

MANAS 2026

International Conference on Psychology in Context: *Culture, Well-Being, and the Evolving Human Experience*

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.

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.

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.

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.

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.

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.

SEPTEMBER 3 AND 4, 2026

EAST CAMPUS, SACRED HEART COLLEGE (AUTONOMOUS)