPP awards will be presented by Ms. Deeanna Croasmun, a marriage & family therapist from West Wendover, NV, USA, and daughter of the late Dr. Dean Van Leuven. Ms. Croasmun will also present US\$1,000 from her father's estate as for DOIPP funds.

**Speeches by Dignitaries:**

- Prof. Dr. M.P. Regmi, Chairman of the International Scientific Committee of the 11th WWA/EQ4Peace International Conference
- Mr. Matt Perelstein, Co-founder/CEO, EQ4Peace Worldwide, Inc., USA, Chief Patron of the 11th WWA/EQ4Peace International Conference
- Dr. Dipak Prakash Baskota, International Advisory Committee Chair, 11th WWA/EQ4Peace International Conference

**Speech by the Honorable Guests:**

- Prof. Dr. Anand Kumar, President, Indian Academy of Health Psychology (IAHP), Special Guest of the 11th WWA/EQ4Peace International Conference
- Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lumbini Buddhist University, Nepal, Chief Guest of the 11th WWA/EQ4Peace International Conference

**Vote of Thanks:**

Mr. Udaya Raj Poudel, Patron of the 11th WWA/EQ4Peace International Conference

**Concluding Remarks:**

Dr. Dess Mardan Basnet, Founder President, WWA and Chairperson of the inaugural session

*Photo Session with national and international delegates*

## Appendix - 2

**Day I**  
**21 September 2024, Saturday**

### PLENARY SESSION – 1

**Moderator:** Ms. Rosemary Joshi , Asst. Lecturer, Nepal Open University

<b>Time:</b> 10:00 – 10:40	<b>Chair of 1st Plenary Session</b> Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University (NOU), Lalitpur, Nepal
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### **Keynote Speakers:**

#### **International Relations for Peace Diplomacy**

Prof. Dr. Subarna Lal Bajracharya, Vice-Chancellor, Lubmini Buddhist University, Nepal

#### **Role of Health Psychology in Mental Health and Well-being**

Prof. Dr. Anand Kumar, Indian Academy of Health Psychology (IAHP), India

#### **Co-operatives: A Tool for Revitalizing Democracy and Peace [Virtual]**

Dr. Frederic Dufays, Department of Work and Organization Studies, Belgium

*(For Certificate Distribution and Chairperson's Felicitations: 2 minutes)*

## Appendix - 3

### Emotional Intelligence Pre-Conference Workshop - I

**Time:** 11:00 a.m. – 12:00 Noon

**Moderator:** Asst. Prof. Dr. Sandesh Dhakal, Central Department of Psychology, Tribhuvan University, Kathmandu, Nepal

<b>Title:</b> Managing Stress through Developing Positive Attitude for Personal Excellence	<b>Chairing the Pre-conference Workshop</b> Prof. Dr. Nandita Sharma, Head, Central Department of Psychology, Kirtipur, Kathmandu, Nepal  <b>Presenter:</b> Dr. Kedar Bahadur Rayamajhi, Former Director, Nepal Staff College, Government of Nepal
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*(For Certificate Distribution and Chairperson's Felicitations: 2 minutes)*

## Appendix - 4

### Panel Discussion - I

**Time:** 12:45 – 13:45

<b>Moderator:</b> Prof. Matt Perelstein, co-founder/CEO EQ4Peace Worldwide Inc. - U.S.A.	<b>Topic:</b> Building Global Peace: Starting with Inner Peace
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### Panelists:

#### **Dr. Dipak Prakash Baskota**

Former Chairperson, National Cooperative Development Board (NCDB), Government of Nepal;  
Former Chairman, National Cooperative Federation (NCF) Nepal

#### **Dr. Laxman Shakya**

Vice-President, World Without Anger (WWA)

#### **Er. Ram Rohan Pant**

**Regional Representative South Asia, Global Peace Foundation Nepal**

#### **Ven. Bhikkhu Kondanya**

Mahastharavir, Abbot of Buddha Vihara

*(For Certificate Distribution and Moderator's Felicitation: 2 minutes)*

## Appendix - 5

### Day II

**22 September 2024, Sunday**

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Registration:** 7:00 – 8:00

**Breakfast:** 7:00 - 8:30

### Panel Discussion – II

**Time:** 8:30 – 9:30

<b>Moderator:</b> Prof. Matt Perelstein, co-founder/CEO EQ4Peace Worldwide Inc.- U.S.A	<b>Topic:</b> Emotional Education: Integrating EQ, EI, and SEL into Schools Globally
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### Panelists:

#### **Dr. Dhruba Raj Regmi**

National Program Officer, UNESCO Kathmandu

#### **Dr. Pramila Thapa**

Former Registrar, Purbanchal University, Nepal

#### **Prof. Stephen Oliver, PhD**

University of Virginia, USA

#### **Dr. Farah Sarosh, CEO**

Nurturelife, India

#### **Prof. Dr. Usha Kiran Subba**

President, Association of Psychologists in Nepal

*(For Certificate Distribution and Moderator's Felicitation: 2 minutes)*

## Appendix - 6

### PLENARY SESSION – II

**Time:** 9:45 – 10:45

<b>Moderator:</b> Dr. Anoop Shresthacharya, CEO, WWA and 11th International Conference Coordinator	<b>Chair of 2nd Plenary Session</b> Mr. B.N. Sharma Acharya, President, Peace Education Network Nepal (PENN); Vice-President, UNESCO Clubs, Nepal
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#### Keynote Speakers:

##### **Inner Peace and Global Peace through Emotional Intelligence and Positive Mental Health**

Prof. Matt Perelstein, Founder/Chairman, EQ4Peace Worldwide, Inc., USA

##### **Cooperation among Cooperatives for Sustainable Development in the Era of Global Shock [Virtual]**

Prof. Isaac K. Nyamongo, PhD, MBS, Deputy Vice Chancellor, Academic, Co-operative Development, Research & Innovation, The Co-operative University of Kenya, Kenya

##### **Bullying in the Workplace, Burnout, and the Protective Effects of Social Support [Virtual]**

Dr. Antigonos Sochos, Reader– Applied Psychology, University of Wolverhampton, UK

*(For Certificate Distribution and Chairperson's Felicitations: 2 minutes)*

## Appendix - 7

### Co-operative Pre-Conference Workshop - II

**Time:** 11:00 a.m. – 12:00 Noon

**Moderator:** Advocate Hasina Pradhan, Legal Advisor, World Without Anger (WWA)

<b>Title:</b> Cooperative Management: Ensuring Responsible Governance and Self-Regulatory Organizations	<b>Chairing the Pre-conference Workshop by:</b> Prof. Dr. Keshav Raj Khadaka, Ph.D, Development Economist, Tribhuvan University, Nepal <b>Presenter:</b> Dr. Sagar Kisan Wadkar, Adviser (Research & Study), National Cooperative Union of India (NCUI)
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*(For Certificate Distribution and Chairperson's Felicitations: 2 minutes)*

## Appendix - 8

### Video demo

12:50 - 1:20 pm

Demonstration of the “**Love Your Neighbor’s Peace**” video developed by Mr. Finn Perelstein, USA (Video demo of the 'Love Your Neighbor’s Peace' video developed by Mr. Finn Perelstein, USA, The American University in Bulgaria)

## **Appendix - 9**

### **Day II**

**22 September 2024, Sunday**

#### **Valedictory Session**

**Time:** 3:00 - 4:00 pm

**M.C.:** Mr. Mukunda Raj Khanal, Executive Member/Programme Coordinator, WWA and WWA/EQ4Peace 11<sup>th</sup> Conference, National Advisory Committee Chair

**Venue:** Quest International College, Gwarko, Lalitpur, Nepal

**Arrival of Chief Guest:** 2:30

#### **Proposing the Chairperson**

1. Ms. Joyti Sherchan, Chairperson, Quest International College, Gwarko, Lalitpur

#### **Call to the Dais**

2. Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Nepal, Chief Guest of the 11th WWA/EQ4Peace Conference
3. Associate Prof. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia, Special Guest of the 11th WWA/EQ4Peace Conference
4. Prof. Dr. Arhan Sthapit, Dean, Faculty of Management and Law, Nepal Open University (NOU), International Chair of the 11th WWA/EQ4Peace Conference
5. Dr. Dess Mardan Basnet, Founder/President, WWA and International Organizing Secretary of the 11th WWA/EQ4Peace Conference
6. Dr. Sagar Kisan Wadkar, Adviser (Research & Study), National Co-operative Union of India (NCUI)
7. Dr. Laxman Shakya, Vice President, WWA and Guest of the 11th WWA/EQ4Peace Conference Committee
8. Mr. Bharat Giri, General Secretary, World Without Anger (WWA), Guest of the 11th WWA/EQ4Peace Conference
9. Dr. David Basyal, Head, Quest Research Cell, Quest International College, Gwarko, Lalitpur, Nepal, and Guest of the 11th WWA/EQ4Peace Conference Committee
10. Ms. Paula Perelstein, Treasurer, EQ4Peace Worldwide Inc., USA, and Guest of the 11th WWA/EQ4Peace Conference Committee
11. Dr. M.A. Khalid, Director, Professional Institute of Business, Bangladesh (Virtual)

#### **Bouquet Presentation**

1. By the Chairperson of the Program to the Chief Guest, Dr. Dhruba Raj Regmi, National Program Officer, UNESCO Nepal, of the 11th WWA/EQ4Peace Conference
2. By the Conference Coordinator to Prof. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia, Special Guest of the 11th WWA/EQ4Peace Conference

#### **Welcome Speech**

By Mr. Bharat Giri, Secretary General, World Without Anger (WWA)

### **Award Function - 2024**

#### **WWA Visionary Achievement Award - 2022**

It is awarded to

Mr. Purshottam Giri, Vice-Principal, Bheem Secondary High School by the Chief Guest

#### **WWA Visionary Achievement Award - 2023**

It is awarded to

Mr. Suresh Dhimal, Treasurer, World Without Anger (WWA), Nepal by the Chief Guest

#### **WWA Volunteer Achievement Award - 2022**

It is awarded by the Special Guest to

1. Mr. Dillip Phuyal, Senior Photographer, World Without Anger (WWA), Nepal - 2022
2. Mr. Sandeep Shrestha, Principal, Sambriddhi College, Banasthali, Kathmandu, Nepal - 2023

#### **Sharing Thoughts on the 11th WWA International Conference**

1. Ms. Paula Perelstein, Treasurer, EQ4Peace Worldwide Inc., USA, and Guest of the WWA/EQ4Peace Conference Committee
2. Dr. Sagar Kisan Wadkar, Adviser (Research & Study), National Cooperative Union of India (NCUI)
3. Dr. M.A. Khalid, Director, Professional Institute of Business, Bangladesh (Virtual)

#### **Highlight of the Program:**

Dr. Laxman Shakya, Vice President, WWA, 11th WWA/EQ4Peace Conference

#### **Guest Speakers:**

1. Associate Prof. Dr. Madhya Zhegan, Department of Educational Psychology & Counselling, Faculty of Education, University of Malaya, Kuala Lumpur, Malaysia
2. Dr. Dhruva Raj Regmi, National Program Officer, UNESCO Nepal, Chief Guest of the 11th WWA/EQ4Peace Conference

**Distribution of Certificates and Prizes** to the Participants, Best Paper Award, Critic Award and Volunteers by the Chief Guest of the Valedictory Session

#### **Vote of Thanks:**

Dr. David Basyal, Head, Quest Research Cell, Quest International College, Gwarko, Lalitpur, Nepal, and Guest of the 11th WWA/EQ4Peace Conference Committee

#### **Concluding Remarks:**

Ms. Joyti Sherchan, Chairperson of the 11th WWA/EQ4Peace Conference, Valedictory Session

**Cultural Program** conducted by Quest International College, Gwarko, Lalitpur



**Annex - 10**

Session	No. of Papers
<b>Day-1</b>	
TECHNICAL SESSION-1	5
TECHNICAL SESSION -2	5
TECHNICAL SESSION -3	5
TECHNICAL SESSION - 4	5
TECHNICAL SESSION - 5	5 (Virtual)
TECHNICAL SESSION - 6	5
TECHNICAL SESSION – 7	6
TECHNICAL SESSION – 8	6
<b>Day-2</b>	
TECHNICAL SESSION – 9	6
TECHNICAL SESSION – 10	5
Total Papers	53