

**Report on Two-Day National Seminar on "Mental Health & Well-Being" Organized by
Faculty of Education**

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**Report on
Two-Day National Seminar
on
"Mental Health & Well-Being"
Organized by
Faculty of Education, Integral University, Lucknow
(23rd & 24th April, 2025)**

Participants:

Total Participants	In-house	Outside
230	166 (Faculty & Students)	64 (Faculty & Students)

The Faculty of Education, Integral University, Lucknow, successfully organized a Two-Day National Seminar on "Mental Health & Well-Being" on the 23rd and 24th of April, 2025. The seminar aimed to bring together academicians, researchers, mental health professionals, and students to discuss, deliberate, and share insights on mental health and its importance in educational settings and society at large. The seminar attracted a wide spectrum of 230 participants from several states across India, including Bihar, Delhi, Haryana, Himachal Pradesh, Jammu and Kashmir, Kerala, Madhya Pradesh, Maharashtra, Punjab, Tamil Nadu, and various districts and cities of Uttar Pradesh such as Lucknow, Varanasi, Azamgarh, Agra, Noida, Prayagraj, Barabanki and Behraich. Participants joined physically and virtually, contributing to a rich and diverse academic dialogue.

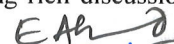
The seminar commenced with a melodious welcome song presented by the students of the Faculty of Education, setting a warm and enthusiastic tone for the event. Following this, saplings were distributed to the guests as a symbolic gesture promoting mental health and environmental consciousness. Dr. Eklak Ahmad, Head, Department of Education, extended a heartfelt welcome address, emphasizing the urgent need for conversations around mental health.

Esteemed dignitaries, including Prof. (Dr.) Zeba Aqil, Head, Department of Humanities and Social Sciences, Integral University, Lucknow, Prof. (Dr.) Naseem Jafri, Dean and Head, Department of Law, Integral University, Lucknow, Mr. Rashid Khan, Principal, Integral International School, Lucknow shared valuable insights during their addresses. Prof. (Dr.) Zeba Aqil highlighted the crucial relationship between humanities and mental wellness, while Prof. (Dr.) Naseem Jafri spoke about the legal frameworks protecting mental health rights. Mr. Rashid Khan provided perspectives from the school education sector, emphasizing early mental health interventions. Prof. (Dr.) M. A. Khalid, Dean Students Welfare was also graced this event. The faculty members from other departments of the university also participated in the National Seminar.

Prof. (Dr.) A.K. Lodi, Dean, Faculty of Education, Integral University, Lucknow spoke about the importance of Mental health and well being for school children. He also adds the relationship of Mental health with parents and other people of the society. All the people of the society play a vital role in the development of balanced mental health of the students.

The Chief Guest, Prof. (Dr.) M. Verma, Department of Education from the University of Lucknow, delivered a powerful address, encouraging academic institutions to foster environments that support mental health. The session concluded with the distribution of mementos and a vote of thanks delivered by Dr. Divya R. Panjwani, followed by the National Anthem and a group photograph capturing the event's vibrant spirit.

Across six technical sessions spread over two days, participants presented papers covering a diverse range of topics such as school leadership's role in mental health, teacher-centric approaches to mental wellness, coping strategies among urban educators, digital tools for mental health support, resilience strategies in higher education, and innovations promoting mental well-being. Eminent scholars chaired these sessions, ensuring rich discussions and


Head

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constructive feedback. Among the session chairs were distinguished faculty members like Dr. Quazzafi Rabbani, Associate Professor, Department of Mathematics, Integral University, Lucknow, Dr. Sumita Chaturvedi, Associate Professor, Department of Mechanical Engineering, Integral University, Lucknow, Dr. Tahmeena Khan, Assistant Professor, Department of Chemistry, Integral University, Lucknow, Dr. Anil Kumar Singh, Dr. Soumya Pandey, Dr. Jyotsana Shukla, Dr. Khurshed Alam and Dr. Mohd. Shahwaiz, Assistant Professor from the Department of Humanities and Social Sciences, Integral University, Lucknow.

A significant highlight was the special session conducted by Mr. Samarth Narain, Senior International Art of Living Teacher, Lucknow who introduced participants to mindfulness techniques and stress-relieving breathing exercises. Dr. Intezar Mehndi, Principal, University Polytechnic, Integral University, Lucknow and Dr. Irfan Aziz, Head School of Pharmaceutical Sciences, Integral University, Lucknow also captivated the audience with his talk linking skill development with mental health and linking chemical imbalances to mental health disorders. Their sessions added practical dimensions to the theoretical discussions, making the seminar holistic in approach.

A dedicated team of volunteers comprising B.Ed., M.Ed., D.El.Ed., and Ph.D. students ensured the seminar's seamless execution. Their efforts were recognized through Certificates of Appreciation. Special mention goes to the committees responsible for reception, registration, refreshments, hall management, attendance, technical support, report writing, photography, stage and hall management, finance, and certificates distribution. Their meticulous work ensured a professional and welcoming environment throughout the event.

The session was concluded by the eminent Prof. (Dr.) A.K. Lodi, Dean, Faculty of Education, Integral University. He drew attention to Mental Health and Well Being in a real classroom situation and linked teaching pedagogy with healthy mind sound.

The Valedictory session marked a fitting conclusion to the seminar. It began with an engaging note highlighting the significance of mental health in everyday life. Gratitude was also extended to all guest speakers, session chairs, and participants.

The Two-Day National Seminar on Mental Health and Well-Being was a resounding success, creating a vibrant platform for dialogue, learning, and action. It emphasized the pressing need to integrate mental health into educational and institutional frameworks and motivated participants to continue championing the cause. As we move forward, the spirit of collaboration, compassion, and commitment demonstrated during these two days will undoubtedly inspire future initiatives towards promoting mental health and well-being.

Glimpse of the National Seminar



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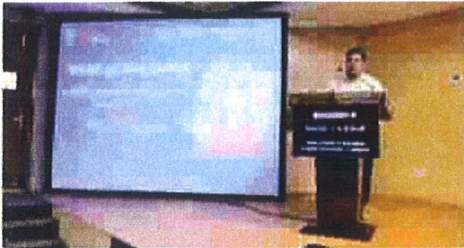
Experts at Inaugural session in National Seminar



Welcome to Chief Guest at National Seminar



Welcome address by Dr. E. Ahmed, Head, Dept. of Education



Concluding Address by Prof. (Dr.) A. K. Lodi, Dean, Faculty of Education

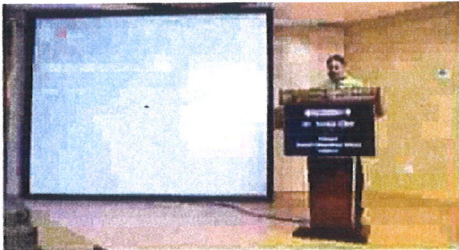


Address by Expert Prof. (Dr.) M. Varma, Ex. Dean & Head, Dept. of Education, University of Lucknow

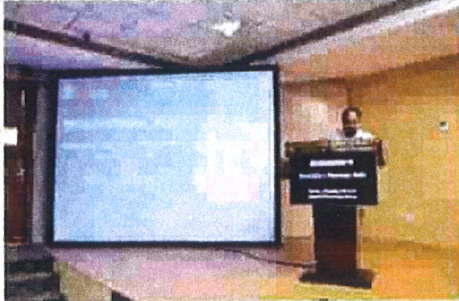


Address by Prof. (Dr.) Zafar Agha, Head, Dept. of Humanities & Social Sciences, Integral University, Lucknow

E. Ahmed
Head
Department of Education
Integral University, Lucknow



Address by Mr. Rashid Khan, Principal, Integral International School, Lucknow



Address by Prof. (Dr.) Nazam Ahmad, Dean & Head, Faculty of Law, Integral University



A group Photograph of the National Seminar

Thanks

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