

**CONFERENCE REPORT**  
**4th International Conference**  
**“Bridging Mental Health with Every Discipline” Organized by**  
**GLOBAL CENTER FOR SOCIAL DYNAMIC RESEARCH (GCSDR)**  
**Date: 25th April 2026 Mode: Virtual Conference**

Nelisa Carls  
RAC Member, Global Center for Social Dynamic Research  
nelisa09@gmail.com



## GLOBAL CENTER FOR SOCIAL DYNAMIC RESEARCH

4th International Conference

**BRIDGING MENTAL HEALTH WITH EVERY DISCIPLINE**

**KEY NOTE SPEAKERS**

5:00 PM Onwards  
**25 APRIL 2026**

**KEY HIGHLIGHTS**  
Expert Talks | Panel Discussion |  
Youth Panel Discussion | Global Networking |



**PROF. (DR.) DEVENDER K. TAYAL**  
Director, IQAC, Professor/  
Department of Computer Science  
Engg. IGDUT UNIVERSITY FOR  
WOMEN, GNCT, Ex-  
Dean(Academic Affairs)/  
Proctor / HOD(CSE),  
GGSIU



**REV. FR. (DR.) BABU JOSEPH KARAKOMBIL, SVD**  
Former Spokesperson, CBCI/  
Professor of Philosophy/  
Director, Satya Prakashan  
Sanchar Kendra Central  
Province Bhopal/Director SVD,  
New Delhi



**REV. FR. (DR.) OSUJI PETER**  
Director, Spiritan Center for  
Inner Healing, Philippines



**PROF. (DR.) SHOBHNA PODDAR**  
Fmr, Adjunct Professor,  
University of Edinberg, Africa  
Group Exec. Director & Professor,  
OSGU, Haryana, India



**PROF. (DR.) JASHISH SARASWAT**  
National Law University,  
Jodhpur

**DISCUSSION & INSIGHT**

**OBJECTIVES**

- To address rising concerns of stress, anxiety, and mental health among youth
- To explore the role of education, technology, and ethical AI
- To promote community engagement and social responsibility
- To create a collaborative platform for knowledge exchange
- To inspire youth-led initiatives for nation-building
- To encourage fitness, resilience, and discipline through sports engagement
- To leverage sports as a powerful tool for public health awareness and social impact

**JOIN**

**Zoom Meeting**  
<https://us06web.zoom.us/j/88479564053?pwd=9SQoRTTMDUaLXsQ0IDhmbYD6bgmma.1>  
Meeting ID: 884 7956 4053  
Passcode: 212849



**CONVENOR**  
SAMEER C MINZ  
DIRECTOR(H), GCSDR/FORMER SDM/  
COLLECTOR OF STAMPS/ REGISTRAR ICMA, DELHI



**ANNOUNCING "YOUTH FIRST DELHI HALF MARATHON 2026"**  
**SUNDAY, 20<sup>TH</sup> SEPTEMBER 2026**  
**JAWAHAR LAL NEHRU STADIUM, NEW DELHI**

**LIVESTREAM@FACEBOOK/  
YOUTUBE**

The Global Center for Social Dynamic Research (GCSDR) successfully organized its **4th International Conference on the theme “Bridging Mental Health with Every Discipline”** on 25th April 2026. The conference brought together eminent academicians, researchers, professionals, social thinkers, and experts from diverse disciplines to deliberate upon the growing importance of integrating mental health and wellbeing across all sectors of society.

The conference was based on the vision that mental health is not limited to psychology or medical sciences alone but is deeply interconnected with education, technology, artificial intelligence, law, philosophy, sociology, governance, sports, community development, and overall human progress. The initiative aimed to encourage interdisciplinary dialogue and create a collaborative platform for knowledge exchange among experts and young minds.

The primary objectives of the conference were to address the rising concerns related to stress, anxiety, and mental health challenges among youth, explore the evolving role of education and technology, understand the ethical dimensions of Artificial Intelligence, promote community engagement, and inspire youth-led initiatives contributing towards nation-building. The conference also highlighted the significance of fitness, resilience, and discipline through sports engagement and emphasized sports as a powerful medium for public health awareness and social impact.

The conference witnessed insightful deliberations by distinguished keynote speakers from different fields. The discussions reflected the importance of collective responsibility in building emotionally resilient societies and creating supportive environments for the younger generation.

Prof. (Dr.) Devender K. Tayal, Director IQAC and Professor, Department of Computer Science Engineering, IGDTUW, GNCT, former Dean (Academic Affairs), Proctor and HOD (CSE), GGSIPU, shared valuable perspectives on the intersection of technology, artificial intelligence, education, and human wellbeing. His address emphasized the need for responsible technological development while preserving human values and ethical considerations.

Rev. Fr. (Dr.) Babu Joseph Karakombil, SVD, former Spokesperson CBCI, Professor of Philosophy, Director Satya Prakashan Sanchar Kendra Central Province Bhopal, and Director SVD, New Delhi, highlighted the philosophical and ethical dimensions of human wellbeing. His reflections focused on inner development, values, compassion, and the importance of holistic growth.

Rev. Fr. (Dr.) Osuji Peter, Director, Spiritan Center for Inner Healing, Philippines, contributed international insights on inner healing and emotional wellbeing. His discussion emphasized the importance of developing resilience, self-awareness, and meaningful human relationships in modern society.

Prof. (Dr.) Shobhna Poddar, former Adjunct Professor, University of Edinburgh, Africa, Group Executive Director and Professor, OSGU Haryana, India, presented perspectives on interdisciplinary education and the importance of integrating mental wellbeing within academic and institutional frameworks.

Prof. (Dr.) Ashish Saraswat from National Law University, Jodhpur, discussed the relevance of legal frameworks, social responsibility, and institutional roles in addressing contemporary challenges affecting youth and society.

Prof. (Dr.) Sailesh Suryanarayan Iyer, Principal, NarNarayan Shastri Institute of Technology – Institute of Forensic Sciences & Cyber Security, Gujarat, contributed insights regarding cybersecurity, digital transformation, and emerging challenges in the technological age.

Advocate Abhishek Carls, Delhi High Court, provided perspectives on law, society, and the importance of protecting human dignity and wellbeing through responsible systems.

Dr. Neelam C. Dey, Executive Director, Global Center for Social Dynamic Research (GCSDR), emphasized the mission of creating a multidisciplinary movement for mental wellbeing. She highlighted that emotional health, social responsibility, education, research, technology, and community participation must come together to build a healthier future society.

The conference was convened by Shri Sameer C. Minz, Director (H), GCSDR, Former SDM, Collector of Stamps and Registrar ICMA, Delhi, whose leadership and guidance contributed towards bringing together experts from various domains.

A major highlight of the conference was the announcement of the upcoming **“Youth First Delhi Half Marathon 2026”**, scheduled to be held on Sunday, 20th September 2026 at Jawaharlal Nehru Stadium, New Delhi. The initiative aims to create awareness about youth mental wellbeing and promote the message that physical fitness, emotional strength, and social responsibility are essential components of a healthy society.

The conference concluded with the understanding that addressing mental health challenges requires a multidisciplinary and collaborative approach. In the era of rapid technological advancement and social transformation, mental wellbeing must become an integral part of every discipline and institution.

The 4th International Conference of GCSDR successfully created a platform for global dialogue, research exchange, and collective commitment towards building a more compassionate, resilient, and mentally healthy world.

**“When Youth Smiles, So Smiles the World.”**