ARYABHATTA COLLEGE

University of Delhi · Accredited Grade A+ by NAAC

SRIJAN – The Psychology Society | Department of Psychology

under the aegis of IQAC, presents a

TWO-DAY NATIONAL SEMINAR

Beyond Diagnosis:

Lived Experience, Social Inequality and Mental Health in Contemporary India

"Lived Experience Shared: Paving the Way for Change"

Sponsored by the Indian Council of Social Science Research (ICSSR-NRC)

DATES	VENUE	TIME
3 & 4 November 2026	**Students' Activity Centre**	**9:30 am onwards**
Tuesday & Wednesday	Aryabhatta College, New Delhi	Both days

REGISTER NOW

Scan the QR code or visit **forms.gle/LWthfm1vkGQCYgWZ8**

Last date to register: 30 October 2026

Free registration: certificate of participation

With lunch and seminar folder: ₹300 for one day · ₹500 for both days

Payment details are given in the registration form

Contact: ankitprakash@aryabhattacollege.ac.in · 9268357402

Patron	IQAC Convenor	Seminar Convenor	Co-Convenors	Teacher In-Charge
Prof. Manoj Sinha	**Prof. Deepika Goel**	**Dr. Ankit Prakash**	**Prof. B. Mangalam**	**Dr. Neera**
Principal		Convenor, Srijan	**Dr. Priya Bhatnagar**	

ABOUT THE SEMINAR

Concept Note

Mental health in India is still often discussed through the narrow lens of diagnosis: symptoms, labels and clinical categories. Yet distress does not arise in a vacuum. It is shaped by gender, disability, class, caste, displacement, work and access to care, and it is lived very differently by different people. The voices of those who carry this experience, persons with lived experience, their families and their carers, are rarely heard in the spaces where research, services and policy are shaped.

Beyond Diagnosis seeks to change who speaks and who listens. The seminar brings academics, clinicians, practitioners and persons with lived experience onto the same platform as equal contributors. It is built around curated plenary panels, in which invited panellists share papers and reflections drawn from research, practice and lived experience. Each panel places scholarly and professional insight side by side with first-person accounts, so that lived experience is treated not as an illustration but as a form of knowledge in its own right.

Objectives

- To understand how social inequality shapes psychological distress, help-seeking and recovery.
- To recognise lived experience as a valid and necessary source of knowledge in mental health.
- To examine the personal, social and systemic barriers people face in seeking and receiving care.
- To bring out practical directions for research, mental health services and policy in contemporary India.

Who should attend

Faculty members, researchers and students of psychology and the social sciences; mental health professionals; persons with lived experience and their families; and members of civil society organisations working in mental health and disability.

HOW THE SEMINAR WORKS

Four plenary panels and a special session over two days

Papers and reflections by invited panellists, followed by moderated dialogue

Open discussion with the audience at the end of each session

FOUR PLENARY PANELS AND A SPECIAL SESSION

Panel Themes

PANEL 1

Gender, Feminist and Intersectional Perspectives on Mental Health

How gender, together with class, caste, sexuality and region, shapes distress, the way it is expressed and whether it is recognised at all. The panel brings feminist and intersectional critiques to how women's and gender-diverse people's suffering is read and treated.

PANEL 2

Living with Disability: Ableism, Access and Mental Health

Persons with disabilities, and those who work with them, speak about the physical, social and attitudinal barriers that affect mental health, and about what real inclusion in education, work and public life demands.

SPECIAL SESSION

Partition as an Oblique Lived Experience: Emotional Inheritance and Third-Generation Survivor Families

The memory of Partition as an unresolved trauma has been transgenerationally transmitted through postmemories. The session explores how such an emotional inheritance of distress shapes and defines the lived experience of third-generation survivor families, and often constitutes prosthetic memories.

PANEL 3

Professionals Speak: Issues in Our Own Roles

Researchers, psychiatrists, psychologists and educators reflect on the pressures, dilemmas and limits they meet within their own professional roles, and on how the systems they work in shape the care they can offer.

PANEL 4

Barriers to Recovery: Lessons from People with Lived Experience

Persons with lived experience share what helped them and what stood in the way of recovery: stigma, cost, access, family and community attitudes, and the mental health system itself.

SCHEDULE

Programme at a Glance

DAY 1 · TUESDAY, 3 NOVEMBER 2026

9:30 – 10:00 am	*Registration*
10:00 – 11:00 am	INAUGURAL SESSION **Inauguration and Keynote Address**
11:00 – 11:30 am	*Tea*
11:30 am – 1:00 pm	PANEL 1 **Gender, Feminist and Intersectional Perspectives on Mental Health**
1:00 – 1:30 pm	*Lunch*
1:30 – 3:00 pm	PANEL 2 **Disability and Mental Health**
3:00 – 3:15 pm	*Tea*
3:15 – 4:45 pm	SPECIAL SESSION **Partition as an Oblique Lived Experience: Emotional Inheritance and Third-Generation Survivor Families**

DAY 2 · WEDNESDAY, 4 NOVEMBER 2026

9:30 – 10:00 am	*Registration and Tea*
10:00 – 11:30 am	PANEL 3 **Professionals Speak: Issues in Our Own Roles**
12:45 – 1:30 pm	*Lunch*
1:30 – 3:00 pm	PANEL 4 **Barriers to Recovery: Lessons from People with Lived Experience**
3:15 pm onwards	VALEDICTORY **Valedictory Session and Vote of Thanks**

Each panel runs for about 90 minutes and brings together three to four panellists and a moderator. Panellists share papers or reflections, followed by an open discussion with the audience.

THE ORGANISERS

About Us

Aryabhatta College, University of Delhi

Aryabhatta College, an institution directly maintained by the University of Delhi, was established in the academic session 2014–15. Formerly known as Ram Lal Anand College (Evening), founded in 1973, it has grown into a prominent co-educational institution offering undergraduate programmes in the Humanities, Arts, Science and Commerce. Located next to the South Campus of the University of Delhi and surrounded by the Aravalli range, the college draws inspiration from its namesake, the ancient Indian mathematician and astronomer Aryabhata, and is committed to fostering knowledge and innovation across disciplines. The college is accredited Grade A+ by NAAC.

Department of Psychology and Srijan

Established in 2016, the Department of Psychology nurtures future psychologists dedicated to social well-being. It combines strong theoretical foundations with practical training through its B.A. (Hons), B.A. (Programme) and elective courses open to other disciplines. Its faculty are active in research and in national and international forums, and students learn through well-equipped laboratories and a wide range of psychological tests.

Srijan, the Psychology Society of the department, is its vibrant student community. Srijan organises seminars, workshops, awareness drives such as Mental Health Awareness Week, and community outreach, and publishes its own magazine. This seminar is organised by Srijan.

Indian Council of Social Science Research (ICSSR)

The Indian Council of Social Science Research was established by the Government of India in 1969 to promote research in the social sciences. It supports research projects, fellowships, seminars and publications across the country, and works to strengthen the use of social science research in policy. This seminar is sponsored by the ICSSR.

REACHING THE VENUE

Students' Activity Centre, Aryabhatta College

Benito Juarez Marg, Anand Niketan, New Delhi – 110021

Nearest metro: Durgabai Deshmukh South Campus (Pink Line)

COMMITTEES

Organising Committee

Patron	**Prof. Manoj Sinha** Principal, Aryabhatta College
IQAC Convenor	**Prof. Deepika Goel**
Seminar Convenor	**Dr. Ankit Prakash** Department of Psychology; Convenor, Srijan
Co-Convenors	**Prof. B. Mangalam** Department of English, Aryabhatta College
	Dr. Priya Bhatnagar Department of Psychology, Aryabhatta College
Teacher In-Charge	**Dr. Neera** Department of Psychology, Aryabhatta College
Member	**Dr. Kumar Ujwal** Department of Psychology, Ramanujan College, University of Delhi

Student Committee: Team SRIJAN

PRESIDENT	GENERAL SECRETARY	TREASURER
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Team Heads

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COMMITTEES

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Dr. Pratima Kaushik
Dept. of Psychology, Ambedkar University Delhi

Prof. Samina Bano
Jamia Millia Islamia

Dr. Shivantika Sharad
Vivekananda College, University of Delhi

Meet the Convenors



Prof. B. Mangalam
CO-CONVENOR
Department of English, Aryabhatta College



Dr. Priya Bhatnagar
CO-CONVENOR
Department of Psychology, Aryabhatta College



Dr. Ankit Prakash
CONVENOR
Department of Psychology, Aryabhatta College

CONTACT

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