

Two-Day National Seminar on "Mental Health and Well-being" scheduled for April 23rd & 24th, 2025.

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Thu, Apr 3, 2025 at 3:08

Dear All,

Faculty of Education, Integral University, Lucknow, is pleased to announce a **Two-Day National Seminar on "Mental Health and Well-being"** scheduled for **April 23rd & 24th, 2025**.

The importance of this seminar on Mental Health and Well-being lies in addressing the growing challenges of mental health in educational settings. With increasing academic pressures, social expectations, and digital influences, both students and educators face significant stress and emotional struggles. This seminar provides a platform to discuss strategies for fostering mental resilience, integrating mental health education into curricula, and creating support learning environments. By bringing together experts, educators, and researchers, it aims to promote awareness, reduce stigma, and encourage practical solutions for enhancing mental well-being in education.

The seminar will focus on key aspects of mental health in education, including:

- **Mental Health in Education: Foundations and Challenges**
- **The Impact of the Educational Environment on Mental Well-being**
- **Promoting Mental Health in Schools and Higher Education**
- **Mental Health Support Systems in Educational Settings (as per NEP 2020)**
- **Innovations in Mental Health and Well-being in Education**
- **Special Focus on Vulnerable Groups in Education**

Call for Papers: Abstracts and full papers are invited from faculty members, educators, researchers, and students on the given themes. **Submission Deadline for Full Papers:** April 18, 2025 at seminar.edu.2025@gmail.com. Selected papers will be published in an edited book at no extra cost.

Registration Details:

- **Registration Fee:** ₹350/-
- **Registration Link:** <https://www.iul.ac.in/FrmAdvProgramReg.aspx>

For inquiries, contact: 9889017589

WhatsApp Group Link:

<https://chat.whatsapp.com/F6UF6vj2sav4C6kzMa98hE>


We look forward to your participation in this insightful discussion on Mental Health and Well-being! Looking forward for enthusiastic participation from the Faculty Members, Research Scholars PG and UG students. A brochure of the Program is attached herewith for further details.

Best wishes

Dr. E. Ahmed

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 Seminar_.pdf
108K

E. Ahmed
03/04/2025

Head
Department of Education
Integral University, Lucknow

REGISTRATION FORM

Name of the Participant: : _____

Designation: _____

Affiliation/Organization Address: _____

Home Address: _____

Contact: _____

E-mail: _____

Title of Paper: _____



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TWO-DAYS NATIONAL SEMINAR

on

Mental Health and Well-being
23rd and 24th April, 2025
(Through Hybrid Mode)



Faculty of Education

Integral University, Kursi Road,
Dasauli, Lucknow-226026

www.iul.ac.in

Venue:

Central Auditorium

About Integral University

Integral University is a premier University located in the North-Eastern part of the UP-State capital city Lucknow. It is a state private university established in 2004 and approved by UGC under section 2(f) and 12(B) of UGC act 1956. The University is accredited A+ by the National Assessment and Accreditation Council (NAAC) which is an autonomous institution of the University Grants Commission (UGC). It is recognized as a Scientific and Industrial Research Organization (SIRO) by the Department of Scientific and Industrial Research (DSIR), Ministry of Science & Technology, Government of India. It has marvellous ambience and academically, lively and vibrant environment, highly conducive to higher and dedicated academic pursuits. The university is committed to generating, disseminating, and preserving knowledge. The University offers more than 240 programs across 47 disciplines, and currently hosts around 12000 students at its 120-acre campus. In a lush green, safe, serene and ragging-free environment, the campus provides state-of-the-art hostel accommodation, with the capacity to host 2600 students in the hostels and houses a 850-bedded hospital, as part of the Medical College, with state-of-the-art medical facilities, and more than 200 doctors. Academic programs like engineering, medicine, science, arts, architecture and management equip students with the academic rigor and intellectual capacity to meet the corporate business challenges.

About Faculty of Education

The Department of Education was established in the year 2005 with B. Ed. program. The department is dedicated to shape the future by empowering educators, researchers and leaders to make a global sustainable impact through imparting innovative education that leads our vision of the University 'Inspiring Excellence'. Our mission is to emphasis towards advance knowledge, foster innovation and promote equity in education, preparing students to address the challenges of a dynamic world. Through robust community engagement and partnerships, we bridge the gap between theory and practice that empowering student with real-world experiences supported by state-of-the-art facilities and an inspiring academic environment. Faculty of Education has transformed to commit nurturing the next generation of educators and leaders who will shape the future of nation in continuation to transform the education and society through various programs as per NEP 2020. Our faculty and students are engaged collaboratively on projects that guide policy and practice at local, national, and global levels. Through multidisciplinary researches, we strive to create innovation that drive global change in education. We have a young, dynamic and highly qualified faculty. Presently the Faculty of Education offers B.Ed., M.Ed., D.El.Ed., PGDEMA, PGDVE, DECCE and Ph.D. in Education Programme.

About the Seminar

Education has become an important component in human life since last few centuries. All the human accomplishments are credited to education, but in changing time the perception for education has changes in social, economic, and psychological perspectives. There is a need to identify the importance of Mental Health and Wellbeing in the present context. The dimensions of wellbeing of an individual has increased from self determination to contentment, social adaptability to well-being.

Invitation of Abstract & Paper

Abstracts and papers are invited from the faculty members, teacher educators, scholars, teachers, researchers and students from Universities, Academic Institutions and various other institutions to share their researches, experiences in the respective fields and interested in Mental Health and Well-being. The papers should be written in English or Hindi. Last date for Submission of for Final Paper is on 18th April, 2025 at seminar.edu.2025@gmail.com. For any query please contact at 9889017589 After screening, the selected papers will be published in edited book with no extra cost. Authors will get soft copy of the publisher chapter.

Themes and Sub-Themes for the Seminar

Theme 1: Mental Health in Education: Foundations and Challenges

- Defining Mental Health in an Educational Context
- Recognizing Early Signs of Mental Health Issues in Students and Teachers
- Addressing the Stigma of Mental Health in Schools and Universities

Theme 2: The Impact of the Educational Environment on Mental Wellbeing

- Stress and Pressure in Education: Student Performance vs. Mental Health
- Mental Health of Teachers: Burnout, Stress, and Work-Life Balance
- The Role of School Leadership in Creating Mentally Healthy Environments
- Bullying, Peer Pressure, and Social Media: Their Impact on Student Mental Health

Registration Link:

<https://www.iul.ac.in/FrmAdvProgramReg.aspx>

Registration fees : Rs. 350/-



Theme 3: Promoting Mental Health in Schools and Higher Education

- Social-Emotional Learning (SEL) as a Tool for Student Wellbeing
- Incorporating Mental Health Education into the Curriculum
- Building Resilience and Coping Skills in Students
- Teacher Training: Equipping Educators to Recognize and Address Mental Health Needs

Theme 4: Mental Health Support Systems in Educational Settings as per NEP 2020

- Access to School-Based Mental Health Services: Barriers and Solutions
- Counselling and Support Services: Building Effective Systems in Schools
- Peer Support Programs: Empowering Students to Support Each Other's Mental Health
- The Role of Parents and Communities in Supporting Educational Mental Health

Theme 5: Innovations in Mental Health and Wellbeing in Education

- Digital Tools and Apps for Student Mental Health: Opportunities and Challenges
- Mental Health Programs in Schools: Evaluating Effectiveness and Impact
- Preventative Approaches: Building Mental Health Resilience from an Early Age
- Policy and Legislation: Improving Mental Health Support in Education Systems

Theme 6: Special Focus on Vulnerable Groups in Education

- Addressing Mental Health Challenges in Children and Adolescents
- Supporting Mental Health in Marginalized and Underrepresented Student Populations
- Mental Health Support for Students with Special Educational Needs
- The Mental Health of First-Generation and Low-Income Students

Guidelines for Submission of Abstract

The abstract and paper should be types in MS Word, Times New Roman with 12 font size and 1.5 line spacing with APA referencing. The abstract should be prepared upto 500 words only, and full paper must be between 2500-3000 words. The paper should contain: Theme and Sub Theme, Title, Author (s), Affiliation, Email Address(es) and Phone Number(s) and Key words