

One Day International Conference on Situated Minds: Bridging Theory and Practice in Mental Health

The Department of Psychology, Loreto College, in academic collaboration with the Department of Psychology, West Bengal State University, organised a one-day international conference, “*Situated Minds: Bridging Theory and Practice in Mental Health*,” on 30th May 2026 at Loreto College. The conference was sponsored by SBI, supported by The Daroga Family Foundation and was in Association with FIAMA. It brought together practitioners, researchers and students to engage in discussions on contemporary mental health practice and its relevance in diverse socio-cultural contexts.

The event commenced with an inauguration ceremony featuring the traditional lighting of the lamp, followed by the welcome address by the Convener, Dr. Dinaz Jeejeebhoy, and a message from Teacher-in-charge of Loreto College, Sister Dr. A. Nirmala.

The keynote address was delivered by Associate Professor Dr. Victor Goh of HELP University, Malaysia who spoke on the theme of creating a lasting impact as mental health professional. Dr. Goh highlighted the limitations of reductionist approaches to mental health and advocated for a more holistic, community-oriented model of care. He emphasized the importance of a collaborative ecosystem, reducing stigma surrounding mental health, and fostering psychologically resilient communities through collaborative and context-sensitive interventions.

The keynote address was followed by a panel discussion titled “*Theory and Practice: Lived Experiences of Practitioners*,” presided by Dr. Rima Mukherjee, Ms. Priyanka Bhoopal, and Ms. Lipica Bhattacharyya and moderated by Ms. Nayanika Saha. Drawing from their professional experiences, the speakers reflected on the importance of culturally informed and evidence-based practice, the ethical and practical challenges encountered by mental health professionals, and the need for flexibility in assessment and intervention, particularly when working with diverse populations and individuals with developmental disabilities.

The post-lunch thematic session was conducted by Ms. Anushka Ghosh of the Urban Mental Health Programme under Iswar Sankalpa. Focusing on innovative mental health care in low-resource settings, she highlighted the treatment gap experienced by marginalized populations and emphasized the value of community-based interventions which would include mental health workers, peer-support systems, family involvement, and awareness programmes in making mental health care more accessible.

The conference also provided a platform for academic engagement through oral paper and poster presentations. Students and researchers from Loreto College, West Bengal State University, St. Xavier's College, Kolkata, Adamas, Asutosh College, Gokhale Memorial Girls' College, Bethune College, Sister Nivedita University, Kazi Nazrul University, Patna Women's College, Brainware University, Amity University and other institutions presented their work on a diverse range of psychological topics. A total of 56 paper presentations were made. The following were the themes and winners for each category:

1. Mental health and emotional well-being: Tanisha Barman
2. Personality, behaviour, and individual differences: Dipannita Dey
3. Relationship, intimacy, and social psychology: Debanjali Sarkar

4. Society, culture, and community: Indira Roy Mandal
5. Cognitive, health, and developmental psychology: Chandrani Sadhukhan
6. Poster: Anubha Roy

The event concluded with a vote of thanks and the distribution of awards for the best paper and poster presentations. Overall, the conference underscored the importance of culturally responsive, community-oriented, and ethically grounded mental health practice while strengthening dialogue between theory, research, and practice.











