



ACHARYA INSTITUTE OF GRADUATE STUDIES

NAAC Re-accredited 'A+' Grade and Affiliated to Dr. Manmohan Singh Bengaluru City University)
Soldevanahalli, Bengaluru-560107

DEPARTMENT OF PSYCHOLOGY

Report Submission: 06//08/2026

Semester: II, IV	Academic Year: 2025-26	Venue: Google Meet
Date: 04/07/2026	Time: 12:00 PM-03:00 PM	Duration: 03:00 HRS

TYPE OF EVENT: GUEST TALK

EVENT NAME: PSYCHOLOGY OF RELATIONSHIPS AND EMOTIONAL WELL-BEING IN THE DIGITAL AGE

Target	M.Sc II, IV SEM	Number of	Event
Audience:	Psychology Students	Participants: 24	Coordinator: Ms.Indhushri LM

Objectives:

1. To explore the psychological foundations of modern romantic relationships in the digital era
2. To enhance students' understanding of emotional development and attachment processes among Gen Z
3. To critically examine emerging trends in digital relationships and equip students with evidence-based strategies for fostering healthy, resilient, and meaningful interpersonal connections.

Program introduction:

The Department of Psychology at Acharya Institute organized a guest talk on “*Psychology of Relationships and Emotional Well-being in the Digital Age*” on 4th July 2026 for postgraduate students through an online platform (Google Meet). The programme was designed to provide students with contemporary insights into the evolving nature of relationships and emotional experiences influenced by digital interactions. It aimed to bridge theoretical knowledge with real-world applications by addressing the psychological aspects of modern relationships, emotional development, and well-being among young adults. The session served as an academic platform for students to enhance their understanding of interpersonal dynamics in the digital era and to develop practical perspectives on maintaining healthy and meaningful relationships.



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Theme of the event:

The Guest Talk focused on understanding the impact of digitalization on modern relationships and emotional health. It highlighted key aspects such as attachment, communication, and emotional regulation, while emphasizing the importance of building healthy, resilient relationships in today's digital world.

Resource Person:

Mr. Pranav Amarnath is a distinguished Counselling Psychologist and the Founder of Synapse Mental Wellbeing. He specializes in the field of counselling psychology, with a focus on mental well-being, emotional development, and modern relational dynamics. His work is associated with Synapse Mental Wellbeing, where he actively contributes to promoting mental health awareness and supporting individuals in navigating psychological and relational challenges in contemporary socio-digital contexts.

Detailed Report:

The session covered a wide range of contemporary concepts related to relationships and emotional well-being in the digital age. It began with an introduction to red flags and green flags in relationships, helping students identify healthy and unhealthy behavioural patterns. The discussion progressed to Attachment Theory 2.0, explaining evolving attachment styles and how they manifest in digital interactions. The idea of weaponizing therapy was explored through terms such as boundaries, gaslighting, love bombing, trauma responses, and narcissistic traits. The session also examined the gamification of intimacy using the HOOK model and the paradox of choice in modern dating.

Students engaged in a quick assessment tool to understand their own attachment styles, followed by insights into digital attachment and real-life case examples such as the reassurance pivot and Situation ships. Concepts like digital mindfulness and case formulation challenges encouraged critical thinking. The push and pull dynamic was explained as a form of perceived safety in relationships.

Further discussions included the concept of the “ick” based on Paul's disgust theory, and the influence of algorithm echo chambers, along with the three-day rule. The idea that individuals attract what they tolerate was emphasized, along with the De-escalation of risk in relationships. Overall, the session provided practical insights and critical frameworks to understand and navigate modern relationships effectively.

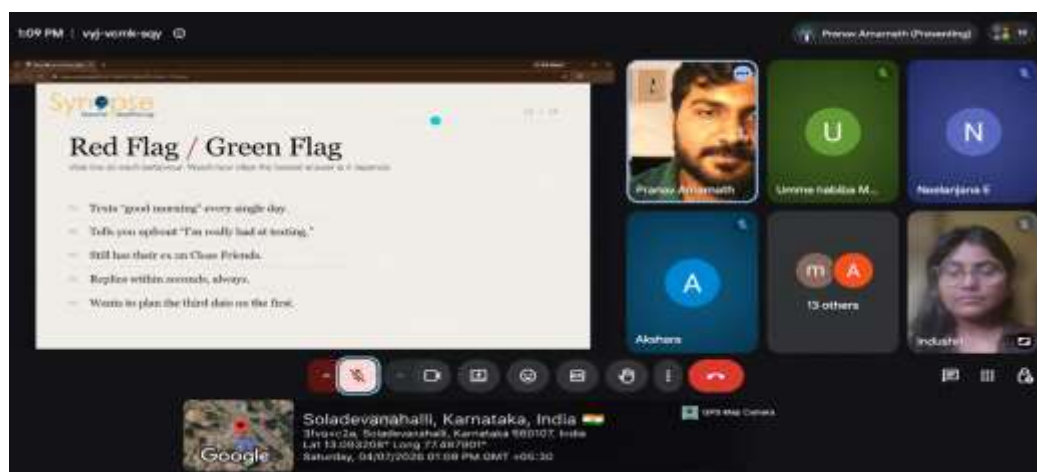


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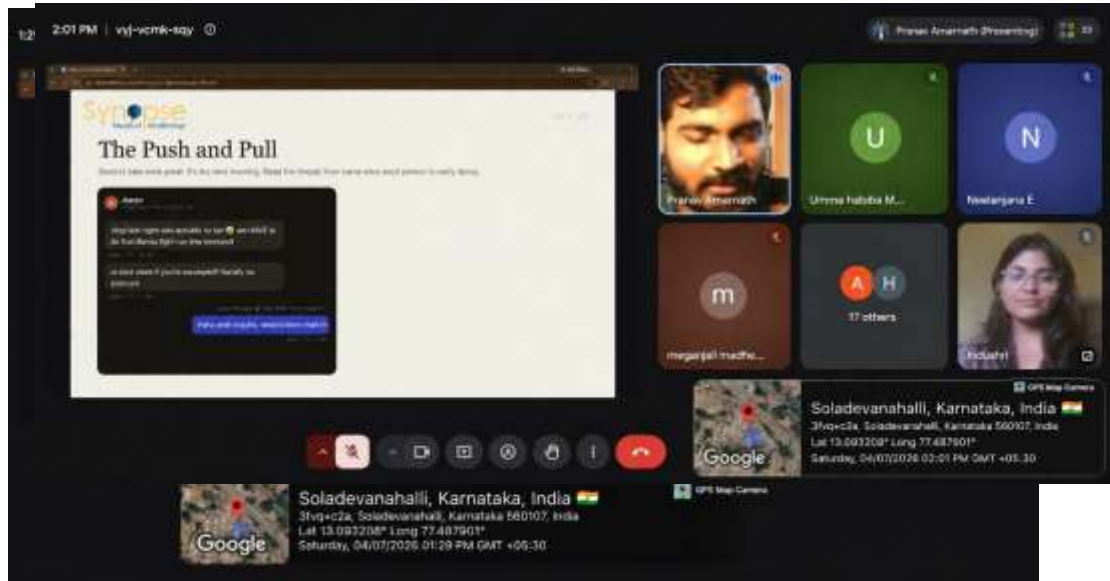
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The interactive nature of the session allowed students to reflect on their personal experiences and apply theoretical concepts to real-life scenarios. It also highlighted the importance of self-awareness, emotional regulation, and the setting of healthy boundaries in both digital and offline relationships. The speaker encouraged mindful communication, critical evaluation of online interactions, and the development of secure attachment patterns for long-term emotional well-being and relationship satisfaction. The session concluded with key takeaways and practical strategies for fostering resilience and maintaining balanced, healthy interpersonal connections in everyday life.

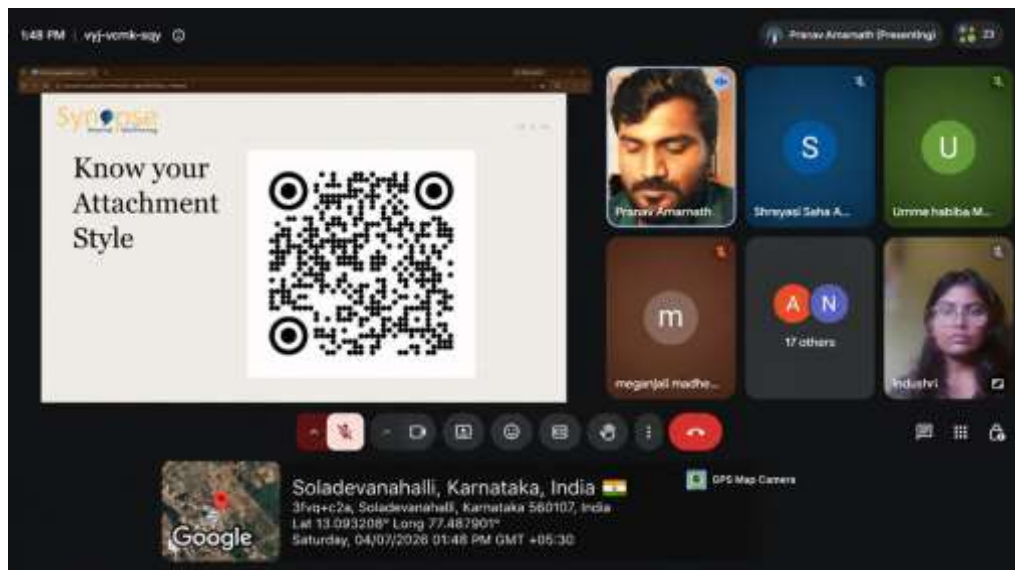
PHOTOS:



Session by Mr. Pranav Amarnath, providing Information on Healthy vs. Unhealthy Behaviours.



Session by Mr. Pranav Amarnath, explaining HooK Model



Session by Mr. Pranav Amarnath, on Knowing our Attachment Style



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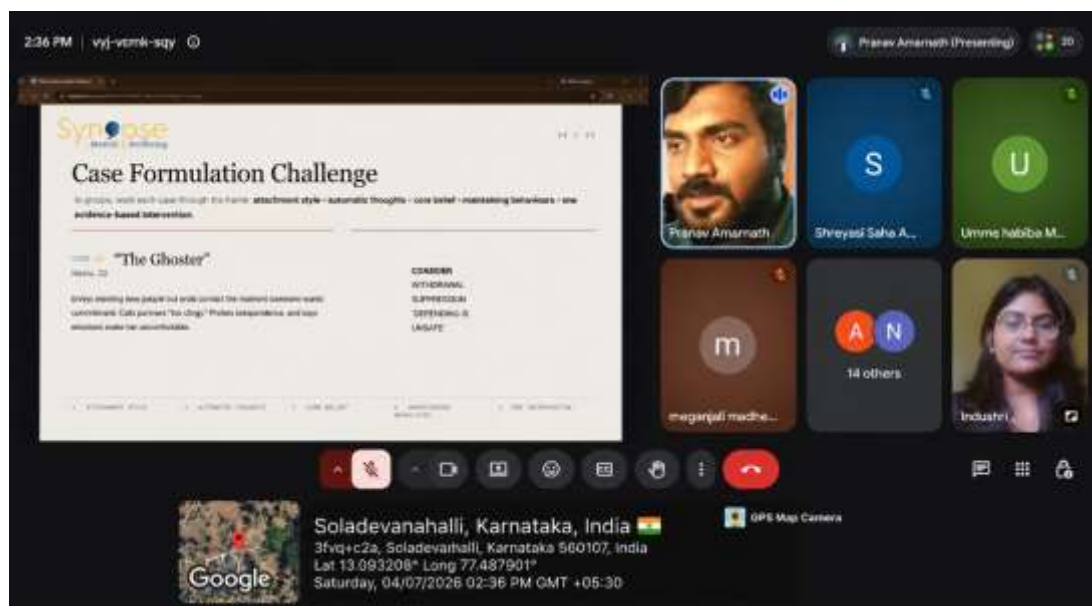
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Session by Mr. Pranav Amarnath, Explanation on the Push and Pull Behavior

Session by Mr. Pranav Amarnath, guiding students on how to formulate a Case

Outcomes:

1. Students will develop a deeper understanding of the psychological mechanisms underlying modern dating behaviors, relationship formation, and emotional experiences in digital environments.



2. Students will be able to identify and analyze contemporary relationship phenomena.

3. Students will acquire practical insights and skills to promote emotional intelligence, relational resilience, and healthy communication practices in personal and professional contexts.

Conclusion:

The guest talk on “*Psychology of Relationships and Emotional Well-being in the Digital Age*” provided valuable insights into the evolving nature of relationships in today’s digital world. The session



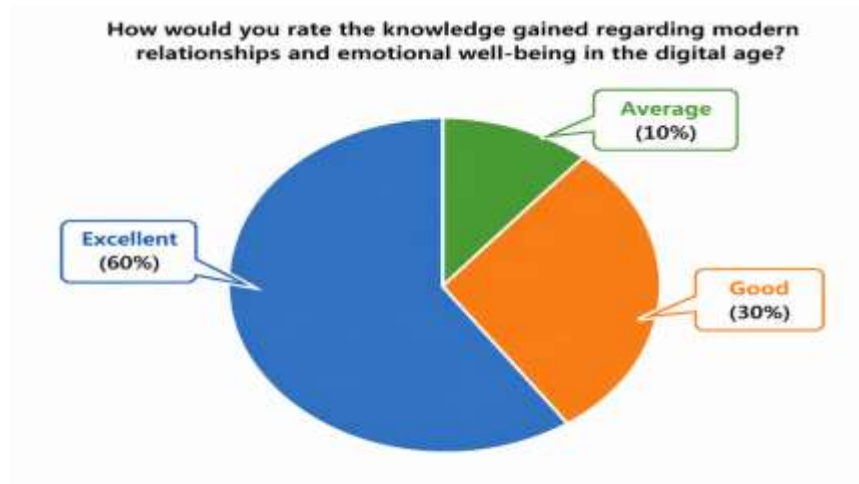
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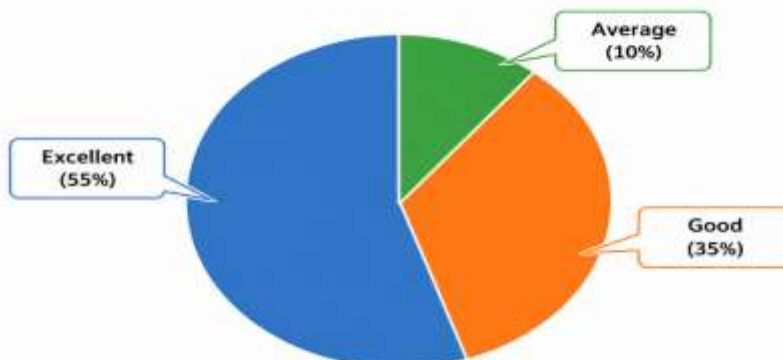
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effectively combined theoretical concepts with practical examples, enabling students to better understand modern relationship dynamics, emotional patterns, and the psychological impact of digital interactions. It emphasized the importance of self-awareness, healthy boundaries, emotional intelligence, and mindful communication in maintaining meaningful connections. The discussion of contemporary concepts and real-life case scenarios helped participants critically reflect on their own behaviors and relationship choices. Overall, the session was highly informative and engaging, equipping students with essential skills and perspectives to navigate relationships in a balanced, healthy, and responsible manner.

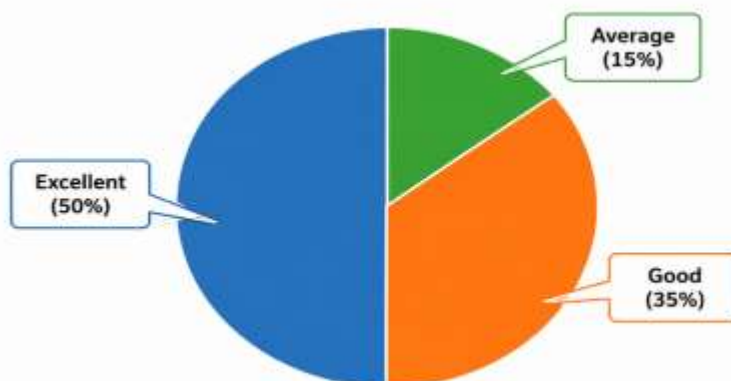
Audience Feedback Summary:



Usefulness in Understanding Psychological Concepts



Educational Value and Learning Experience



Overall Program Rating

