

### Guidelines for Poster Presentation:

- o The topic of poster should be in tune with the conference theme/sub-theme.
- o Abstract for the poster should be e-mailed on or before 10 March 2026 and should be in MS Word format. Word limit: 250 words.
- o Only digital posters will be accepted.
- o The poster must be in a portrait format. The poster should be designed with aspect ratio of 16:9.
- o Use non-Serif fonts (e.g.: Helvetica, Arial, Verdana).
- o The content on the poster should run from top to bottom and then left to right. The margins and the line spacing must be kept consistent.
- o The content should be arranged under the following headings: Background of the study, Methods, Results, Discussion, Conclusion and References (Max 5).
- o Use charts, figures and / or tables to illustrate data or convey information. The graphics and the tables should have a title and legend.
- o Avoid long or detailed tables.
- o Author's name and affiliation should be below the title and the authors' institute logo can be given beside the title.
- o Email address of the corresponding author must be given on the poster.
- o Maximum three Authors.

### Registration per Author:

	Only Participation	Presentation (Paper/Poster)
• Students	200/-	300/-
• Research Scholar	400/-	600/-

### Cash Prize:

- o Best Paper – UG: ₹ 3000/-
- o Best Paper – PG: ₹ 3000/-
- o Best Paper – Research Scholar: ₹ 3000/-
- o Best Poster: ₹ 3000/-

### Patrons:

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### Conference Convenor:

Ms. Angela Jean Mary E.  
HoD, Department of Humanities and Psychology

### Conference Co-convenor:

Ms. Lidia Fernandez  
Co-ordinator, PG Department of Psychology

### Faculty Coordinators:

Ms. Suha, Asst. Professor, UG-Psychology  
Ms. Vaishnavi, Asst. Professor, PG-Psychology

### Student Coordinators:

Ms. Ananya - 97437 31523  
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### Organizing Committee:

Ms. Angelin, Asst. Professor, UG-Psychology  
Mr. Saptarshee, Asst. Professor, PG-Psychology  
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Conference Registration Link:

<https://forms.gle/jGSP4oXRzFJCHbD9>



# St. Claret College

AUTONOMOUS | BENGALURU

NAAC A+ Accredited | AICTE Approved | Affiliated to Bangalore University  
NURTURING VALUES AND EXCELLENCE

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## CARE

CLARET CENTRE FOR MENTAL WELL-BEING

ORGANIZES

## MANAS

### National Level Psychology Conference on



# PSYCHOLOGICAL WELL-BEING IN THE ERA OF DIGITAL IMMERSION

26 March, 2026

Mother Teresa Conference Hall

Open to UG & PG students and research scholars

# St. Claret College, Autonomous



St. Claret College (SCC) was established in 2005 by the international Missionary Congregation of Claretians who manage two universities and over 150 educational institutions in 70 countries around the world. The Bengaluru campus is managed by Claretian Society for Integral Human Development which was established in 1989 with the aim of providing holistic and quality education. Apart from St. Claret College, the campus shelters three other educational institutions: St. Claret Pre-University College, St. Claret School, and Anthony Claret (AC) School. Moved by the spiritual inspiration of St. Anthony Mary Claret, its patron, and supported by the robust Christian intellectual tradition, SCC offers integral education to transform students to be enlightened leaders who bring about a civilization of love and harmony. SCC is recognized by UGC, permanently affiliated to Bangalore University, approved by AICTE and is accredited by NAAC with A+ Grade. In 2024, UGC granted St. Claret College the Autonomous Status.

## Department of Psychology

The UG Department of Psychology at SCC was established at the inception of the College in 2005-06 with the BA and B.Sc. programme. The objective of the department is to enable the students to develop an inquisitive mind and understand the diversity of human experience and cultural factors that influence behavior and mental processes for development of intra and interpersonal skills.

The Department strives to integrate the understanding of human experiences through experiential learning and help the students to become critical thinkers and familiarize them with the concepts of Psychology and build in the ability to apply the same to education, profession and real-life scenarios.

The post-graduate Department of Psychology at SCC offers a full-time M.Sc. Psychology programme that aims at inculcating a scientific bent of mind in the students as well as understanding of the self and society at large.

Psychology, as a discipline, in the recent times, is one of the fastest growing areas of study, expertise and applicability. Considering the same, the M.Sc. Psychology programme at SCC is designed to train the students in theoretical understanding of

the subject and its practical and research aspects.

## Context of the Conference – Manas 2026

Psychological well-being among the contemporary generation is increasingly shaped by pervasive digital immersion, where the boundaries between online and offline identities are fluid and often blurred. From a psychological perspective, well-being encompasses emotional balance, a coherent sense of self, meaningful interpersonal relationships, and effective coping mechanisms. In the current socio-cultural context, these core psychological processes are progressively mediated through digital platforms such as social media, instant messaging applications, and virtual communities.

Continuous exposure to curated online representations and instantaneous feedback intensifies social comparison, with significant implications for self-esteem, body image, and identity development. The growing reliance on external indicators of validation, such as likes, views, and online approval can shift the locus of self-worth from internal values to external metrics, influencing emotional regulation, resilience, and vulnerability to psychological distress. At the cognitive level, constant connectivity, information overload, and habitual multitasking place increasing demands on attention and self-regulation, often contributing to mental fatigue, stress, and diminished psychological presence.

At the same time, digital environments offer meaningful opportunities for social connection, self-expression, learning, and access to psychological support services, particularly for individuals who experience isolation or marginalization in offline contexts. Psychological well-being in the age of digital immersion, therefore, is not defined by the absence of technology but by the quality and intentionality of engagement with it.

For the present generation, sustaining well-being requires the cultivation of self-awareness, emotional regulation, and mindful digital practices. Achieving a balance between online engagement and fundamental psychological needs, such as authenticity, autonomy, and embodied relationships, remains a central challenge and a critical area for scholarly inquiry. This conference seeks to explore these dynamics and contribute to a deeper understanding of well-being in an increasingly digital world.

### Sub-Themes:

- Digital classrooms and learning
- Technology integration in everyday life
- Impact of AI on behaviour/ cognition/ emotions
- Technology and communication in the workplace
- Technology and mental health

- Social media and well-being
- Online self-disclosure and therapeutic boundaries
- Parenting styles and children's digital well-being
- Online communities as sources of social support
- Digital addiction and mental and behavioural health
- Mindfulness in digital era
- Screen time and sleep quality
- Future of Psychological Well-being in a Digital Society
- Cultural Influences on Digital Well-being
- Digital Burnout and Occupational Mental Health
- Tech-Driven Productivity vs Psychological Well-being
- Ethics, Privacy, and Psychological Safety Online
- Online Relationships, Attachment, and Emotional Intimacy
- Online Learning, Cognitive Load, and Student Well-being
- Cyberbullying, Online Harassment, and Psychological Impact
- Technology-Assisted Counseling and Mental Health Interventions
- Work-Life Boundaries in Always-Connected Cultures

\* Presenters need not restrict themselves to the themes listed above and are welcome to expand beyond the suggested themes.

### Guidelines for Paper Presentation:

- o Each paper/poster must cater to one specific sub-theme of the conference or anything closely connected to the theme/sub-theme.
- o The paper submitted can be either empirical or conceptual.
- o The abstract should be submitted in MS Word format and should not exceed 250 words. The document must mention the title of the paper, name of the first and second author along with their affiliations. The abstract must be e-mailed on or before 10 March 2026 to [psychology@claretcollege.edu.in](mailto:psychology@claretcollege.edu.in).
- o The full paper should be submitted in MS Word format. The word limit is 3000 including references and should be emailed on or before 17 March 2026 to [psychology@claretcollege.edu.in](mailto:psychology@claretcollege.edu.in).
- o Font: Times New Roman; Font size: 12; Spacing: 1.5. APA 7 format has to be followed.
- o Submitted paper must NOT have been presented earlier, or is not scheduled for presentation or published or accepted for publication by any other source (journal or other publisher).
- o Time limit for paper presentation: 8+2 minutes.
- o As regards the acceptance of paper, the decision of the conference committee shall be final.
- o Maximum three Authors.