



Three-Days International Conference

on

*Mental Health, Social Media and Positive Aging :
Perspectives from Indian Knowledge System*

(Sponsored by PM-USHA)



Organised by:

SCHOOL OF PSYCHOLOGY

Date: 26-28 March, 2026

Time: 10.00 am Onwards

Hybrid Mode



Venue:

Smart Class Room, R.N.-70, School of Psychology

Gangadhar Meher University

Amruta Vihar, Sambalpur-04, Odisha, India

ABOUT THE GANGADHAR MEHER UNIVERSITY

Gangadhar Meher University formerly named as Sambalpur College in 1944, Gangadhar Meher College in 1949, and Gangadhar Meher Autonomous College in 1991. It was upgraded to a university in 2015, which is a state unitary university situated in Sambalpur, Odisha. It was renamed after the illustrious Odia poet Swabhaba Kabi "Gangadhar Meher". The institution added another feather in its cap when it was accredited by the NAAC with an "A" grade in the session 2024-25 in recognition of its excellent performance. The new entity started functioning from 30.05.2015 after its new incarnation. The University provides UG, PG, and Ph.D. programmes in 23 schools across arts, science, commerce and management disciplines. Within a short span, it has already made a mark in the academic arena by providing good quality education, conducting national and international level seminars and workshops on a regular basis.

ABOUT THE SCHOOL OF PSYCHOLOGY

The School of Psychology is one of the oldest schools in Humanities and Social Sciences. It was started in 1st August 1962. The department has been offered Ph. D programme from the session 2020-21. 11 Ph.D. Scholars have been awarded from this department. The school of Psychology assures quality education which fulfils the students' needs and aspirations. In the process of growth, it has witnessed several transformations from time to time.

The school of Psychology assures quality education which fulfils the students' needs and aspirations. In the process of growth, it has witnessed several transformations from time to time.

This department aims to be an island of excellence and provides superior education of merit and distinction inclined with new developments and challenges and advanced scientific knowledge through the basic and applied research. The department has synergistic interaction with other departments of the institution as well as other institutions in the state.

ABOUT THE CONFERENCE

Mental health is an essential component of overall well-being, especially in the rapidly changing digital era. Social media has become a significant part of everyday life, influencing psychological health, social interaction, and lifestyle patterns. At the same time, the concept of positive aging emphasizes maintaining physical, emotional, and social well-being in later life.

Indian Knowledge Systems, reflected in texts such as the Bhagavad Gita, Upanishads, and the teachings of Patanjali, offer valuable insights into mental balance, self-awareness, and healthy living.

This seminar aims to explore the intersection of mental health, social media influence, and positive aging through the lens of traditional Indian wisdom and contemporary psychological research.

SUB THEMES OF THE CONFERENCE

1. Concept of Mental Health in Indian Knowledge System.
2. Social Media and Psychological Well-being.
3. Positive Aging in Indian Cultural Context.
4. Yoga and Meditation for Mental Health Well-being in Old Age.
5. Ayurveda and Healthy Aging.
6. Digital Inclusion for Older Adults.
7. Ethical and Responsible Social Media Use.
8. Intergenerational Learning in Digital Era.
9. Applied IKS in Modern Life.

AIMS AND OBJECTIVES OF THE CONFERENCE

The Conference aims to

- understand mental health from the perspective of Indian knowledge traditions.
- examine the influence of social media on psychological well-being.
- promote the concept of positive aging and active life in older adulthood.
- highlight the role of yoga, meditation, and traditional practices in mental wellness.
- encourage academic discussion on integrating the traditional knowledge with modern lifestyles.

GUIDELINES FOR ABSTRACT

Length of Abstract : 250 words with 4 or 5 key words

Font style : Times New Roman

Font size : 12

Line spacing : 1.5

The paper should be submitted to psychologygmu2025@gmail.com in word format with Author's Name, Designation, Institutional Affiliation, Contact Number and E-mail Id in APA style. The acceptance of abstract shall be communicated after a strict review.

WHO CAN ATTEND THE CONFERENCE

The conference is open to all subjects for registration. Academicians, Researchers and students can participate and interpret their innovations in this conference.

Interested participants can register through online and offline. Online registration can be done by submitting the Google Forms through following link:

https://docs.google.com/forms/d/134TGvEP_Hj7HcksnEWcZ8AUMCg67V_Pl7Vn91r3ZJ1Y/edit

REGISTRATION DETAILS

There will be "on spot registration and online registration" at the registration desk on the sameday.

REGISTRATION FEES

- Delegates & Academicians: Rs.800.00
- Research Scholars: Rs.500.00
- Students: Rs.300.00

The above registration fees includes certificate, high tea, lunch and seminar kit. There will be online registration (paying through QR Code) and spot registration by paying fees at Registration desk.



IMPORTANT DATES

Last date for Abstract submission is **18.03.2026**

Last date for Full Paper submission is **24.03.2026**

Chief- Patron:

Prof.(Dr.) S.K. Das

Vice Chancellor (I/C), G.M. University,
Amruta Vihar, Sambalpur

Advisors:

Prof. (Dr.) Gyanaranjan Swain
Chairman, P.G. Council G.M. University,

Amruta Vihar, Sambalpur

Shri Sanat Kumar Naik

Registrar, G.M. University,

Amruta Vihar, Sambalpur

Convenors:

Dr. Rupashree Goswami

Dr. Sanjukta Padhi

Dr. Rupashree Brahma Kumari

Smt. Puspa Hembram

Co-ordinating Team:

Dr. Manoranjan Tripathy

Mr. Shashibhusan Dora

Smt.Sushree Sangeeta Behera

and all the Research Scholars and Students



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