



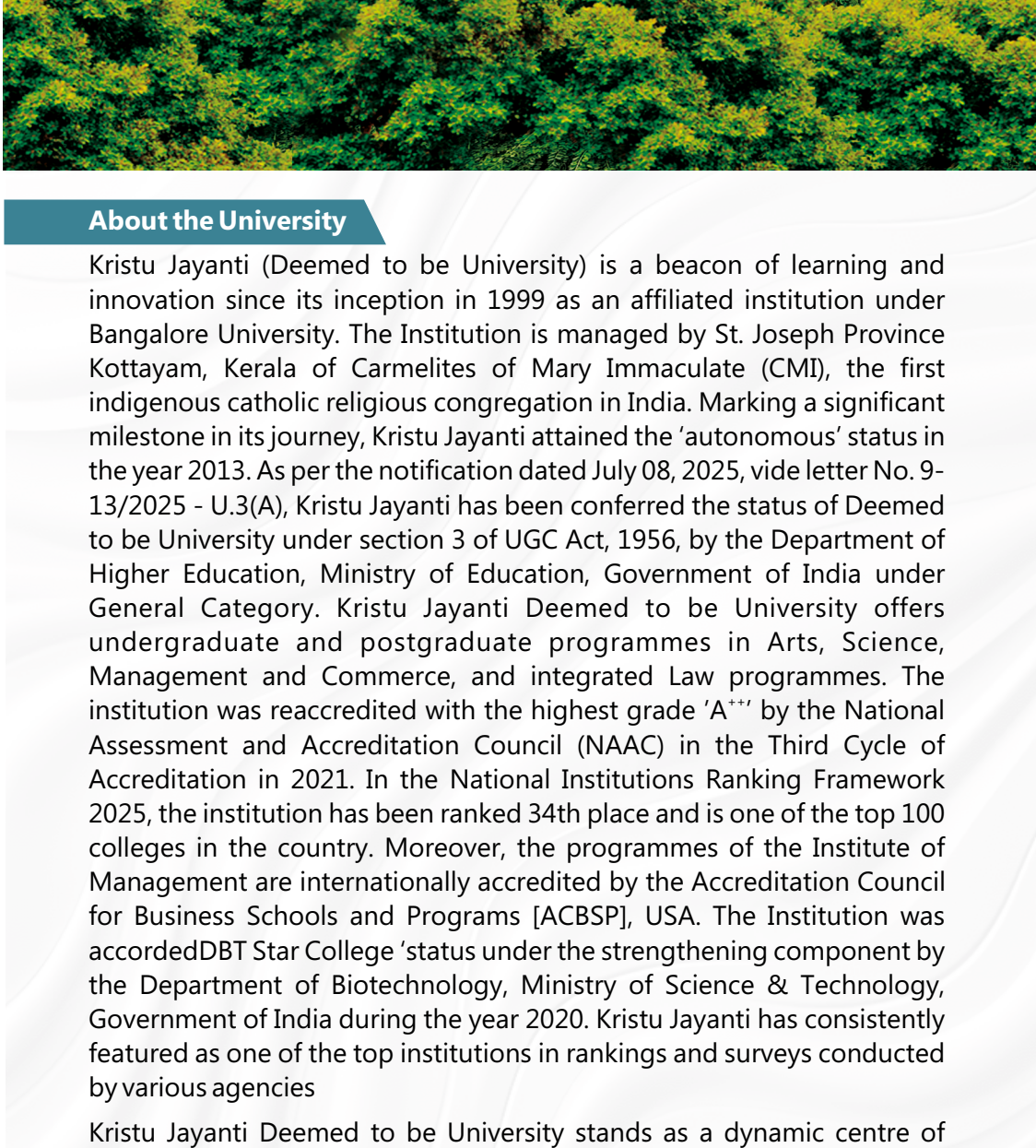
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY (PG)**

NATIONAL SEMINAR ON

**PSYCHOSOCIAL INTERVENTIONS
FOR CONTEMPORARY PSYCHOSOCIAL
CHALLENGES: THE WAY FORWARD**

2nd September, 2026

Central Campus, Kristu Jayanti University



About the University

Kristu Jayanti (Deemed to be University) is a beacon of learning and innovation since its inception in 1999 as an affiliated institution under Bangalore University. The Institution is managed by St. Joseph Province Kottayam, Kerala of Carmelites of Mary Immaculate (CMI), the first indigenous catholic religious congregation in India. Marking a significant milestone in its journey, Kristu Jayanti attained the 'autonomous' status in the year 2013. As per the notification dated July 08, 2025, vide letter No. 9-13/2025 - U.3(A), Kristu Jayanti has been conferred the status of Deemed to be University under section 3 of UGC Act, 1956, by the Department of Higher Education, Ministry of Education, Government of India under General Category. Kristu Jayanti Deemed to be University offers undergraduate and postgraduate programmes in Arts, Science, Management and Commerce, and integrated Law programmes. The institution was reaccredited with the highest grade 'A' by the National Assessment and Accreditation Council (NAAC) in the Third Cycle of Accreditation in 2021. In the National Institutions Ranking Framework 2025, the institution has been ranked 34th place and is one of the top 100 colleges in the country. Moreover, the programmes of the Institute of Management are internationally accredited by the Accreditation Council for Business Schools and Programs [ACBSP], USA. The Institution was accorded DBT Star College 'status under the strengthening component by the Department of Biotechnology, Ministry of Science & Technology, Government of India during the year 2020. Kristu Jayanti has consistently featured as one of the top institutions in rankings and surveys conducted by various agencies

Kristu Jayanti Deemed to be University stands as a dynamic centre of excellence, committed to fostering scholarship, leadership and societal impact. The institution strives to fulfil its mission to provide educational opportunities for all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility, inculcating environmental concern and building global competencies in a dynamic environment.

About the Department

The Postgraduate Department of Psychology is committed to advancing knowledge, research, and professional competence in understanding human behaviour and mental processes. The department offers M.Sc. in Clinical Psychology, M.Sc. in Counselling Psychology, M.Sc. in Human Resource Development, M.Sc. in Psychosocial, M.Sc. HRD Psychology and a Ph.D. in Psychology, Counselling Psychology, Clinical Psychology, preparing students for diverse careers in mental health, education, organizations, research, and community development.

The department integrates strong theoretical foundations with practical learning through internships, field exposure, research, workshops, seminars, and community engagement. Supported by experienced faculty with expertise across diverse domains of psychology, students develop critical thinking, research skills, ethical practice, and evidence-based intervention competencies. The department is dedicated to nurturing socially responsible, scientifically informed, and compassionate professionals equipped to address contemporary psychological and societal challenges.

About the Seminar

Rapid technological advancements, evolving family structures, globalization, urbanization, and changing social and economic conditions have significantly impacted psychological well-being, giving rise to complex psychosocial challenges across diverse populations. Addressing these concerns requires innovative, evidence-based, and multidisciplinary psychosocial interventions.

The National Seminar on "Psychosocial Interventions for Contemporary Psychosocial Challenges: The Way Forward" aims to provide a platform for academicians, mental health professionals, researchers, policymakers, practitioners, and students to exchange knowledge, foster interdisciplinary collaboration, and explore sustainable solutions that promote mental health and psychosocial well-being.

The seminar aims to:

1. Examine the impact of technology and digital innovations on mental well-being and psychosocial interventions.
2. Explore contemporary issues in youth mental health, emphasizing prevention and early intervention.
3. Strengthen understanding of family, community, and workplace resilience in addressing psychosocial challenges.
4. Promote inclusive and culturally responsive psychosocial care for diverse populations.
5. Integrate psychosocial interventions into healthcare, education, and public policy through interdisciplinary collaboration.
6. Advance innovative, evidence-based, and indigenous approaches to sustainable psychosocial well-being.

The seminar will bring together academicians, mental health professionals, researchers, policymakers, practitioners, and students to explore contemporary psychosocial challenges and evidence-based interventions. It aims to foster interdisciplinary collaboration, promote knowledge exchange, and advance innovative, culturally responsive approaches to strengthening mental health and psychosocial well-being.

Programme Schedule

11.30 AM to 01.00 PM A2 Audi	Panel Discussion 3: Family, Community, and Workplace Resilience: Psychosocial Responses to Contemporary Stressors	Dr. Arun Kachhi , Assistant Professor, Department of Psychology, Mont Fort College, Bengaluru		
		Ms. Vasantha M , Research Scholar, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Ms. Arya Jagdish Sawant , III MSc Clinical Psychology B Student, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Moderator: Dr. Winnie Joyce , Head, Department of Social Work, Kristu Jayanti (Deemed to be University), Bengaluru.		
01:00 PM to 01:50 PM				
01:50 PM to 03:10 PM A2 Audi	Round table discussion 1: Inclusive Psychosocial Care: Addressing Vulnerability Across Diverse Populations	Dr. Paras Sharma , Founder & Director, Alternative Story, Bengaluru		
		Dr. Uma Krishnan , Assistant Professor, Department of Psychology, Christ (Deemed to be University), Bengaluru		
		Ms. Sandra Santhosh , Research Scholar, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Ms. Divya Desai , Psychologist and Vaginismus Coach at Proactive For Her, Bengaluru		
		Ms. Niyathi Cholan , III MSc Clinical Psychology B Student, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Moderator: Dr. Arjun Sekhar P M , Assistant Professor, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		01:50 PM to 03:10 PM H2 Audi	Round table discussion 2: Integrating Psychosocial Interventions into Healthcare, Education, and Public Policy	Dr. Divya Kiran Jeevan , Principal, United Mission Degree College, Bengaluru
				Dr. Sampath Kumar , Professor and Head, Department of Sociology and Population Studies, Bharathiar University, Coimbatore.
Ms. Abheepsa Pradhan , Research Scholar, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru				
Ms. Yashika Menon Pandey , Psychologist, Healwithyashi, Bengaluru				
		Ms. Jayamathi A , III MSc Counselling Psychology Student, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Moderator: Dr. A Madalaimuthu , Assistant Professor, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		01:50 PM to 03:10 PM SKE Audi	Round table discussion 3: Innovations and Indigenous Approaches in Psychosocial Intervention: Building Sustainable Futures	Dr. Geeta Appachu , Founder & Director, SWAPRERAN, Bengaluru
				Dr. Ashok H S , Professor, Department of Psychology, Chanakya University, Bengaluru
Ms. Shreelakshmi , Research Scholar, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru				
Mr. Aditya Kumar , Counselling Psychologist, TherraSpace, Bengaluru				
		Ms. Shalini Kale , III MSc Clinical Psychology D Student, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		Moderator: Dr. Anjana Sinha Assistant Professor, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		
		03:10 PM to 03:20 PM		
		Tea Break		
03:20 PM to 04:30 PM SKE	Keynote address 2: The Way Forward: Building Resilient Individuals, Communities, and Systems through Psychosocial Innovation	Dr. Ashok HS , Professor, Department of Psychology, Chanakya University, Bengaluru		
04:30 PM to 04:35 PM SKE	Vote of Thanks	Ms. Akshatha R Kamath , I MSc Clinical Psychology B Student, Department of Psychology (PG), Kristu Jayanti (Deemed to be University), Bengaluru		

Registration Fee (Inclusive of GST)

Registration can be done online via the event enrolment portal of Kris Jayanti (Deemed to be University) or Scanning the QR Code Provided

Registration Fee for	Students and Research Scholar	Professional and Faculty Members
Offline Participation	Rs.300/-	Rs.400/-

Certificate will be provided for the registered participants
No TA/DA shall be paid. Participants seeking accommodation may enquire with the coordinators.

Note:
Registration fee is inclusive of GST.
Scholars and Students must present their College/University ID cards.
Additional charges will be applicable for accommodation

ORGANISING COMMITTEE

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Fr. Dr. Augustine George CMI
Vice Chancellor

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Pro Vice Chancellor

Fr. Dr. Jais V Thomas CMI
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Fr. Joshy Mathew CMI
Chief Human Resource Officer (CHRO) and Director, School of Humanities and Social Sciences

Seminar Chair

Seminar Co-Chair

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Seminar Chair

Dr. Gopakumar A V
Dean, Faculty of Humanities

Seminar Co-Chair

Dr. Smitha AG
Head, Department of Psychology (PG)
Ms. Soumya Simon
Programme Coordinator
Department of Psychology (PG)

Convenor:

Ms. Shreya Thomas
Contact No: 8002771961

Co-Convenor:

Ms. Deepmala Sutar
Contact No: 9738874410

Registration link and QR code

<https://kjusys-events.kristujayanti.edu.in/#/?id=6a71c67131da363cf143301a>

