



SACRED  
HEART  
COLLEGE  
Autonomous



DEPARTMENT OF PSYCHOLOGY

# MANAS

INAUGURAL INTERNATIONAL  
CONFERENCE ON PSYCHOLOGY

CULTURE, WELLBEING, AND EVOLVING HUMAN EXPERIENCE

3<sup>RD</sup> & 4<sup>TH</sup> SEPTEMBER 2026

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# About The College

SH College, located in Kochi, Kerala, is a renowned institution affiliated with Mahatma Gandhi University and managed by the Carmelites of Mary Immaculate.

Rooted in the motto “A Righteous Heart Seeks After Wisdom,” SH College is committed to nurturing a morally grounded, intellectually vibrant, and socially responsible community.

As an autonomous institution with top national accreditations and recognitions, the college offers a wide spectrum of academic programs across Arts, Science, Commerce, Management, and Communication.

With a strong research culture, inclusive support systems, and a scenic, eco-friendly campus, SH College fosters holistic development, encouraging students to lead with purpose and drive sustainable, value-based change

The college continues to evolve as a center of excellence, blending tradition with innovation to meet the demands of a changing world.

# About The Department

The Department of Psychology at Sacred Heart College (Autonomous), Thevara, is dedicated to fostering academic excellence, scientific inquiry, and compassionate practice in understanding human behaviour and mental processes. Guided by the National Education Policy (NEP 2020) and the Outcome-Based Education (OBE) framework, the department offers undergraduate and postgraduate programmes enriched with research, field engagement, and community outreach.

The curriculum integrates modern psychological theory with experiential learning, interdisciplinary perspectives, and ethical practice. Students receive training in research methods, counselling, cognitive sciences, and applied psychology, equipping them for diverse professional pathways. Emphasising research culture and hands-on experience through labs, internships, seminars, and field projects, the department ensures real-world learning and professional growth.

With experienced faculty, innovative teaching, and a supportive academic environment, the department nurtures curious, empathetic, and socially responsible graduates individuals who combine intellectual rigour with compassion to promote psychological well-being and social transformation.

# Conference Subthemes

## 1 Mind–Body Interface: Biological, Psychological, and Cultural Dimensions of Health

An exploration of how biological pathways like the gut-brain axis and psychoneuroimmunology interact with cultural traditions, diets, and spiritual practices to shape physical health.

**Key Areas:** Psychoneuroimmunology, gut–brain axis, interoception, chronic pain, psychosomatic disorders, lifestyle diseases, yoga, and contemplative practices.

## 2 Mental Health, Stigma, and Pathways to Care

An examination of the cultural, systemic, and familial barriers to mental health recognition in South Asia, and the bridge between traditional healing and professional care.

**Key Areas:** Common mental disorders, familial stigma, community stigma, cultural explanatory models, traditional healing, and public health policy.

## 3 Stress, Resilience, and Well-Being across the Lifespan

A study of how individuals navigate life-stage stressors and build psychological resilience by drawing on collective identities, family structures, and positive psychological resources.

**Key Areas:** Academic stress, caregiver burden, occupational burnout, psychology of aging, collective resilience, and psychological flourishing.

## 4 Identity, Gender, and Social Psychology in Indian Contexts

An investigation into how rapid social transformations alter identity formation, intersectionality, and interpersonal dynamics across gender, caste, religion, and socio-economic lines.

**Key Areas:** Identity formation, gender psychology, caste dynamics, religious and linguistic identities, LGBTQ+ psychology, intersectionality, and social inequality.

## 5 Technology, Digital Life, and Psychological Well-Being

An analysis of how digital spaces, social media, and artificial intelligence reshape human behavior, adolescent mental health, and clinical interventions within unique cultural contexts.

**Key Areas:** Social media behavior, adolescent well-being, digital addiction, Artificial Intelligence (AI) ethics, cyberpsychology, and online therapeutic interventions.

## 6 Indigenous, Cultural, and Integrative Approaches to Psychology

A dedicated space for big-picture reflection on developing a distinct Indian psychology rooted in post-colonial ethics, local intellectual traditions, and Ayurvedic or Yogic philosophies.

**Key Areas:** Yoga philosophy, Ayurvedic psychology, Buddhist/Jain thought, post-colonial ethics, cultural epistemologies, and culturally grounded assessment tools.

# Fee Structure

Category	Participation	Presentation
Student	₹600	₹1000
Research Scholar	₹1000	₹1500
Faculty	₹1500	₹2000
Professional	₹2000	₹2500
International Participants	\$20	\$25

## Abstract Submission Guidelines

- Completed manuscripts are required to be submitted as per APA 7 th Edition format.
- The submission should highlight the theme of the research, the theoretical framework, the method used and its implications.
- Full name of author(s), current designation, affiliation and email id
- Abstract including key words must not exceed 250 words

## Deadlines

**ABSTRACT SUBMISSION**  
**25TH JULY 2026**

**REGISTRATION**  
**25TH AUGUST 2026**

**FULL PAPER SUBMISSION**  
**25TH AUGUST 2026**

## Register Here

<https://events.shcollege.online/StudentRegisterEvent/107>