

REVA Business School

in association with

Manodhaara & the Department of Psychology

Organises an **ICSSR Sponsored** One-day National Conference

Holistic Well-being in Higher Education: Strengthening Faculty for Viksit Bharat @ 2047

Date: June 19, Pre-conference workshop &
June 20, 2025 Conference | **Mode:** Offline



About REVA University

REVA University is a State Private University established in Karnataka State under the Government of Karnataka Act No. 13 in the year 2012 in Bengaluru, the IT capital of India. REVA University, recognised by the University Grants Commission (UGC) and approved by the All India Council for Technical Education (AICTE), has an A+ grade from NAAC.

REVA University prides itself in contributing to every student's holistic development. The University currently offers 38 full-time undergraduate programmes, 31 full-time postgraduate programmes, 20 PhD programmes, and certification and diploma programmes. The University offers programmes in Engineering, Architecture, Science and Technology, Commerce, Management Studies, Law, Arts & Humanities, and Performing Arts. Courses are offered in Certificate/Diploma and Post Graduate Diploma too. REVA University facilitates research leading to a Doctoral Degree in all disciplines. The programmes offered by REVA University are well-planned and designed based on methodical analysis and research with emphasis on knowledge assimilation, practical applications, hands-on training, global and industrial relevance, and their social significance.

Teachers and instructors with illustrious academic experience are the architects of the meticulously designed curriculum and program modules offered at REVA University. They come with industrial exposure and experience that often translates through their teaching, thus bridging the gap between the industry and academia.

About REVA Business School

REVA Business School, a premier institution under REVA University in Bengaluru, was established in 2014 to offer quality management education and PhD programs. With a long-term vision to empower future managers and leaders, the School focuses on building sustainable businesses through operational excellence and innovative business models. It emphasizes a restructured curriculum and modern pedagogies that provide holistic education by integrating knowledge across courses and specializations.



About Manodhaara

Manodhaara – REVA Centre for Well-being is a student and faculty support initiative of REVA University committed to promoting holistic health and wellness. With a focus on the mind, body, and spirit, the centre empowers students and faculty members to achieve their best physical and mental well-being. Understanding the diverse challenges students and faculty members face, Manodhaara adopts an inclusive approach to wellness. It offers confidential counselling and wellness services designed to help students and faculty members manage stress, anxiety, and emotional concerns. The centre aims to nurture emotional resilience, enhance coping skills, and support personal growth, creating a healthy and balanced academic journey.

About Department of Psychology

The Department of Psychology at REVA University, established in 2017, is committed to addressing contemporary social challenges through education, research, and innovation in human behavior. With the introduction of M.Sc. Psychology and Research programs in 2020, the department has grown into a dynamic center for psychological studies. It prepares students to become empathetic, value-driven professionals equipped to work across sectors such as healthcare, education, corporate, sports, and NGOs. Embracing the university's vision, the department nurtures ethical leadership, research culture, and global competence in the field of behavioral sciences.

About the Conference

Mental health and well-being are emerging as critical components of institutional sustainability and academic excellence in higher education. As faculty members navigate increasing workloads, administrative pressures, and evolving pedagogical demands, their mental well-being directly influences student outcomes, research quality, and institutional success. This national conference aims to explore the multifaceted dimensions of faculty mental health and promote holistic well-being as a foundational pillar in building a resilient and empowered academic workforce aligned with the vision of Viksit Bharat @ 2047.

The conference will bring together thought leaders, educators, psychologists, researchers, and policymakers to discuss current challenges, share best practices, and propose evidence-based strategies for strengthening faculty support systems. With a focus on lived experiences, institutional interventions, and policy frameworks, the conference seeks to generate actionable insights to promote mental resilience and well-being in academia. Special emphasis will be placed on comparative perspectives, gender dynamics, and culturally relevant coping mechanisms across diverse institutional contexts.

Theme of the Conference

Mental Health in Academia: Challenges, Resilience, and Policy Solutions

The Conference will cover a broad spectrum of topics, but not restricted to the following topics:

1. Work-Related Stressors and Burnout
2. Institutional Policies and Mental Health Support
3. Psychological Challenges in Academia
4. Comparative Analysis: Public vs. Private Institutions
5. Gender and Mental Health in Academia
6. Faculty Relationships and Collegial Support
7. International Perspectives on Faculty Mental Health
8. Mental Health Interventions and Coping Strategies
9. Artificial Intelligence in Academia
10. Emotional intelligence regulation and Academia
11. Faculty and Student Engagement in Academia
12. Role of student well-being or mental health in the growth of higher education
13. Student-Faculty Interaction in Higher Education

Join us at the national conference to engage in powerful conversations on faculty mental health, interact with leading academicians, psychologists, and policy experts, and explore transformative strategies to promote well-being in higher education. Don't miss this opportunity to be part of a movement that aims to strengthen the academic community, shape resilient institutions, and contribute to the vision of Viksit Bharat @ 2047 through holistic faculty development.

Objectives of the Conference

1. To identify and analyze key psychological stressors and mental health challenges faced by faculty in higher education.
2. To explore institutional policies and systemic factors that impact faculty well-being.
3. To examine gendered perspectives and lived experiences across academic hierarchies.
4. To conduct comparative analyses between public and private institutions to identify systemic differences.
5. To understand culturally informed coping strategies and support mechanisms used by faculty.
6. To highlight international perspectives and global best practices on faculty mental health.
7. To develop policy recommendations and institutional interventions that strengthen mental health support for faculty.

Call for Papers

We invite unpublished original research papers and conceptual papers from academicians, research scholars, psychologists, mental health professionals, policy makers, and postgraduate students. Submissions will undergo a blind peer-review process, and accepted papers will be presented during the conference. Selected papers may also be considered for publication in an edited volume or conference proceedings, subject to further review.

Review Process

All abstracts and full papers submitted for presentation at the conference will undergo a blind peer-review process. The decision of the reviewers will be final and binding. Feedback or acceptance status will be communicated to the corresponding author promptly after the review of the submitted work.

Guidelines for Paper Submission

Authors are required to prepare papers as per the following guidelines:

1. Authors are requested to submit the Abstract/Full paper to Email ID: wellbeing4faculty@reva.edu.in. Abstract should be in a single paragraph and should be between 250-300 words with 4-6 keywords as per APA format.
2. The entire paper should be typed in MS-Word using 'Times New Roman 12 font with 1.5-line spacing and margins of one inch on all sides.
3. The manuscript should include four major sections: Title Page, Abstract, Main Body, and References as per APA format.
4. The authors' affiliation and communication address should be given on the first page only.
5. Papers must NOT have been published or accepted for publication elsewhere or be currently under any other review.
6. The length of the paper should not exceed 12 pages or between 3500-5000 words, excluding title page and references.
7. References should be provided at the end of the paper in American Psychological Association (APA) Style, 7th Edition, sorted alphabetically.
8. Plagiarism should be below 10 Percent.

Mode of Payment

Participants can make their payments online using the following payment link.



<https://www.reva.edu.in/payment>

Registration Link

<https://forms.gle/cxxRPHRrWhpjhasP8>

Registration & Publication Process

- Registration is mandatory for all participants.
- Authors must complete the registration process and make the payment after receiving the acceptance of their paper.
- In the case of multiple authors, each author listed in the paper must register individually to receive a certificate.
- If an author submits more than one paper, separate registration is required for each paper.
- Selected papers may be published as a book chapter or in a Scopus-indexed journal, subject to the editorial and review process of the respective publication.

Conference Highlights

- An Overall Best Paper Award will be presented across all tracks, accompanied by a special recognition certificate and a cash prize of INR 5000.
- Certificates of Appreciation will be awarded to all presenters who present their papers at the seminar.
- Best paper certificate will be awarded theme-wise.

Important Dates

Abstract Submission Deadline	May 31, 2025
Notification of Acceptance	June 01, 2025
Last Date for Online Registration	By June 10, 2025
Full Paper Submission	June 13, 2025
Conference Date	June 20, 2025

Registration Fee

Category	Indian participants (Fee)	International Participants (Fee)
Industry and Organizations	Rs. 1500/-	\$50
Academicians	Rs. 1300/-	\$40
Research Scholars	Rs. 1000/-	\$25
Students	Rs. 500/-	\$15
For Participation	Rs. 200 (Spot registration only)	

Note: Lunch will be provided, however, accommodation charges are not included in the registration fee. The last date for online registration is 10th June 2025.

Chief Patron

Dr. P. Shyama Raju

Chancellor, REVA University

Patrons

Mr. Umesh S. Raju

Pro Chancellor, REVA University

Dr. Sanjay R. Chitnis

Vice Chancellor, REVA University

Dr. K. S. Narayanaswamy

Registrar, REVA University

Dr. Shubha A.

Dean-REVA Business School, REVA University

Convenors

Dr. Nagamani S.

Assistant Professor and Principal Investigator
REVA Business School

Dr. Anand Siddaiah

Director- Manodhaara & Co-Principal Investigator
REVA University

Dr. Karthik Rajendra

Professor and Deputy Director (sponsored research)
REVA University

Organising Committee

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School of Applied Sciences, Ramaiah University

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Dr. John William A.

Assistant Professor, School of Management,
Kristu Jayanti College

Mr. Srinandan Srinivasa

Research Assistant, REVA University

Chief Guest



Dr. Sreenivas M.

Chairman – Department of Psychology and Centre for Psychological Counselling,
Jnanabharathi, Bangalore University,
President - Karnataka Association of Applied Psychologists,
Warden - Civil Defense, Karnataka- Division 33
Vice-Chairman - Association of Gerontology (India), Varanasi.

Pre Conference Workshops

Open for Students, Research Scholars, Faculty, and Delegates
Date: June 19, 2025



Dr. Ravishankar A. V.

Professor in Psychology, Director (Research and Training)
Institute for Mental Health & Psychological Research (IMHPR),
Kargil Veteran, Ex-Indian Air Force, Bangalore



**Transforming Thoughts, Elevating Life:
NLP for Holistic Wellbeing**



Dr. Tosendra Dwivedi

Professor in Psychology
Alliance University, Bangalore



**Stress Management &
Resilience Development**

Keynote Speakers



Dr. Sojan Antony

Additional Professor,
National Institute of Mental Health & Neuroscience, Bengaluru



**Importance of Health Ageing Activities for
Mental Health.**



Dr. Shanmukh Kamble

Professor,
Department of Psychology, Karnatak University, Bengaluru



**Fostering Resilience and Flourishing:
Cultivating Holistic well-being for faculty
in Higher Education**

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Registration Link: <https://forms.gle/hpWATeRcvGYR2bWMA>



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