

## ○ Seminar Registration Details:

### Registration Link:

↓  
<https://forms.gle/w8ycdtzKPwatW8GN7>

### Submission Email ID:

[pkmseminar@vidyamandir.org](mailto:pkmseminar@vidyamandir.org)

### Important Dates

1.	Last Date for Abstract submission	20-09-2025
2.	Last Date for Paper Submission	25-09-2025
3.	Last Date of Registration for Participation	30-09-2025
4.	Date of Event	10-10-2025

### Registration Fees Details:

Details	Registration Fees for Presentation (INR.)	Publication (Peer Reviewed Refereed ISSN Journal Soft Copy with Certificate) (INR.)
Faculty/Academician/ Professionals	700	1200
Research Scholar	500	1000
UG/PG Students	300	800
*Only Participation without Presentation fees Rs. 300/- (Certificate will be given).		

#### Accommodation:

Accommodation will be provided on a paid basis to the delegates on prior intimation.

### More Information

**Ms. Khushbu Modi**  
Mo.99137 74344

**Mr. Snehal Chauhan**  
Mo.63530 97677  
(Payment Related Inquiry)

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## • Organising Committee •

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**Shri Mahendrabhai Patel**  
Acting Director  
Vidyamandir Trust, Palanpur

### ◆ PATRON ◆

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Asst. Director  
Teachers' Training Colleges,  
Vidyamandir Trust, Palanpur

### ◆ CONVENER, NATIONAL SEMINAR ◆

**Dr. Maheshkumar Makwana**  
Coordinator  
Shri K. D. Parikh  
Centre for Vocational Guidance and Counseling

### ◆ SEMINAR ORGANIZING SECRETARY ◆

**Mr. Rohitbhai Chaudhary**  
Incharge All centres  
Vidyamandir Trust, Palanpur

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**Mr. Shailesh Limbachiya**  
HR manager  
Vidyamandir Trust,  
Palanpur

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Gujarat College

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P.K. Kotawala  
Arts College, Patan

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IITE, Gandhinagar

**Dr. Pinakshiben Patel**  
Prof. & Head  
Smt. R.K.D.K.  
M.Ed. College



**Vidyamandir Trust, Palanpur**  
managed

**Shri K. D. Parikh**  
**Centre for Vocational Guidance and Counseling**  
&  
**Teachers' Training Colleges**

## ONE DAY NATIONAL SEMINAR

On

**“Role of Educational Institutions in Promoting Positive Mental Health Culture” (Hybrid Mode)**

**10<sup>th</sup> October 2025**



Venue: 'Sahyog' Multipurpose Hall, Mamtamandir Campus,  
Opp. Shashivan, Dairy Road, Palanpur-(Banaskantha)-385001

Online: Zoom Platform

### CONTACT US

**Shri K. D. Parikh**  
**Centre for Vocational Guidance and Counseling**

Vidyamandir Trust, Palanpur, Taleybaug  
(Vidyamandir Campus-1)  
Palanpur Banaskantha, Gujarat-385001

Website: [www.vidyamandir.org](http://www.vidyamandir.org)

### About the Trust :

Vidyamandir Trust, Palanpur, a prestigious institution with more than 75 years of legacy, is dedicated for providing value-oriented education from primary to post-graduate levels. Recognizing the impact of education on national character, the institution emphasizes empowering students with independence, decision-making skills, and civic responsibility. Valuing each child's uniqueness, Vidyamandir focuses on holistic development in a conducive environment, fostering academic pursuits, social engagement, and community work. From pre-primary to higher secondary schools, co-curricular activities, sports, and Mamtmandir, the institution embodies its founders' vision of translating education into a tangible reality. Vidyamandir Trust, Palanpur is a large educational conglomerate that evolved from the 1948 Shri Palanpur Shishushala, now running 164 institutes across 14 campuses in Palanpur.

### About Centre:

The Shri Kirtilal Dahyabhai Parikh Charitable Trust sponsored us to get organised in the year 2000, and ever since we have been arranging regular seminars, one-to-one counseling sessions, and tests to help our students find their true calling. Our experts then prep them to suit their chosen vocation while guiding them to apply to the right colleges. We are also very particular about our students' mental well-being. Children might appear normal on the outside, but some of them have their own battles to fight due to their learning disabilities, childhood traumas, social stigmas, or physical and mental changes that cause speech or behavioral defects in them. These are easily curable at an early stage as long as they are diagnosed with precision. With the coordination of Counselor & Educators, Students are helped with Counseling, therapy and activity to ensure holistic mental health.

### About the Seminar :

Mental health is an essential component of overall well-being and directly influences learning, productivity, and quality of life. In today's fast-paced and competitive world, students, teachers, and academic staff in educational institutions face multiple stressors—ranging from academic pressure, career uncertainty, and digital distractions such as social adjustment, identity, and self-esteem. These challenges, if left unaddressed, can adversely affect academic performance, interpersonal relationships, and personal growth. Educational institutions play a pivotal role in shaping not only the intellectual but also the emotional and social development of individuals. They provide a unique environment where awareness, prevention, and promotion of mental health can be integrated into everyday academic and extracurricular practices. Building a positive mental health culture within campuses ensures resilience, empathy, inclusivity, and holistic well-being. Proposed seminar encompasses the area to be addressed with following objectives.

### Objectives of the Seminar:

1. To integrate mental health literacy into education and empower teachers to support well-being.
2. To promote early identification of stress and provide counselling, peer-support, and mindfulness practices.
3. To encourage the use of fine arts as creative and therapeutic outlets for self-expression and stress relief.
4. To highlight the role of sports, yoga, and physical activity in building resilience and positive mental health.
5. To explore scientific, technological, and medical approaches for understanding and promoting mental well-being.
6. To foster inclusivity, equity, and gender sensitivity in institutional mental health practices.
7. To strengthen collaboration between institutions, families, communities, and health professionals.
8. To align institutional efforts with NEP 2020 and supportive policy frameworks for mental health promotion.

### Key Sub-Themes:

#### 1. Educational Psychology

- Integrating mental health awareness into school/college curriculum.
- Role of experiential and value-based learning in promoting well-being.
- Teacher as a mentor: nurturing resilience and empathy.
- Youth Mental Health and Academic Stress
- Art, music, dance, and theatre as therapeutic tools for emotional expression.
- Role of cultural activities in reducing stress and building self-esteem.
- Visual and performing arts as mediums of collective healing and community bonding.

#### 2. Positive Psychology

- Positive Psychology: Strength-Based Approaches to Mental Health
- Psychological Well-being and Mental Health
- Workplace Mental Health and Well-being
- Positive Psychology Interventions: Building resilience and life skills among students
- Workplace Well-Being and Stress Management
- Role of leaders and administrators in shaping a positive mental health culture.

#### 3. Science & Technology

- Neuroscience of learning and mental health.
- Psychological and cognitive science approaches to stress management.
- Digital well-being: managing screen-time, online stress, and social media pressures.
- Technological innovations (AI apps, virtual counseling) for student well-being.
- Mental Health and Technology: Opportunities and challenges of digital well-being.
- AI and online counseling support in education

#### 4. Sports & Physical Education

- Sports psychology: building resilience, focus, and team spirit.
- Physical activity and exercise as preventive strategies for mental health.
- Role of yoga, meditation, and indigenous games in holistic well-being.
- Coping with performance pressure in competitive sports.

#### 5. Psychology & Counseling

- Early identification of mental health challenges among students.
- Peer mentoring and institutional counseling mechanisms.
- Life skills and mindfulness training for self-regulation.
- Importance of counseling services in schools and colleges
- Self-awareness and emotional intelligence
- Any Other area Relevant to Mental Health

### GUIDELINES FOR SUBMISSION :

- Abstract and full paper should be sent in soft copy in Word format only
- The Contributors are Requested to send the abstract (250-300 words) and Full-length Paper (2500-3000 Words) if the abstract acceptance email is received. Please refer to important dates.
- Only original and unpublished papers will be accepted for the presentation.
- In case of multiple contributors, author and Co-authors should register separately with payment.
- Before submitting the paper, participants are advised to check the paper for plagiarism and should ensure that the paper maintains Academic and professional integrity.
- Paper Format: Single Column, A4 Size, 1.5 line spacing. For English, Font: Times New Roman (Size 12). For Gujarati and Hindi, preferably use Shruti/LMG font with title size 14/16, text size 12/14 with 1 spacing.
- The APA-7th Edition Style of referencing should be followed.
- **Research Papers Accepted for the Publication in Peer Reviewed Refereed ISSN Journal will be based on quality, originality and relevance with theme (Declaration of originality will be asked before publication) organizers may ask the author the modification if needed.**

### TEACHERS' TRAINING COLLEGES :

- Shri D. D. Choksi College of Secondary Education
- Shri C. K. Mehta College of Primary Education
- Shri K. J. Mehta College of Pre-Primary Education
- Shri P. K. Mehta College of Special Education
- Smt.S. P. Kothari English Medium College of Secondary Education
- Parikh Foundation College for Diploma in Special Education (MR/IDD)