

Three-Day Academic Exchange between Department of Psychology, Jamia Millia Islamia, New Delhi and Researchers from University of Melbourne, Australia

New Delhi, October 21, 2025

This enriching academic exchange between the two universities was made possible through the visionary support of our Hon'ble Vice Chancellor and Esteemed Registrar, whose commitment to fostering international research collaborations continues to strengthen our academic partnerships.

Days 1 & 2: October 13–14, 2025

Dr. Annie Gowing, Sr. Lecturer, leads the Wellbeing Specialisation and Dr. Rosie Yasmin, Lecturer, Faculty of Education, University of Melbourne invited Prof. Samina Bano (Head, Department of Psychology & Professor-in-charge, RCA), Prof. Naved Iqbal (Professor, Department of Psychology), and research scholars of Prof. Bano—Mr. Sayed E. Mubasheer, Ms. Insha Ahmad, and Ms. Deepika Oli—to the Melbourne Global Centre, New Delhi.

The two-day program featured expert seminars on youth mental health, resilience, and social connectedness. Prof. Iqbal contributed as an invited speaker, sharing insights on contemporary approaches to mental health intervention.

Day 3: October 15, 2025

The Department of Psychology reciprocated by organizing an Extension Lecture titled "**Youth Wellbeing and Mental Health: A Global Perspective**," inviting Dr. Annie Gowing and Dr. Rosie Yasmin as distinguished speakers.

Prof. Samina Bano, Head of the Department of Psychology, welcomed the speakers, Prof. Patil, faculty members, and students. Prof. Naved Iqbal, Extension Lecture in-charge, moderated the session and extended the vote of thanks. The session engaged faculty and students in meaningful dialogue on mental health awareness and compassionate education practices.

The visit concluded with a highly interactive wellbeing session at the Residential Coaching Academy (RCA), where Dr. Gowing and Dr. Yasmin guided civil services aspirants through practical activities focused on stress management, goal setting, habit building, and mental wellness—essential skills for competitive exam preparation.

Prof. Samina Bano, Professor-in-charge of RCA, expressed gratitude to the visiting scholars for this enriching partnership. This collaboration establishes a strong foundation for ongoing research partnerships between the University of Melbourne and Jamia Millia Islamia in the field of youth mental health. We look forward to building sustained international connections that advance research and knowledge exchange in the psychological domain.

Prof. Saima Saeed
Chief Public Relations Officer















