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International Conference on

Navigating the Paradigms:

Mental Health to Behavioural Sciences; Classroom to Community; Illness to Wellness

3rd **& 4**th October, 2025

MMC credit points awaited

Organised by:

SYMBIOSIS INSTITUTE OF HEALTH SCIENCES (SIHS) SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

A constituent of SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY) (Established under section 3 of the UGC Act, 1956) Re-accredited by NAAC with 'A++' | Awarded Category – I by UGC

In collaboration with Sangath, India

Venue: Symbiosis International (Deemed University), Lavale, Pune, India

Website Links: https://www.sihs.edu.in | https://www.scew.edu.in/

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)



Symbiosis was established by Prof. (Dr.) S. B. Mujumdar in 1971 with the motto of 'Vasudhaiva Kutumbakam' – the "World is One Family"- has provided quality education from KG to Ph.D. The Symbiosis International (Deemed University) offers programmes in multiple disciplines including Law, Management, Computer Studies, Medical & Health Sciences, Media and Communication, Humanities and Social Sciences, Engineering, and Architecture and Design. Today, Symbiosis International (Deemed University) has over 40,000 students from all the states of India and from over 85 countries, providing a home away from home for Indian and foreign students.

The University has been awarded Category-I status by UGC, and an 'A++' grade by National Assessment and Accreditation Council (NAAC). It has been ranked 31st in India in the University Category by National Institutional Ranking Framework (NIRF) 2024. Symbiosis International (Deemed University) has been ranked globally in the 641-650 range, 31st in the world and first in India for Employer Reputation , and second-best private university in India by QS World University Rankings 2025. QS World University Rankings (Asia) 2025 has ranked the University at 216 in Asia, 42nd in Southern Asia and 23rd in India. The Times Higher Education (THE) World University Ranking 2025 has ranked the University in the 601-800 band in the World, and 4th in India. It is the only University to have received the Asia Pacific Quality Label. The University has been recognized as a 2000-Watt Smart City by the 2000-Watt Smart Cities Association, Switzerland, and is also a permanent member of the Global University Network for Innovation(GUNi).

The main campus of the University is nestled on a beautiful 400-acre land at Lavale in Pune, Maharashtra, India. Today the University has 42 constituents, 13 Research Centres, 13 Support Departments and 10 Departments of Skills & Continuing Education spread across Pune, Nasik, Nagpur, Bengaluru, Hyderabad and NOIDA in India, and at Dubai in U.A.E



FACULTY OF MEDICAL & HEALTH SCIENCES (FoMHS)



Faculty of Medical & Health Sciences (FoMHS), a proud constituent of SIU, is a conscious response to the growing concerns regarding healthcare delivery and education including training of healthcare professionals across all cadres. The FoMHS offers on campus fulltime and online education programs meant to professionally upgrade the healthcare professional. Through its unique, innovative, career oriented programmes, FoMHS plans to raise a cadre of professionals who would ensure delivery of optimum health care services with the ultimate objective of creating a healthy world.



SYMBIOSIS INSTITUTE OF HEALTH SCIENCES (SIHS), SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW), AND THE DEPARTMENT OF PSYCHIATRY AT SMCW

Symbiosis Institute of Health Sciences (SIHS) is a leader in allied healthcare education, offering undergraduate and postgraduate programs in Behavioral Health Sciences aligned with the National Commission for Allied and Healthcare Professions Act, 2021, and the National Education Policy, 2020. These multidisciplinary programs emphasise real-world readiness through in-house training, observerships, and internships.

The Symbiosis Centre for Emotional Wellbeing (SCEW) provides promotive, preventive, and curative mental health services via an integrated, multidisciplinary approach. SCEW initiatives include Health and Wellness courses, Psychological First Aid training, the Mental Health Ambassadors peer support program, and emotional well-being screening for students, faculty, and staff. These efforts promote resilience, reduce stigma, and enhance mental health literacy, inspiring other institutions to prioritize mental well-being.

The Department of Psychiatry at Symbiosis Medical College for Women (SMCW) enriches this ecosystem, training postgraduate psychiatry students in comprehensive mental health care. Collaborating with SCEW and SIHS, it integrates academic rigour with practical exposure, fostering impactful, multidisciplinary mental health solutions.

Together, SIHS, SCEW, and the Department of Psychiatry at SMCW embody Symbiosis International University's commitment to advancing mental health care and education, creating an ecosystem where knowledge, compassion, and

innovation thrive to meet the evolving mental health needs of society.

About Sangath, the collaborating organisation

Sangath is a premier Mental Health Research Organization, dedicated to transforming healthcare by focusing on Mental Health and Public Health initiatives. Sangath's vision is a world where every person has access to quality and affordable Mental Health Care. Established in 1996, Sangath is impacting the community-centric mental health through world-class research, partnerships, public engagement, service delivery & innovative solutions for low-resourced contexts.



Patron



Prof. (Dr.) S. B. Mujumdar Founder and President, Symbiosis Chancellor, SIU

Mentors -



Dr. Vidya Yeravdekar Pro-Chancellor, SIU



Dr. Ramakrishnan Raman Vice Chancellor, SIU



Dr. Rajiv Yeravdekar Provost, Faculty of Medical & Health Sciences, SIU

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Address by Organizing Secretary



Dr. Girija Mahale MD (Psychiatry), FRANZCP Fellow, Royal Australian and NewZealand College of Psychiatry Head SCEW & Behavioural Health Sciences Programme

Dear Esteemed Delegates,

It is with great pleasure that I invite you to the SYMPSYCH Conference 2025!

The global rise in mental illnesses and other non-communicable diseases (NCDs) highlights the urgent need to rethink our healthcare systems. Traditional, siloed approaches often neglect the intricate connections between mental and physical health. Behavioural health sciences offer a holistic framework by addressing human behaviour and its link to psychological well-being and physical health, emphasising preventive measures over the conventional symptomatic management of mental illnesses and NCDs.

Education plays a key role in driving this shift. By fostering critical thinking and interdisciplinary collaboration, we can transition from illness-focused models to personcentred care. SYMPSYCH 2025 embraces this vision, uniting diverse perspectives to integrate behavioural sciences into healthcare while emphasising community engagement and preventive care.

This conference serves as a platform for transformative discussions, fostering collaboration to redefine health systems, inspire holistic solutions, and empower communities to thrive. Together, we champion prevention, education, and integrated care for a healthier, more connected future.

SYMPSYCH 2025 is designed to bring together professionals from diverse disciplines, including mental health, education, research, law, and humanities, alongside key stakeholders such as NGOs, industry practitioners, policymakers, multinational companies, educational institutions, and students.

Let's work together to make this conference a catalyst for meaningful change!

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SYMPSYCH 2025 Conference will focus on the theme "Navigating the Paradigms – Mental Health to Behavioral Health Sciences; Classroom to Community; Illness to Wellness", creating a platform for dialogue and collaboration to explore the intersections between behavioural health, education, and community well-being.

SYMPSYCH 2025 will address three key paradigms.

- 1. Mental health to Behavioral health, expanding the scope to include behaviours, emotions, and cognitive processes that influence overall well-being.
- 2. From Classroom to Community, emphasizing the importance of bridging educational settings with real-world applications to promote collective well-being.
- 3. **Transitioning from an Illness to a Wellness perspective,** advocating for a holistic, person-centred approach that integrates biological, psychological, social, and cultural factors, with an emphasis on assistive practices.

SYMPSYCH 2025 will begin with four parallel pre-conference workshops on key topics such as psychological first aid, setting up mental health services in schools, positive parenting, and expressive therapeutic techniques for healing.

After the workshops, a plenary session will be conducted. This will be followed by two parallel tracks. Track I will focus on the theme **"Care Beyond Cure: Behavioral Science for Holistic Wellbeing."** Track II will address the theme **"Education in Action: Bridging the Classroom and Community"**. The second day of the conference will include oral and poster presentations, followed by the inaugural ceremony, keynote addresses, plenary sessions, symposiums, and panel discussions focused on key trends related to the conference theme. The event will conclude with a valedictory session.

The conference will underscore the importance of creating research that expands beyond the limited scope of "mental health." It will highlight the need for research that bridges theoretical curricula with practical applications, ensuring that educational insights are translated into tangible benefits for community well-being. Moreover, there will be a focus on shifting research priorities from the traditional illness model to a broader understanding that includes well-being, resilience, and proactive health strategies. This shift is essential for developing more effective, holistic solutions that address the full spectrum of human health and wellness.

Unique Features:

- Global expert sessions that will provide cross-disciplinary insights.
- Integrating law, policy, culture, social identity, and other behavioural health domains offers deep insights into the collective impact on behaviour and the mind-body connection.
- Current trends in the management of behavioural health disorders.
- Interactive and engaging workshops on real-world applicable skills for diverse groups such as individuals, schools, and parents.
- Features diverse events, including translational research, poster presentations, panel discussions, symposiums, and interactive workshops.
- Networking opportunities to build meaningful connections.

SYMPSYCH 2025 promises to be an enriching event, pushing the boundaries of traditional approaches to behavioural health and fostering meaningful conversations.

Advisory Board

Name	Designation	
Dr. Abhijit Nadkarni	Professor, London School of Hygiene and Tropical Medicine, UK.	
Dr. Anupam Dharmadhikari	Child and Adolescent Psychiatrist, NHS, UK.	
Ms. Atiya Fathima	Faculty In-charge, Department of Psychology, Symbiosis School of Liberal Arts, SIU.	
Dr. Harpreet Singh	Professor & Head, Dept of Psychiatry (SMCW & SUHRC), SIU	
Dr. Paul Fung	Clinical Director (Acting), Mental Health Drug and Alcohol, North Sydney Local Health District, Australia.	
Dr. Sammita Jadhav	Director, Symbiosis Institute of Health Sciences (SIHS), SIU	
Dr. Sheela Upendra	Deputy Director, SCON, SIU	
Dr. Uttam Shiralkar	Surgeon and Psychiatrist, Surgical Performance Coach, UK	
Dr. Girija Mahale	Organizing Secretary, Head, Symbiosis Centre for Emotional Wellbeing (SCEW) & Department of Behavioural Health Sciences (SIHS), SIU	
Dr. Srikanth Pallerla	Member Secretary, Assistant Professor, B.Sc. Behavioural Health Sciences (SIHS), SIU	

Schedule

Friday, 3rd October, 2025

Time	Name of Session and Speaker			
8:00 am - 9:00 am	Registration & Breakfast			
	PRE-CONFERENCE WORKSHOP (Parallel Sessions)			
Module I 9:00 am -10:30 am	Workshop I Psychological First-Aid Facilitator	Workshop II Mental Health Services in Educational Institutions	Workshop III Positive Parenting Facilitators Dr. Anand	Workshop IV Expressive Therapeutic Techniques for Healing
Tea Break 10:30 am-10:45 am	Dr. Harish Shetty Senior Psychiatrist Hiranandani Hospital, Mumbai	Facilitator Dr. Anuradha Sovani Trustee and Consultant, Institute for Psychological	Nadkarni Psychiatrist, Institute of Psychological Health Dr. Shilpa Gaikaiwari	Facilitators Mrunmayee Kulkarni Dance Movement Therapist Sancheti Healthcare Academy, Pune
Module II 10:45 am-12:00 pm		Health	Psychiatrist, New South Wales, Australia	Ms. Minal Kavishwar Animal Assisted Therapist & Founder Animal Angels Therapy Centre, Mumbai
12:00 pm - 1:00 pm		Lunc	ch Break	
1:00 pm - 1:45 pm	Plenary 1: Psycho-Social Interventions in Rehabilitation: Illness to Wellness Dr. Bharat Vatwani Ramon Magsaysay Awardee			
1:45 pm - 2:30 pm	Plenary 2:	Positive Psychology	: The Bright Side of M	lental Health
	Dr. Anand Nadkarni Managing Trustee, Institute of Psychological Health			
2:30 pm - 2:40 pm	Energiser			
	Track I : Theme: Care Beyond Cure: Behavioural Science for Holistic Wellbeing		Theme: Education i	ack II in Action: Bridging the nd Community
2:45 pm - 3:20 pm Parallel Session I	Interaction of Psych & Soma in Noncommunicable Diseases (NCDs) Dr. Hemant Bhargav Associate Professor Integrative Medicine, NIMHANS, Bengaluru. Chairperson Dr. Sanjay Phadke Jehangir & Deenanath Mangeshkar Hospital, Pune		Conventional M Research for Targe the Co Dr. Thara Co-founder & SCARF	y into Practice Beyond tethods: Innovative eting Interventions in mmunity Rangaswamy Vice-Chairperson, F, Chennai rperson
			Dr. Raman	Gangakhedkar Professor, SIU, Pune

3:20 pm - 3:55 pm Parallel Session II	Role of Diversity, Equity, & Inclusion in the Promotion of Behavioural Health	Breaking the silos: Multidisciplinary Education from EI to AI	
	Dr. Ravi Verma Executive Director, ICRW Asia	Dr. Anita Patankar Executive Director, Dubai, SIU	
3:55 pm - 4:30 pm Parallel Session III	Suicide Prevention in Vulnerable Populations	Integrating Sports and Nutrition for Holistic Behavioural Health	
	Dr. Manik Bhise Head, Department of Psychiatry, MGM Medical College	Dr. Devika Patil Psychiatrist, specialisation in Sports Psychology Ruchu Kuthiala	
	Mr. Vinayak Hegana Director, Centre For Farmers Mental Health	Nutrition & Dietetics & Clinical Psychology	
4:30 pm - 5:00 pm	Tea Break		
5:00 pm - 6:00 pm	Keynote - Global Perspectives in Youth Mental Health, addressing emerging concerns for a resilient future. Dr. Vikram Patel Professor in the Department of Global Health & Population, Harvard T.H. Chan School of Public Health, U.S.A.		
6:00 pm- 7:00 pm	Cultural Programme		
7:00 pm - 8:30 pm	Networking Dinner		

Schedule Saturday, 4thOctober, 2025

Time	Name of Session and Speaker	
8:30 am - 9:15 am	Registration & Breakfast	
9:15 am - 10:45 am	Oral & Poster Presentation	
10:45 am - 11:00 am	Tea Break	
11:00 am - 11:45 am	Inauguration	
11:45 am - 12:15 pm	Keynote Address: Past, Present, & Future of Mental Health	
	Dr. Pratima Murthy Director & Senior Professor of Psychiatry, NIMHANS, Bengaluru	
12:15 pm -12:45 pm	Keynote Address: Need-based Innovation in Behavioural Health Sciences	
	D r. Nimesh Desai Psychiatrist & Former Director, IHBAS	
12:45 pm -1:15 pm	Breaking Mental Health Stigma Through Education & Community Engagement	
	Dr. K. V. Kishore Kumar Director, The Banyan, Bengaluru	
1:15 pm - 2:00 pm	Lunch	
2:00 pm - 2:30 pm	Substance and Drug Addiction: Policy, Prevention, and Intervention	
	Dr. Atul Ambekar Professor, NDDTC, AIIMS, New Delhi	
	Chairperson Dr. Ashish Deshpande Psychiatrist, Centre for Mental Health Advocacy, Research & Treatment Services, Mumbai	
2.30 p.m 3.30 p.m.	Panel Discussion-1 Care to Cure: Collaboration, Communication, Connection & Compassion - 40 Model	
	Dr. Paul Fung Deputy Commissioner- NSW, Mental Health Commission, Australia	
	D r. N Janardhana Senior Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru	
	Dr. Anupam Dharmadhikari Consultant Psychiatrist, NHS, UK	
	Moderator D r. Girija Mahale Head SCEW, SIU	

3:30 pm - 4:30 pm	SYMPOSIUM Importance of Behavioural Health in Health Care Settings	
	Dr. Kinjal Goyal Health Psychologist, Maharashtra	
	Dr. Kanmani T.R. Psychosocial Consultant, NIMHANS, Bengaluru	
	D r. Uttam Shiralkar Surgeon & Psychiatrist, Surgical Performance Coach, UK	
4:30 pm - 4:45 pm	Tea Break	
4:45 pm - 5:45 pm	Panel Discussion-2 Licensure, Legislation, & Human Rights in Mental Health	
	Dr. Suresh Bada Math Professor & Head, Department of Forensic Psychiatry & Digital Academy, NIMHANS, Bengaluru	
	D r. Soumitra Pathare Psychiatrist & Director, CMHLP, Indian Law Society, Pune	
	D r. Sammita Jadhav Director, SIHS, SIU	
	Moderator Dr. Shashikala Gurpur Dean, Faculty of Law, SIU, Pune	
5:45 pm - 6:30 pm	VALEDICTORY SESSION	
	Ms. Ira Khan CEO & Director, Agastu Foundation	

*Tentative schedule subject to change

Keynote Speakers



Dr. Vikram Patel Professor in the Department of Global Health and Population, Harvard T.H. Chan School of Public Health, U.S.A.



Dr. Pratima Murthy Director National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru



Dr. Nimesh Desai Psychiatrist & Former Director, Institute of Human Behaviour & Allied Sciences (IHBAS)

Plenary Speakers



Dr. Bharat Vatwani Ramon Magsaysay Awardee Psychiatrist



Dr. Anand Nadkarni Psychiatrist Institute of Psychological Health

Organizing Committee

Sr. No	Name of the Committee	Committee Heads
1	Academic & Rapporteur Committee	Dr. Girija Mahale
2	Accommodation Committee	Dr. Nayana Nimkar
3	Administration Committee	Dr. T Vijaya Sagar
4	AV Aid and IT Committee	Dr. T Vijaya Sagar
5	Branding Promotion, Press & Media Com- mittee	Dr. Girija Mahale
6	Catering and Banquet Committee	Chef. Atul Gokhale
7	Cultural Committee	Dr. Sonopant Joshi
8	Finance Committee	Dr. Alaka Chandak
9	FoMHS stall	Dr. Sonopant Joshi
10	Invitation & Reception Committee	Dr. Girija Mahale
11	Medical Aid & Disaster Management Com- mittee	Dr. Prasad Bhanap
12	Registration Committee	Dr. Parimala Veluvali
13	Research & Publication Committee	Dr. Kavitha Menon
14	Sponsorship Committee	Dr. Shubhada Sharma
15	Stage Committee	Dr. Sammita Jadhav
16	Transport	Dr. Parag Rishipathak
17	Wellness Committee	Dr. Nayana Nimkar

Registration

Registration for the event is online. Please visit https://www.sihs.edu.in/ and https://www.scew.edu.in/ and click on the 'Register' link to fill in your details and complete the online payment formalities. An acknowledgement email with your registration number and details will be sent to your registered email ID.

Amount in INR					
Туре	Registration Period	SIU Students	SIU Faculty Members	Non-SIU Students	Others
Pre-Conference Workshop	Uptil 03.10.2025	800/-	950/-	850/-	950/-
	Uptil 01.09.2025	1500/-	3500/-	3000/-	3500/
Conference	From 02.9.2025 - 02.10.2025	2000/-	4000/-	3500/-	4000/-
	Spot Registration	3000/-	5000/-	4500/-	5000/-
Networking Dinner	1000/-				

Туре	Registration Period	International Delegates
Pre-Conference Workshop	Uptil 03.10.25	USD 20
Conference	Uptil 03.10.25	USD 80

*SIU Symbiosis International University

** An additional 18% GST on registration fees for non-symbiosis delegates will be applicable.



For more details, contact us:

Phone: 02025925173 ; +91 8956616763; 020-66975037 E-mail: sympsych2025@sihs.edu.in

- Abstracts are invited for Poster and Oral presentations from delegates registered for SYMPSYCH-2025.
- Please visit https://www.sihs.edu.in/sympsych-2025/ for submission guidelines.

Scan & get the Registration link



Pune, often called the "Oxford of the East," is a dynamic city in Maharashtra that blends a rich historical legacy with modern progress. Known for its prestigious educational institutions and thriving IT and business hubs, Pune is a centre for intellectual exchange and innovation. The city enjoys pleasant weather in September and October, with lush greenery and a scenic backdrop as the monsoon recedes. Historical landmarks like Shaniwar Wada and Aga Khan Palace showcase Pune's cultural depth, while its proximity to the Western Ghats offers serene escapes. The city's culinary scene ranges from traditional Maharashtrian flavours to global cuisines. Pune is a bustling metropolis with an estimated population of about 7 million spread over 138 sq. km. It is situated at an altitude of 559 meters above sea level. It has been ranked as one of the most liveable cities in India several times. The temperatures range from 15° C to 35° C with an average rainfall of 68 cm. Pune is well connected with the National Highways and Express Highways leading to Mumbai, Bangalore, Hyderabad, Ahmedabad, and other major cities. Pune railway junction has connectivity with almost all parts of the country. Pune International Airport provides air connectivity to all major airports in India.





About SIU, Lavale



Lavale is a picturesque village located on the outskirts of Pune, Maharashtra, known for its lush green landscapes, rolling hills, and serene environment. Just about 20 km from Pune city.

Symbiosis – Lavale campus is rich in scenic ambience, spread across 350 acres having biodiversity in nature with two bandhas (water storage reservoirs) of total storage capacity of about 30,00,000 litres of freshwater and home to more than 191 species of birds, butterflies, reptiles, amphibians and mammals. The University has developed three butterfly gardens and saplings of more than 200 food plants and nectar plants. Around 40 species of butterflies and many types of moth species are seen on the campus. Lavale offers a perfect blend of natural beauty and modern development, making it an ideal location for educational institutions, research centres, and residential communities.

for details click here: SIU Lavale Campus



Accommodation

Sandipani Guest House located at the scenic hill top location of the Symbiosis International (Deemed University) has well-appointed guest rooms available on single/twin sharing basis. Delegates are requested to book accommodation well in time as only limited rooms are available. Accommodation charges are to be paid in full at the time of registration.

for details click here: Stay Facilities at Vasishtha and Sandipani Guest House

Sr. No	Туре	Charges per day (INR) (Single)	Charges per day (INR) (Double)
1	Deluxe Room	3300/-	4000/-
2	Suite Room	4300/-	5000/-

Note- An additional 12% GST on accommodation





How to reach Symbiosis International University (Deemed University), Hill-Base campus, Lavale

Symbiosis International University's Lavale Campus, located in the scenic hills near Pune, is accessible by air, rail, and road, making it convenient for both international and domestic visitors. For international travellers, Pune International Airport (PNQ) is approximately 22 km away, with taxis and rideshare options taking 45 minutes to an hour. Those arriving via Mumbai's Chhatrapati Shivaji Maharaj International Airport can reach Pune by a 3-4 hour road journey or a short domestic flight. Domestic travellers can also arrive at Pune Junction Railway Station, 20 km from the campus, or via intercity buses to Swargate or Shivajinagar bus stands. From these hubs, taxis, app-based rides, or private vehicles can take you to the campus. For road travellers, the campus is 19 km west of Pune city centre, accessible via Paud Road or NH48, with clear signage directing to Lavale Village. Once on campus, the reception or security staff will assist with navigation.



For Directions, from your location, follow the Google Map link below: https://www.google.com/maps/place/ Symbiosis+International+(Deemed+University)/@18.5351194,73.731592,15z/ data=!4m5!3m4!1s0x0:0x4b9133b7a228d7d0!8m2!3d18.5351194!4d73.731592



In its Golden Jubilee year, Symbiosis established the 'Symbiosis Aarogya Dham' over 70 acres of land at the Symbiosis International (Deemed University) Campus at Lavale, Pune. The Aarogya Dham consists of all the institutions and related departments and research centres under the Faculty of Medical and Health Sciences, all under the ambit of Symbiosis International (Deemed University).





SYMBIOSIS INSTITUTE OF HEALTH SCIENCES (SIHS) SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

Symbiosis International (Deemed University) Campus, Hill Base, Lavale, Pune - 412115, Maharashtra, India **To Register, please visit: www.sihs.edu.in | www.scew.edu.in**

