



**KRISTU JAYANTI**  
(DEEMED TO BE UNIVERSITY)  
Under Section 3 of UGC Act 1956  
A CMI INSTITUTION | BENGALURU | INDIA

## Department of Psychology

### National Seminar on

## Third Wave Psychotherapy Innovations in Mental Health Interventions

**26 August 2025**



[www.kristujayanti.edu.in](http://www.kristujayanti.edu.in)

### About the University

Kristu Jayanti (Deemed to be University), founded in 1999, is managed by "Bodhi Niketan Trust", formed by the members of St. Joseph Province of the Carmelites of Mary Immaculate (CMI). Kristu Jayanti (Deemed to be University), a distinguished higher educational institution with a legacy of academic excellence and societal commitment, has been conferred the prestigious status of Deemed to be University under Section 3 of the UGC Act, 1956, as per the notification dated July 08, 2025, vide letter No. 9-13/2025 - U.3(A), by the Department of Higher Education, Ministry of Education, Government of India under General Category.

The institution was reaccredited with grade 'A++' in 2021 by NAAC in the Third Cycle of Accreditation. In the NIRF 2024, the institution has been ranked 60th place in the top 100 colleges in the country. The institution received first prize at the National Level for the 'Clean and Smart Campus Award' from Shri Dharmendra Pradhan, Minister of Education, Government of India. In the 'India Today-MDRA Best Colleges Survey 2025', the institution has once again been recognised as the Best Emerging College of the Century at the National Level in Commerce, Science, Arts, and Social Work. It is placed 5th among the Top 5 Region-wise Colleges in South India.

### About the Department

The Department of Psychology underpins the pursuit of excellence by adopting a rigorous scientific approach to theory, research, and practice. The department prepares students for their careers by imparting in-depth knowledge, critical thinking, research inquiry, and skills in publication, and orients them towards various fields of psychology while developing sensitivity to psychological dynamics for better individual and societal well-being. The Department of Psychology offers two undergraduate programmes—BSc Psychology and BA in Psychology with English and Journalism as majors—and three postgraduate programmes: MSc in Psychology, MSc in Counselling Psychology, and MSc in Clinical Psychology. To inculcate experiential learning, the department has a well-equipped Psychology Lab which is periodically modernized and maintains strong tie-ups with hospitals, NGOs, and industries for internships.

### About the Seminar

Psychotherapy has witnessed a significant transformation, with the third wave of behavioural therapies marking a shift toward more holistic, contextual and mindfulness based approaches. These therapies integrate traditional cognitive behavioural therapy (CBT) with acceptance, mindfulness, values-based action, and metacognitive awareness, offering more flexible and compassionate treatment options. It aims to explore the theoretical foundations, evidence base, and real-world applications of third wave psychotherapies.

It will serve as a platform for dialogue among academicians, clinicians, researchers, policymakers and students. This would encourage interdisciplinary collaboration and would enhance knowledge exchange.

#### The seminar revolves around five sub-themes:

- To introduce the theoretical foundations & clinical applications of third wave psychotherapies.
- To compare and contrast third wave therapies with earlier approaches
- To highlight evidence-based research supporting these therapies
- To discuss the application and adaptability of third wave psychotherapies across diverse populations, including children, adolescents, the elderly, individuals with chronic illnesses, and marginalized communities
- To promote interdisciplinary collaboration in advancing mental health interventions

The seminar will bring together academicians, mental health professionals, policymakers, and industry leaders to engage in meaningful dialogue. It will provide practical knowledge and critical perspectives on the use of third wave psychotherapies to address the evolving mental health needs of individuals.

## Resource Persons

### Key Note Session



**Dr. Naveen Grover, Assistant Professor,  
Department of Clinical Psychology, IHBAS**  
Practical Psychotherapy: Application at the  
ground level

### Plenary Sessions



**Dr. Devvarta Kumar, Professor, Department  
of Clinical Psychology, NIMHANS**  
Metacognitive Therapy: A Transdiagnostic  
Innovation for the 21st Century



**Dr. Nithya Hariya Mohan, Assistant Professor  
and Clinical Psychologists, Chengalpattu  
Medical College and Hospital**  
EMDR: A Neurocognitive Innovation in  
Trauma-Focused Psychotherapy



**Fr. Dr. Rajeev J Michael, Assistant Professor,  
Department of Clinical Psychology, Rajagiri  
College of Social Sciences**  
Innovative Applications of MBCT: Bridging  
Traditional Psychotherapy and Modern  
Mental Health Needs.

### Panel Discussion

“Third Wave Interventions in Action”

#### Moderator

**Ms Soumya Simon**

Assistant Professor,  
Kristu Jayanti (Deemed to be University)

#### Panel Members



**Dr Elizabeth Daniel**  
Professor and Consultant  
Clinical Psychologist



**Mr Anil V Iyer**  
Counselling  
Psychologist



**Dr Sritha Sandon**  
Associate Professor,  
Chanakya University

## Registration Fee

Registration can be done online via the event enrolment  
portal of Kristu Jayanti (Deemed to be University) or  
Scanning the QR Code Provided

Registration Fee For	Students / Research Scholar	Professional / Faculty Member
Online Participation	350	350
Offline Participation	350	500

Scan the QR for  
Registration



<https://portal.kristujayanti.edu.in/event-national-seminar-on-third-wave-psychotherapy-innovations-in-mental-health-interventions>

**Certificate will be provided for the registered  
participants**

#### Note:

- Registration fee is inclusive of GST.
- Scholars and Students must present their  
College/University ID cards.
- Participants seeking accommodation may enquire with  
the coordinators. Additional charges will be applicable.
- No TA/DA shall be paid.

## Organising Committee

### Chief Patron

**Fr. Dr. Augustine George CMI**  
Vice Chancellor In Charge

### Patrons

**Fr. Dr. Lijo P Thomas CMI**  
Pro Vice Chancellor  
**Fr. Joshy Mathew CMI**  
Director, School of Humanities and Social Sciences  
**Fr. Emmanuel P.J. CMI**  
Director, Kristu Jayanti College of Law

### Seminar Chair

**Dr. Gopakumar A V**  
Dean, School of Humanities and Social Sciences

### Chief Convenor

**Dr. Sruthi Sivaraman**  
Head, Department of Psychology

### Programme Coordinators

**Ms . Anitha Mary Mathew**  
PG Programme Coordinator, Department of Psychology  
**Ms. Vimala M**  
UG Programme Coordinator, Department of Psychology

### Convenor

**Ms. Deepmala Sutar**  
Assistant Professor  
Ph No: 9738874410

### Co-Convenors

**Ms. Angeetha Krishnan**  
Assistant Professor  
Ph No: 8731015712  
**Ms. Ann Mary Jacob**  
Assistant Professor  
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