

International Conference on Interdisciplinary Pathways to Mental Health & Wellbeing

The Department of Psychology, Keshav Mahavidyalaya, University of Delhi, in collaboration with the Society for Addiction Psychology, organized the International Conference on Interdisciplinary Pathways to Mental Health & Wellbeing (ICIPMHW 2025) on 30th and 31st October 2025 at Maharishi Kanad Bhawan, North Campus, University of Delhi. Conceived as an international academic platform, the conference brought together scholars, practitioners, policymakers, researchers, and students to engage in dialogue on the evolving landscape of mental health.

The conference was built on the understanding that mental health cannot be examined in isolation and must instead be situated within broader social and institutional contexts. While psychology and psychiatry remain central, wellbeing is shaped by economic realities, education systems, technological change, cultural practices, environmental pressures, and geopolitical conditions. ICIPMHW 2025 sought to encourage interdisciplinary engagement and collaborative approaches to contemporary mental health challenges.

The conference began with an inaugural session attended by distinguished academicians and participants. Dr. Daisy Sharma welcomed the gathering and outlined the objectives of the conference, emphasizing interdisciplinary engagement. The ceremonial lamp-lighting marked the formal opening, followed by a Saraswati Vandana performed by ANHAD – The Music Society of Keshav Mahavidyalaya. A graceful Indian classical dance performance was done by NRITYAANG – The Indian Dance Society of Keshav Mahavidyalaya. Prof. Madhu Pruthi, Principal of Keshav Mahavidyalaya and Patron of the conference, addressed the gathering and reaffirmed the institution's commitment to research-driven dialogue on mental health. The session concluded with a vote of thanks delivered by Prof. Harpreet Bhatia, Convenor of the conference.





Over two days, the conference featured keynote addresses, invited talks, panel discussions, research paper presentations, poster sessions, and workshops. Speakers from institutions including AIIMS, NIMHANS, Azim Premji Foundation, and the Professional Institute of Business (Bangladesh) contributed to the academic depth of the event. Discussions examined mental health across developmental, clinical, organizational, and community settings, highlighting its interconnected and systemic dimensions.





Themes included youth and child mental health, addiction and recovery, workplace wellbeing, disability, resilience, gender, trauma, stigma, and the psychosocial impact of rapid social change. Several sessions explored the influence of digital cultures and artificial intelligence on identity, relationships, and emotional regulation, while others foregrounded culturally responsive and inclusive frameworks in research and practice. The diversity of themes reflected the breadth of contemporary mental health scholarship.

A significant component of the conference was the research presentation segment, with more than 130 papers and posters presented across fourteen thematic tracks. The presentations demonstrated methodological diversity, including quantitative, qualitative, mixed-method, and theoretical approaches. Topics ranged from neurobiological perspectives on addiction to climate-related anxiety, organizational stress, and community-based interventions. Parallel sessions facilitated focused academic exchange, while poster presentations encouraged dialogue, particularly among early-career researchers and students.





Workshops provided applied engagement through sessions on Positive Ageing, Positive Psychological Interventions, and Geopsychology as an Emerging Discipline. These sessions connected theory with practice and reinforced the conference’s commitment to actionable scholarship.

A multidisciplinary panel discussion on the needs of children and adolescents further reflected the conference’s interdisciplinary vision. Drawing from public health, education, and clinical perspectives, the discussion emphasized coordinated institutional responses to developmental challenges.

The conference concluded with a valedictory session reflecting on the academic scope of the event. Prof. Roshan Lal underscored the importance of sustained interdisciplinary scholarship in advancing mental health research and practice. Prof. Rajesh Kumar presented tokens of appreciation to Prof. Madhu Pruthi, Principal of Keshav Mahavidyalaya, and Prof. Harpreet Bhatia, Convenor of the conference, in recognition of their leadership. Prof. Madhu Pruthi, Patron of the conference, delivered the formal vote of thanks, acknowledging the contributions of the organizing committee, faculty, volunteers, speakers, presenters, and participants. The Best Paper Award segment recognized outstanding scholarly contributions, formally bringing ICIMHW 2025 to a close.





ICIPMHW 2025 stands as a significant academic initiative of the Department of Psychology, Keshav Mahavidyalaya. By fostering dialogue across disciplines and institutions, the conference strengthened engagement with contemporary mental health concerns and reaffirmed the institution's commitment to rigorous scholarship and socially responsive inquiry.