

**3rd INTERNATIONAL CONFERENCE ON
“INNOVATIONS IN PSYCHOLOGY AND WELLBEING OF
NEW GENERATION”**GCSDR 2025
Conference Proceedings
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**3rd International Conference by
Global Center for Social Dynamic Research (GCSDR)**
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**“Innovations in Psychology and
Wellbeing of New Generation”**

KEY NOTE SPEAKERS



Major General (Dr.) G. S. Lamba, VSM
Dean Academic Affairs, Akal University,
District Bhatinda, Punjab



Prof. (Dr.) Devendra Kumar Tayal
Director, IQAC/Professor (CSE)/Dean, IGDT Univ.
for Women, Delhi/Ex. HOD(CSE), GGSIU
Editor, Global E- Journal of Social Scientific
Research



Mr. Mohit Kumar Prasad
Civil Judge (Senior Div.)/
Add. Chief Judicial Magistrate,
Agra
High Court of Judicature of Allahabad



Prof. (Dr.) Vibha Sharma
Deptt. of Clinical Psychology
Institute of Human Behaviour
& Allied Sciences, IHBAS Delhi



Prof. (Dr.) Sailesh Suryanarayan Iyer
Principal, NarNarayan Shastri Institute
of Technology - Institute of Forensic
Sciences & Cyber Security, Gujarat



Dr. Babu Joseph Karakombil
Director SVD, New Delhi /Former Director
Satya Prakashan Sanchar Kendra
& Former Spokesperson, CBCI



Dr. Smriti Mehra
Scientist/Professor, Department of Molecular
& Microbiology Diseases Intervention Program
Texas Biomedical Research Institute, USA



Mr. Pramod Kumar
Superintendent, Tihar Prisons
Central Jail, Delhi



Advocate Prashant Kumar
Supreme Court of India



Rev. (Dr.) Osuji. Peter
Director, Destitute Places Center
for out of School Youth/Spiritual
Center, Philippines



Advocate Abhishek Carls
Director, Law and legal Affairs, GCSDR



Dr. Simrat kaur
Guest Faculty (Psychology),
Dr. Bhim Rao Ambedkar College,
DU & Amity University, Noida, UP



Ms. Nelisa Carls
Director, Program &
Publications, GCSDR



Dr. Neelam C Dey,
Social Scientist/National Awardee
Executive Director, GCSDR
Chief Editor, Global E- Journal
of Social Scientific Research

Saturday, 20th September 2025

3:00 p.m.(IST) Onwards

CONVENOR
Mr. Samir C Minz
Director(H), GCSDR/Former SDM/
Collector of Stamps/
Registrar ICMA, Delhi

★ **Livestream @ FACEBOOK/YOUTUBE**

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Preface / Editorial Note

We are delighted to present the Conference Proceedings of the Conference held on the topic “**Innovation in Psychology and Wellbeing of New Generation**”, that was organised by the Global Center for Social Dynamic Research.

The Conference has brought together distinguished psychologists, mental health practitioners, researchers, and academicians from world over to share new insights, innovative approaches, and practical solutions addressing the challenges of the modern generation.

We express our sincere gratitude to the advisory board, reviewers, and organizing committee for their tireless contributions.

Dr. Neelam C Dey

Chief Editor

CONFERENCE COMMITTEE

Conference Chair:

- Dr. Neelam C Dey

Organizing Committee:

- Mr. Samir C Minz, Director (Honorary)- Policy, Administration and Operations, GCSDR/ Former, State Civil Service Officer, Delhi (**Convenor of the Conference**)
- Mr. Abhishek Carls, Director, Legal and International Affairs, GCSDR/Advocate, High Court of Delhi/Member, Indian Council for Social Science Research (ICSSR)
- Ms. Nelisa Carls, Director, Programme and Publications, GCSDR/Member, Indian Council for Social Science Research (ICSSR)

Conference Schedule (Highlights)

S. No.	Name	Time Slot (p.m.)	Topic
1	Dr. Neelam C Dey	3:00-3:05	Welcome Address
2	Major General (Dr.) G. S. Lamba	3:07-3:15	Opening Address

3	Dr. Neelam C Dey	3:17-3:27	Introduction & Beginning of the Conference
4	Major General (Dr.) G. S. Lamba	3:30-3:40	From Stigma to Strength : A Soldier's Perspective on Mental Health Challenges
5	Prof. Devender Tayal	3:43-3:53	Role of AI in Psychology
6	Prof. Vibha Sharma	3:55-4:05	Suicide Prevention among Youth- Risk & Protective Factors/ Promoting Good Mental Health Practices among Youth
7	Mr. Pramod Kumar	4:08-4:18	Juvenile Justice System and Mental Health Reforms
8	Rev.(Dr.) Osuji Peter International Member, GCSDR	4:21-4:31	Combatting Mental health challenges of adolescents and youth
9	Mr. Mohit Kumar Prasad	4:34-4:44	Mental health & Law
10	Dr. Smriti Mehra International Member, GCSDR	4:47-4:57	Growing up with TB: Economic and Social impact on Youth
11	Prof. Shailesh Iyer	5:00-5:10	Technology Innovation in Psychological Well-being
12	Dr. Babu Joseph	5:12-5:22	Role of Religion, Spirituality and Cultural belief System
13	Advocate Prashant Kumar	5:25-5:35	Legal Rights Of Adolescents Under The Mental Healthcare Act, 2017
14	Advocate Abhishek Carls	5:38-5:48	National And International Policy Frameworks for Youth Mental Health
15	Ms. Nelisa Carls	6:00-6:10	Youth and Adolescents
16	Dr. Simrat Kaur	6:12-6:22	Emotional intelligence and Resilience training for adolescents
17	Question-Answer/Discussion Session (On Floor)		Dr Neelam C Dey
18	Announcements		Dr Neelam C Dey
19	Vote of Thanks		Mr. Samir C Minz

Keynote & Topics of Talk (Extended Summaries)

Keynote Address

Innovation in Psychology for the Next Generation

Major General (Dr.) G. S. Lamba, VSM (Veteran) Dean Academic Affairs, Akal University, Raman Road, Talwandi Sabo, Bathinda (Punjab)

The keynote address by **Dr. Major G. S. Lamba** highlighted the evolving landscape of psychology and

its role in promoting the wellbeing of the new generation. Drawing from both clinical practice and research experience, Dr. Lamba emphasized the significance of innovative approaches in addressing mental health challenges, particularly among youth.

Topics of Talk

1. FROM STIGMA TO STRENGTH: A SOLDIER'S PERSPECTIVE ON MENTAL HEALTH CHALLENGES OF ADOLESCENTS AND YOUTH

Major General (Dr.) G. S. Lamba, VSM (Veteran)

Dean Academic Affairs, Akal University, Raman Road, Talwandi Sabo, Bathinda (Punjab)

Dr. Major G. S. Lamba delivered his keynote address on the sub topic : *“From Stigma to Strength: A Soldier’s Perspective on Adolescent and Youth Mental Health.”* In his talk, he explored the complex challenges faced by adolescents and young people of today, presenting them through the unique lens of a soldier’s experience. He emphasized the values of resilience, camaraderie, and collective action drawn from military service, duly suggesting that these principles can be effectively applied to strengthen youth’s mental wellbeing.

Dr. Lamba highlighted the pressing issues of stigma, family disintegration, academic pressure, and digital stress, which continue to affect young people across India and the world. Drawing parallels between the silent battles of soldiers on the frontlines and the internal struggles of youth in modern society, he called for a paradigm shift—from perceiving mental health as weakness to recognizing it as an opportunity for building strength.

He further suggested that resilience-building, purpose-driven engagement, and community support are crucial protective factors. He also stressed the need for institutional reforms, the integration of mental health literacy in curricula, positive use of technology, and stronger community-based support systems.

In conclusion, Dr. Lamba affirmed that true strength lies not in hiding one’s vulnerability, but in confronting it with courage, empathy, and collective responsibility. His keynote provided a multi-level roadmap—spanning individuals, families, institutions, and society—towards addressing one of the defining challenges of our generation.

2. THE ROLE OF RELIGION, SPIRITUALITY AND CULTURAL BELIEF SYSTEMS IN MENTAL HEALTH

Dr Babu Joseph Karakombi, Director, SVD, New Delhi/

***Former Spokesperson, Catholic Bishops Conference of India/ Director, Satya Prakashan Sanchar
Kendra Central Province Bhopal, MP***

Dr. Babu Joseph delivered an insightful invited talk addressing the urgent issue of mental health, particularly among young people in India. He emphasized that mental wellbeing has become a pressing national concern, citing with concern the rising number of young men and women who take their own lives over issues that could often be addressed with timely support. This trend, he noted, is deeply troubling for both society and the nation as a whole.

His presentation focused on the possible nexus and influence of religious beliefs, spiritual experiences, and cultural practices on one's mental health. He observed that a vast majority of people worldwide adhere to some religious tradition, while a small section may not affiliate themselves with any established religious system.

Dr. Joseph stressed that religious beliefs can have both positive and negative effects on mental health. While they can foster hope, resilience, moral grounding, and a sense of purpose, certain dogmas or practices may contribute to stress, guilt, or social exclusion. He underscored the importance of a nuanced understanding of this relationship, particularly in addressing the mental wellbeing of the younger generation.

In conclusion, Dr. Joseph called for integrative approaches that respect cultural and spiritual dimensions while promoting mental health literacy and supportive interventions tailored to the needs of youth.

3. LEGAL RIGHTS OF ADOLESCENTS UNDER THE MENTAL HEALTHCARE ACT, 2017

Mr. Prashant Kumar, Advocate Prashant Kumar, Supreme Court of India

Mr. Prashant Kumar, highlighted the provisions of the Act that safeguard the mental health rights of adolescents, including access to care, consent, and confidentiality. His address discussed the role of legal frameworks in ensuring dignity, protection, and empowerment for young people facing mental health challenges. Mr. Kumar emphasized the importance of awareness, advocacy, and enforcement of these rights. He concluded by calling for greater collaboration between legal professionals, mental health practitioners, and

policymakers to strengthen adolescent mental health protections.

4. JUVENILE JUSTICE SYSTEM AND MENTAL HEALTH REFORMS

Mr. Pramod Kumar, Superintendent, Central Jail, Tihar, Delhi

Mr. Pramod Kumar delivered an insightful talk on “*Juvenile Justice System and Mental Health Reform.*” He discussed the critical intersection between juvenile justice and mental health, highlighting how many young offenders face underlying psychological challenges. His address stressed the need for reform that incorporates mental health assessments, counselling, and rehabilitation within the justice system. Mr. Kumar emphasized a restorative approach that prioritizes care, rehabilitation, and reintegration over punishment.

5. NATIONAL AND INTERNATIONAL POLICY FRAMEWORKS FOR YOUTH MENTAL HEALTH

Mr. Abhishek Carls, Advocate, Delhi High Court, Director, Law and legal Affairs, GCSDR

Advocate Abhishek Carls delivered an insightful talk on “*National and International Policy Frameworks for Youth Mental Health.*” He highlighted key policy initiatives and frameworks that aims to protect and promote the mental wellbeing of young people both in India and globally. His address examined the effectiveness of existing policies, gaps in implementation, and emerging best practices. Advocate Carls stressed the need for harmonizing national strategies with international standards to ensure comprehensive mental health support. He concluded by urging collaborative action among governments, civil society, and youth organizations to strengthen policy frameworks.

6. YOUTH AND ADOLESCENTS

Ms. Nelisa Carls, Director, Program &, Publications, GCSDR

Ms. Nelisa Carls delivered an engaging talk on “*Youth and Adolescents.*” She highlighted the unique psychological, social, and developmental challenges faced by young people in today’s fast-changing world. Her address emphasized the importance of fostering resilience, emotional wellbeing, and supportive environments for youth. Ms. Carls discussed strategies for empowering adolescents through education, mentorship, and community engagement. She concluded by calling for a collaborative approach to ensuring the holistic development of young people.

7. ROLE OF AI IN PSYCHOLOGY

Prof. Devender Tayal, Director, IQAC, Professor/ Department of Computer Science Engg., Indira Gandhi Delhi Tech. Univ. for Women(IGDTUW), Govt. of Delhi, Ex-Dean(Academic Affairs)/ Proctor, IGDTUW/HOD(CSE), GGSIPU

Prof. Devender Tayal delivered an insightful talk on the Role of Artificial Intelligence in Psychology.

8. SUICIDE PREVENTION AMONG YOUTH- RISK & PROTECTIVE FACTORS/ PROMOTING GOOD MENTAL HEALTH PRACTICES AMONG YOUTH

Prof.(Dr.)Vibha Sharma, Deptt. of Clinical Psychology, Institute of Human Behaviour & Allied Sciences, IHBAS Delhi.

Prof. Vibha Sharma delivered a powerful keynote on “Suicide Prevention among Youth – Risk & Protective Factors / Promoting Good Mental Health Practices among Youth.”

9. COMBATTING MENTAL HEALTH CHALLENGES OF ADOLESCENTS AND YOUTH

Rev.(Dr.) Osuji Peter, Director, Destitute Places Center, for out of School Youth/Spiritan, Center, Philippines

Rev. (Dr.) Osuji Peter delivered an enlightening talk on “Combating Mental Health Challenges of Adolescents and Youth.” .

10. MENTAL HEALTH & LAW

Mr. Mohit Kumar Prasad, Civil Judge (Senior Div.)/, Addl. Chief Judicial Magistrate, Agra High Court of Judicature of Allahabad

Mr. Mohit Kumar Prasad, , delivered an important talk on “Mental Health & Law

11. GROWING UP WITH TB: ECONOMIC AND SOCIAL IMPACT ON YOUTH

Dr. Smriti Mehra, Scientist/Professor, Department of Molecular & Microbiology Diseases Intervention Program, Texas Biomedical Research Institute, USA

Dr. Smriti Mehra, , delivered a compelling talk on “Growing up with TB: Economic and Social Impact

on Youth.” **Technology Innovation in Psychological Well-being**

12. PROF. (DR.) SAILESH SURYANARAYAN IYER

Principal, Nar Narayan Shastri Institute of Technology - Institute of Forensic Sciences & Cyber Security, Gujarat

Prof. (Dr.) Sailesh Suryanarayan Iyer, delivered an insightful talk on “*Technology Innovation in Psychological Well-being*”

13. EMOTIONAL INTELLIGENCE AND RESILIENCE TRAINING FOR ADOLESCENTS

Dr. Simrat Kaur, Guest Faculty (Psychology), Dr. Bhim Rao Ambedkar College, DU & Amity University, Noida, UP

Dr. Simrat Kaur delivered an insightful talk on “**Emotional Intelligence and Resilience Training for Adolescents**”.

14. QUESTION-ANSWER/DISCUSSION SESSION (ON FLOOR)

Dr. Neelam C. Dey facilitated a dynamic Question-Answer session by putting forward a series of thought-provoking questions to the floor. Her questions spanned diverse themes of the conference, including soldiers’ mental health, the role of AI, suicide prevention, juvenile justice reform, technology innovation, legal frameworks, and youth wellbeing. She challenged delegates to think critically about how these remedies could move beyond paper and be implemented effectively in real life. Strategies discussed included policy advocacy, collaborative action plans, pilot projects, capacity building, public engagement, and integration into institutional frameworks to ensure lasting impact. This interactive session concluded with a shared commitment to translating knowledge into practice.

ANNOUNCEMENTS

During the above Conference, Dr. Neelam C. Dey, Executive Director and Director of Research, GCSDR proudly announced the launch of a big initiative of the GCSDR named as “**Youth First**”. Prof. Devender Tayal

had the honour to do the formal inauguration. This landmark Campaign is dedicated to enhancing the mental health and wellbeing of adolescents and youth by way of organising Marathon, Workshops, Regular Training of Teaching and Non-Teaching Staff, Administrative Staff, Counselling Programmes, Online and Offline Sensitization Programmes, Stress Management Programmes etc. taking due note of detailed Guidelines laid by the Hon'ble Supreme Court of India as a benchmark to contain the grave situation.

The initiative aims to foster resilience, promote emotional intelligence, and provide accessible mental health resources at community and institutional levels, both. Our focus will include awareness campaigns, capacity-building workshops, policy advocacy, and collaborative projects involving educators, mental health professionals, policymakers, and youth leaders. The "Youth First" initiative represents a shared commitment to transforming research and dialogue into practical actions for the betterment of the new generation.

VOTE OF THANKS

Mr. Samir C. Minz, Convenor of the Conference delivered the Vote of Thanks, expressing heartfelt gratitude to all participants and speakers who made the event a big success. He acknowledged the invaluable contributions of the keynote speakers, invited experts, and delegates whose insights highly enriched the discussions. Mr. Minz who has held significant posts of Sub Divisional Magistrate/Collector of Stamps, Delhi/Dy Assessor of Collector, EDMC/Registrar, ICMA/Member of Managing Committee of the Government run Model Technical Institute, New Delhi and Government Nominee for the Interview Boards of Directorate of Education, Delhi appreciated and concluded with the message of a continued collaboration, urging all stakeholders to carry forward the spirit of the Conference into concrete actions for the healthy wellbeing of youth of our Country.

ABOUT THE PUBLISHER

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It is a principal outlet for the multi-disciplinary scholarly articles which are being published by the Global Center for Social Dynamic Research, India.

The Editorial Team of the Global E-Journal of Social Scientific Research is comprised of a diverse group of scholars and professionals who are committed to advancing interdisciplinary research in the social sciences. The team brings together expertise from a wide range of fields, ensuring that the journal maintains its high academic standards with no compromise, whatsoever, with the issues of plagiarism or the concern for original contents of the Author/Research Scholar which is also being subjected to AI check etc; and of-course, with due relevance to the global social challenges always.

