

Jyoti Nivas College Autonomous

Department of Psychology | Manasi- The Psychology Association
in collaboration with
Internal Quality Assurance Cell

Presents



3rd March, 2025

NATIONAL-LEVEL CONFERENCE 2025

9:30 A.M ONWARDS | JYOTI AUDITORIUM

Identity and Well-Being in the Digital Age: Psychological
Perspectives and Implications

OUR SPONSORS



MR. PRINSON GEORGE

MR. KAMAL TEJRAJ

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JYOTI NIVAS COLLEGE AUTONOMOUS

JNC is a premier institute for women in Bengaluru, India. Since its inception in 1966 the college has been providing comprehensive and balanced education in Arts, Science, Commerce and Management. The Institute has integrated knowledge, industry, experience and international exposure to offer contemporary programmes that are in tune with the requirement of today's business and academic world. Jyoti Nivas College Autonomous was re-accredited with 'A+' Grade by NAAC in the fourth cycle and was also conferred as 'College of Excellence' by UGC for excellent endeavours in the field of education.

MANASI- THE PSYCHOLOGY ASSOCIATION

MANASI- The Psychology Association of Jyoti Nivas College provides a platform for both professional psychologists and students to explore and aims to create meaningful conversations, inspire change and build a supportive community that champions mental health. The association also organise conferences, seminars, workshops, guest lectures and various other strategies which serve as forums for interaction with experts from various disciplines.

ABOUT THE CONFERENCE

Our National Conference- Identity and Well-Being in the Digital Age: Psychological Perspectives and Implications is a prestigious national conference designed to bring together intellectuals, academicians, industry experts and thought leaders from across India. The conference aims to foster discussions and paper presentations on critical themes. This dynamic gathering will serve as a scholastic platform to explore the latest trends, innovations and psychological insights shaping identity and well-being in a technologically driven world.

Key themes include:

- Artificial Intelligence in Therapy and Mental Health Support
- Mental Health in Online Subcultures
- Digital Spaces for Emotional Regulation and Expression

SUB-THEMES OF THE CONFERENCE

Constructing Identity and Representation in Digital Spaces

- Examining self-expression, anonymity, authenticity and how digital platforms empower or challenge marginalized identities

Connections and Communities in the Digital World

- Exploring the psychological impact of online subcultures, fandoms and parasocial relationships, while balancing the benefits of digital connections with risks like exclusion and isolation

Innovative Uses of Technology for Mental Health

- Leveraging gamification and artificial intelligence in therapy, addressing their opportunities, limitations and ethical challenges

Misinformation, Biases and Resilience in the Digital Era

- Understanding the role of psychology in combating false information and promoting cognitive resilience in online environments

Digital Spaces for Creativity and Advocacy

- How online platforms foster innovation, self-expression, emotional regulation and the psychological dynamics of digital activism and community engagement

CALL FOR PAPERS AND POSTERS

Original and unpublished papers are invited for presentation on the above mentioned sub-themes from academics, research scholars, students and working professionals

GUIDELINES FOR PAPER PRESENTATION

- Each presentation must not exceed 5 minutes, including setup and conclusion. A warning will be given at the 4-minute mark
- Presenters may use PowerPoint slides with a maximum of five slides. Visual aids should be clear and relevant
- Exceeding the time limit may result in point deductions
- Research Presentations must be brought on a pen drive and tested in advance to ensure compatibility with Microsoft PowerPoint or PDF format
- Evaluations will be based on clarity, relevance, originality and adherence to time

GUIDELINES FOR POSTER DISPLAY

- Infographic posters must align with the theme:
‘Connections and Communities in the Digital World’
- Keep content concise and visually engaging
- Use colours, typography and layouts effectively. Ensure originality and proper credits
- Online submission is required by 26th February. Printed posters must be submitted at the venue on 3rd March by 9:30 a.m for display
- Only printed posters are allowed; handmade submissions will not be accepted
- Posters will be evaluated based on relevance, clarity, creativity, visual appeal and originality

Mail your Abstracts, Digital Posters and Papers to: manasistudentcouncil@jyotinivas.org

**CASH PRIZES WILL BE AWARDED FOR BEST PAPER AND
BEST POSTER IN BOTH STUDENT AND PROFESSIONAL
CATEGORIES**

IMPORTANT DATES

- Deadline for Abstract Submission: 23rd February 2025
- Final Paper Submission: 25th February 2025
- Online Poster Submission: 26th February 2025
- Last date to register as an attendee: 26th February 2025
- Conference Date: 3rd March 2025

CONFERENCE FEE DETAILS

CATEGORY OF PARTICIPANTS	REGISTRATION FEE
Professionals	Rs. 2000
Scholars	Rs. 1000
Students from other colleges	Rs. 350
JNC students	Rs. 300

- The conference will be held in a hybrid mode, allowing attendees the flexibility to join online. Presenters will be required to participate in person
- Complimentary lunch and tea will be offered to all the participants attending offliner
- All categories of participants are eligible to register as attendees, paper presenters, or poster presenters

REGISTRATION LINK

<https://docs.google.com/forms/d/1dnH6aUOqzV9X4o3hhKX4qcJDyBiST3EGKf-sljTEb7o/edit>

CONFERENCE SCHEDULE

Date: March 3, 2025

Venue: Jyoti Auditorium, Jyoti Nivas College

- 9:30 a.m. – 10:45 a.m. | Inauguration
- 10:45 a.m. – 11:15 a.m. | Chief Guest Address
- 11:15 a.m. – 11:30 a.m. | Tea Break
- 11:30 a.m. – 12:10 p.m. | Keynote Address by Dr. Mohan Sunil Kumar, Chief Psychiatrist at Augmenta Health
- 12:10 p.m. – 12:50 p.m. | Keynote Address by Ms. Nishtha Budhiraja, Medical Director and Principal Psychologist at Wundrsight Health
- 12:50 p.m. – 1:35 p.m. | Lunch Break
- 1:35 p.m. – 2:20 p.m. | Panel Discussion on ‘Innovative Uses of Technology for Mental Health’
- 2:20 p.m. – 3:50 p.m. | Paper Presentations
- 3:50 p.m. – 4:10 p.m. | Tea Break
- 4:10 p.m. – 4:40 p.m. | Valedictory Ceremony
- 4:40 p.m. – 4:50 p.m. | Vote of Thanks

All participants are requested to collect their conference kits at the registration desk and be seated in the venue by 9:00 a.m

OUR CHIEF GUESTS



Dr. Prakasha G S
Associate Professor
Christ University



Ms. Neha Cadabam
Psychologist & Executive Director
Cadabams Group

OUR KEYNOTE SPEAKERS & PANELISTS



Ms. Nishtha Budhiraja
Medical Director & Principal Psychologist
Wundrsight Health



Dr. Mohan Sunil Kumar
Chief Psychiatrist
Augmenta Health

ORGANIZING COMMITTEE



Chief Patron

Dr. Sr. Mary Louisa S

Principal, Jyoti Nivas College



Convenor

Ms. Roseline Florence Gomes

Head of Department

Lead Coordinators

Ms. Teena Variamparampil

Council Advisor, Assistant Professor

Ms. Pearl Jyolin Gabriel

Council Advisor, Assistant Professor

Advisory Committee

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Assistant Professor

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Assistant Professor

Ms. Madhu Menon

Assistant Professor

MANASI STUDENT COUNCIL

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VENUE AND CONTACT DETAILS



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[manasi.jnc](https://www.instagram.com/manasi.jnc)



<https://maps.app.goo.gl/San37Z2zsdDwQF8KA>