

Report on International Workshop On 'Psychotherapeutic Modalities 2.0: An Interventional Approach to Overall Well-being' [Hybrid mode]

1 message

Communication Cell IUL <communications@iul.ac.in>

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Bcc: hmfc@iul.ac.in

To commemorate World Mental Health Day (10th October), the Department of Humanities & Social Sciences, Integral University, Lucknow, successfully organized a two-day International Workshop on “Psychotherapeutic Modalities 2.0: An Interventional Approach to Overall Wellbeing” in Hybrid Mode on 09–10 October, 2025, at the Central Auditorium, Integral University, Lucknow.

The workshop was conceptualized with the objective of promoting mental health awareness and providing participants with evidence-based knowledge and practical understanding of various psychotherapeutic interventions. The event brought together academicians, psychologists, mental health professionals, faculty members, research scholars, and students from different institutions and disciplines.

The workshop served as an academic platform to discuss contemporary psychotherapeutic approaches that contribute to psychological resilience, emotional wellbeing, and holistic mental health. The event also reflected the spirit of World Mental Health Day by emphasizing awareness, inclusivity, stigma reduction, and the importance of accessible mental health care.





Regards
Prof Zeba Aqil
Head
Humanities&Social Sciences