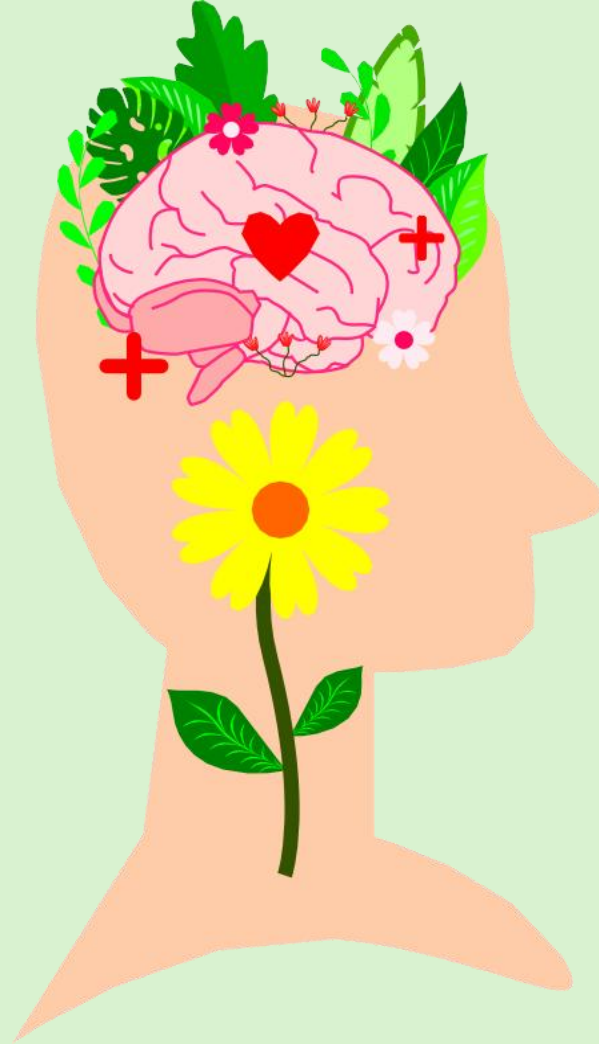


मौलाना आज़ाद नेशनल उर्दू यूनिवर्सिटी
MAULANA AZAD NATIONAL URDU UNIVERSITY
A Central University, Ministry of Education, Govt. of India
MANUU CAMPUS BHOPAL



Report
of
Virtual Students' Conference
on
Perspectives, Issues, and Challenges of Mental Health of College Students
12th February, 2026



Background

Mental health is a basic human right and is crucial for personal, community and socio-economic development. Over the past few years, there has been enhanced focus on and increased discussion of mental health issues. While there has been a sharp attention on mental health for more than a decade among the various medical, counselling, patient and other communities connected with this sector, the global COVID-19 pandemic with its widespread impact appears to have served as a catalyst for refocusing attention on this issue (United Nations, 2021).

Mental health is shaped by a complex interplay of biological, psychological, social, and structural factors. It evolves across the lifespan based on personal experiences, environments, and vulnerabilities. A complete state of mental well-being implies more than freedom from distress, it reflects efforts towards flourishing, that includes an individual's ability to live with purpose, establish meaningful relationships, and function effectively in personal, academic, and social spheres. Mental health concerns are a major public health issue in India: 1 in 10 Indians (approximately 10.6%) experiences mental health conditions. 7.3% of youth aged 18—29 live with severe psychiatric conditions. The suicide rate for ages 15—29 is 15.72 per 100,000 population. According to the National Crime Records Bureau, 7.6% of all suicides occur among students. Approximately 28 student suicides are reported daily. For young people, the transition to college brings major shifts in emotional regulation, identity formation, communication, and social skills. Without adequate support, these pressures can severely impact mental health.

About one third of the mental disorders that adults experience actually began by age 14, and half started by age 18, and nearly two thirds had their onset by age 25 (WHO,2025) Mental health disorders frequently manifest during childhood or adolescence, with 50% of all mental health conditions appearing by age 14 and 75% by age 24 (WHO, 2020). A study published in *The Lancet* (2017) shows that mental health issues in adolescence are associated with poor academic outcomes, increased substance use, and higher rates of self-harm, highlighting the long-term impact of untreated mental health problems in young people.

All WHO Member States are committed to implementing the “Comprehensive Mental Health Action Plan 2013-2030”, which aims to improve mental health by strengthening effective leadership and governance, providing comprehensive, integrated and responsive community-based care, implementing promotion and prevention strategies, and strengthening information systems, evidence and research.

In 2022, the WHO released the "World Mental Health Report," which calls for transformative actions to improve mental health globally. The ‘Global Mind Health in 2025’ report released by US-based Sapien Labs pointed out to a widening generational divide, with older Indians reporting significantly stronger mental health outcomes than those aged 18–34. The report found that young adults in India ranked 60th out of 84 countries in key mental wellbeing parameters.

Student suicides in India is a critical issue, with reports indicating one student dies by suicide almost every hour. Data shows over 10,000 student suicides in 2019, with rates highest in states like Maharashtra, Madhya Pradesh, and Tamil Nadu. The phenomenon is largely driven by intense academic pressure, with suicide ideation rates among students ranging from 6% to 22%. To help students navigate these complexities, UGC took cognizance and has released a Uniform Policy on Mental Health and Well-Being for Higher Educational Institutions (HEIs) that provides a comprehensive framework for improving student mental health services. The policy mandates establishing dedicated mental health and well-being support centres in all colleges and universities. Institutions are also required to form a Mental Health & Well-being Centre (‘MHWBC’) monitoring committee to oversee and guide these services.

Alongside the UGC policy, a National Task Force (NTF) constituted by the Supreme Court continues to work with institutions to conduct mental health surveys and recommend further preventive measures. Draft proposals include specific student-to-counsellor ratios (e.g., one counsellor per 500 students in larger institutions), well-being centers, and regular awareness programmes on stress, anxiety, and depression. UGC has also issued compliance circulars urging all HEIs to participate in the Supreme Court-mandated task force surveys to assess and refine mental health support mechanisms. These guidelines reflect a shift from ad-hoc counselling to systematic, institutionalized mental health infrastructure across campuses.

In this context College of Teacher Education Bhopal took proper and comprehensive steps for taking care the mental health and wellbeing of the students.

- I. Setting up of College Wellness Committee (CWC)
- II. Promoting positive Institute environment
- III. Building capacity for different stakeholders

I. Setting up of College Wellness Committee (CWC)

A College Wellness Committee (CWC) was formed under the leadership of Prof. Noushad Husain Principal, where each member of Committee (CWC) is oriented in handling crisis situations. They were oriented when a student displaying warning signs has been identified by any stakeholder, they need to be reported to the CWC, which takes immediate action. The CWC also play an important role in implementation of college activities directed towards creating awareness about mental well-being, leading towards suicide prevention.

- ✓ The following members are the part of CWC
- ✓ College Principal
- ✓ Psychologist
- ✓ Yoga and Mindfulness exercise expert
- ✓ Games and sports teacher
- ✓ Art experts
- ✓ Class Incharge
- ✓ Peer monitors (four member from each class)

Purpose and Role of College Wellness Committee (CWC)

The committee is tasked with monitoring the implementation of mental health policies, identifying gaps, and ensuring that services such as counselling, crisis support, and referrals are available and effective. The committee coordinate between campus counselling centres, faculty, administration, and external mental health professionals to create a cohesive support system. Committee also play a role in awareness raising, prevention programs, training for faculty/mentors, and early identification of students who may need help. The main goal is to make well-being an institution-wide priority, not just an optional add-on.

As planned in advance, the College Wellness Committee scheduled the organization of a conference/symposium on “Mental Health Challenges Among Students” in the month of February 2026. In accordance with this plan, the conference was successfully organized on 12th February, 2026.

Concept Note

Virtual Student Conference on *Perspectives, Issues, and Challenges of Mental Health of College Students*

Mental health and well-being are central to the holistic development of learners. According to the World Health Organization (WHO), mental health enables individuals to cope with life's stresses, realize their abilities, work productively and contribute to society. The National Education Policy (NEP), 2020 further reinforces the need for nurturing emotional, social and psychological well-being alongside academic excellence.

In recent years, college students have experienced increasing levels of stress due to academic pressure, social expectations, digital exposure, career uncertainty and personal challenges. These stressors often manifest as anxiety, depression, emotional instability, loneliness and in severe cases, self-harm or suicidal ideation. Addressing these concerns requires open dialogue, peer engagement and preventive strategies.

In this context, the College Wellness Committee (CWC) of the MANUU Campus, Bhopal proposes a Virtual Student Conference aimed at encouraging students to actively participate in discussions on mental health. The conference seeks to provide a safe and inclusive platform where students from different institutions can share their experiences, present research work, discuss case studies and suggest practical strategies for promoting mental well-being.

The conference will contribute to awareness creation, stigma reduction and the development of student-centric mental health practices within higher education institutions.

Objectives, Expected Outcomes & Call for Papers

Objectives

- To create awareness about mental health issues among college students
- To provide a platform for students to share experiences and research
- To encourage peer dialogue and mutual support
- To identify preventive strategies for mental health challenges
- To promote a mentally healthy and inclusive campus culture

Expected Outcomes

- Enhanced awareness and sensitivity towards mental health issues
- Improved student engagement and peer support systems
- Identification of common stressors and coping mechanisms
- Recommendations for creating mental health-friendly campuses
- Contribution to student-led mental health discourse


Call for Papers / Presentations

Students are invited to submit abstracts / papers / presentations / case studies related to mental health issues among college students. Submissions may be conceptual, empirical, experiential or reflective in nature.


Suggested Themes Include:

- Academic Pressure, Performance Anxiety, Stress and Depression
- Social Media, Comparison Culture, Self-Esteem and Body Image Issues
- Loneliness, Isolation, Homesickness and Adjustment Challenges
- Transition Stress: Shift from School to College Life
- Relationships, Breakups, Relationship Stress and Emotional Coping
- Peer Pressure, Perfectionism and Fear of Failure
- Bullying, Ragging and Cyberbullying: Psychological Consequences
- Self-Harm, Suicidal Thoughts and Suicide Risk among Students
- Emotional Resilience and Suicide Prevention Strategies
- Burnout Syndrome among College Students
- Sleep Deprivation and Its Impact on Mental Health
- Substance Use among College Students and Its Impact on Mental Health
- Career Anxiety, Competitive Examinations and Fear of Unemployment
- Financial Stress, Part-Time Employment and Student Well-Being
- Mental Health in Hostels: Living Away from Home
- Gender, Identity and Mental Health Challenges
- Rural vs. Urban Mental Health Issues among College Students
- Creating a Mental Health-Friendly and Inclusive Campus

Brochure



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MANUU CAMPUS, BHOPAL

VIRTUAL STUDENT CONFERENCE
ON
PERSPECTIVES, ISSUES AND CHALLENGES OF MENTAL HEALTH OF COLLEGE STUDENTS
12th February, 2026


ABOUT THE CONFERENCE

Mental health and well-being are central to the holistic development of learners. According to the World Health Organization (WHO), mental health enables individuals to cope with life's stressors, realize their abilities, work productively and contribute to society. The National Education Policy (NEP) 2020 further reinforces the need for nurturing emotional, social and psychological well-being alongside academic excellence.

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The conference will contribute to awareness creation, stigma reduction and the development of student-centric mental health practices within higher education institutions.



OBJECTIVES & CALL FOR PAPERS

Objectives

- To create awareness about mental health issues among college students
- To provide a platform for students to share experiences and research
- To encourage peer dialogue and mutual support
- To identify preventive strategies for mental health challenges
- To promote a mentally healthy and inclusive campus culture

Call for Papers / Presentations

Students and Scholars are invited to submit abstracts / papers / presentations / case studies related to mental health issues among college students. Submissions may be conceptual, empirical, experiential or reflective in nature. Students are invited to submit original research papers related to the sub-themes of the seminar or any other relevant topic in either of the three languages - English, Urdu and Hindi. All submissions must be original and unpublished.

REGISTRATION AND PAPER SUBMISSION PROCEDURE:

Registration and submission/uploading of the paper by 07th February, 2026 via google form.

Plagiarism Check: Before submitting a paper, students are advised to check the paper for plagiarism @ AI and should ensure that the paper maintains academic and professional integrity.

File format details:

The full length paper should include the title of the paper followed by the author(s) name and their affiliation with contact number, e-mail address and the abstract.

Abstract: 250-300 words; Full Length Paper: 2500-3000 words;

File Format: MS Word

English: Font Style: Times New Roman Font size: 12 Line spacing 1.5 spacing

Hindi: Font style: Mangal Font size: 14 Line spacing 1.5 spacing

Urdu: Font Style: Jameel Noon Nastaleeq Font size: 14 Line spacing 1.5 spacing

Referencing: Please follow the APA style in writing the paper and reference

Registration and paper submission Link and email ID:

Registration and Paper submission link: <https://forms.gle/ETq4eyzmZLxNPMa88>

Email ID for Full Paper Submission: manucampusbpl@gmail.com

Certificates will be provided to the Paper Presenter and Participants.



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SUGGESTED THEMES INCLUDE:

- Academic Pressure, Performance Anxiety, Stress and Depression
- Social Media, Comparison Culture, Self-Esteem and Body Image Issues
- Loneliness, Isolation, Homesickness and Adjustment Challenges
- Transition Stress: Shift from School to College Life
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- Financial Stress, Part-Time Employment and Student Well-Being
- Mental Health in Hostels: Living Away from Home
- Gender, Identity and Mental Health Challenges
- Rural vs. Urban Mental Health Issues among College Students
- Creating a Mental Health-Friendly and Inclusive Campus

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MANUU CAMPUS, BHOPAL

ORGANISING SECRETARY

PROF. NOUSHAD HUSAIN
PRINCIPAL, MANUU CAMPUS BHOPAL

CONFERENCE CO-VENTNER

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ASSOCIATE PROFESSOR, MANUU CAMPUS - BHOPAL

CONFERENCE CO-VENTNER

DR. SHABANA ASHRAF
ASSISTANT PROFESSOR, MANUU CAMPUS - BHOPAL

CONFERENCE COORDINATOR

DR. TARANNUM KHAN
ASSISTANT PROFESSOR, MANUU CAMPUS - BHOPAL

CONFERENCE CO-COORDINATOR

DR. PRAVINI PANDGALE
ASSISTANT PROFESSOR, MANUU CAMPUS - BHOPAL

FOR ANY QUERY CONTACT:

DR. TALMEEZ FATMA NAQVI- 9977152854
DR. TARANNUM KHAN- 9893809240

CONFERENCE ORGANIZING COMMITTEE

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DR. MOHAMMAD AKHTAR
DR. JAKI MUMTAJ
DR. INDRAJEET DUTTA
DR. NEETI DUTTA
DR. SAKKEER V
DR. BHANU PRATAP PRITAM
DR. SHAIKH IRFAN JAMIL
DR. SHABBIR AHMED
DR. MOHAMMAD HASAN
DR. AKHLESH KUMAR MEENA
DR. BOSKA BHAGYAMMA
DR. P MUTHUSAMY
DR. NAHEED JAHAN SIDDIQUI
MR. SAIFUDDIN ANSARI
MR. MOHD FAHEEM KHAN
MR. AHMAD HUSAIN
MR. MOHD FAISAL
DR. FAHEEM ANWAR




CONFERENCE ORGANIZING COMMITTEE


STUDENTS

MS. SHEREEN KHAN, PH.D. SCHOLAR
MS. IRUM SALEEM MALIK, PH.D. SCHOLAR
MR. MOHD FAISAL ANSARI, PH.D. SCHOLAR
MS. WAHIDA, M.ED. STUDENT
MS. ILTEJA BATUL, B.ED. STUDENT
MS. ISMA ZAFAR, B.ED. STUDENT
MR. ABDULLAH, B.ED. STUDENT
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MS. SAYEEDA JABEEN, B.ED. STUDENT
MS. UMAMAH AMAN, B.ED. STUDENT
MR. MD SIRAJ, B.ED. STUDENT
MR. MD ZAKI, B.A. (FYUG) STUDENT



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MANUU CAMPUS, BHOPAL

About Maulana Azad National Urdu University

Maulana Azad National Urdu University (MANUU) is a Central University established in 1998 by an Act of Parliament. Its mandate is to impart vocational, professional, and technical education in Urdu medium through conventional and distance modes. University is located at Gachibowli, Hyderabad. It has 8 Schools with 23 Departments/centers offering undergraduate, postgraduate, and research programs. The university has several centers, directorates, and research cells that provide value addition to the University. MANUU is a major higher education service provider across the country's for underprivileged and first-generation learners of Urdu medium through its regular and distance mode programs. A three-tiered network of Regional Centers, Sub-Regional Centers, and Local Study Centres (LSC) is helping the Centre of Distance and Online Education (CDOE) to offer programmes at certificate, diploma, undergraduate, and postgraduate levels at the doorstep of the learners. The University has established three Industrial Training Institutes (ITIs) and five Polytechnics located in different cities of India thus offering vocational and technical education. True to its mission of spreading the wings of Urdu and instilling a passion for Urdu among the new generation, the University has also established three Model Schools at Hyderabad, Darbhanga, and Nuh to provide quality school education in Urdu medium. The University also has two satellite campuses one located in Lucknow and the other in Srinagar offering both undergraduate and postgraduate programs. Recently University opened a new campus in Varanasi. MANUU is recognized as a major higher education service provider across the country mostly catering to the learners residing in remote areas of the country to provide high-quality education through Urdu medium and thus focusing on "reaching to the unreached" sections of society. Recently, MANUU has been accorded the A+ in the third cycle of NAAC accreditation. The University also has been awarded Category-II Autonomy under the UGC (categorization of universities only for grant of graded autonomy) regulation, in 2018.

About School of Education and Training, Hyderabad

The School of Education comprises of Department of Education and Training, Centre for Professional Development of Urdu Teachers, and different colleges of teacher education located in different cities of India i.e. Asansol, Bidar, Darbhanga, Sambhal, Srinagar, Aurangabad, Nuh, Varanasi and Bhopal. School of Education and Training has the largest faculty strength in the country with more than 100 regular faculties engaged in teaching, research, and extension work.

About MANUU Campus - Bhopal

The MANUU-College of Teacher Education, Bhopal was established in the year 2007 by the University aiming to prepare and provide quality teachers to the schools of Central and other parts of India. The college has a sprawling campus located in a serene environment on the outskirts of Bhopal. It is one of the constituent units of Maulana Azad National Urdu University and functions under the School of Education and Training, Hyderabad. Since its establishment, it has grown from strength to strength and presently offers a Bachelor of Arts(4-year), Bachelor of Education (2-year), Master of Education (2-year) and Ph.D. (Full-and Part-Time) in education discipline. The college has modern facilities for the teaching and learning process including digital classrooms, ICT-resource centres along with a host of other facilities that serve the basic needs of students, teachers, and staff members. The College provides high-quality education in tune with national standards focusing on holistic education in accordance with National Education Policy 2020.

Schedule

Programme Schedule VIRTUAL STUDENTS' CONFERENCE

on
Perspectives, Issues and Challenges of Mental Health of College Students

12th February, 2026

Inaugural Session

1	Talawate-e-Quran	Mr. Abdullah	10:00 AM-10:02 AM
2	MANUU Tarana	Dr. Tarannum Khan	10:02 AM-10:05 AM
3	About the Conference	Dr. Talmeez Fatma Naqvi	10:05 AM-10:10 AM
4	Welcoming and felicitation of the guests	Dr. Shabana Ashraf	10:10 AM-10:15 AM
5	Message of the Dean School of Education and Training	Dr. Tarannum Khan	10:15 AM-10:20 AM
6	Welcome Address	Prof. Noushad Husain	10:20 AM-10:30 AM
7	Keynote Address	Dr. Azaz Khan	10:30 AM- 11:30 AM
8	Vote of Thanks	Dr. Shabana Ashraf	11:30 AM-11:35 AM

Moderator: Ms. Isma Zafar & Ms. Sheeren Khan

Live on YouTube: <https://youtube.com/live/oxJVo9ee5C4?feature=share>

Tea Break: 11:35 AM – 12:00 PM

Technical Session I

Offline

Date: 12th February, 2026

Time: 12:00 PM – 01:30 PM

Chairperson: Dr. Naushad Husain

Co-Chairperson: Mr. Ahmad Husain

Rapporteur: Ms. Ilteja Batool & Ms. Ayesha Raheem

Moderator: Ms. Tamanna Parveen

Paper Presentation Time: 05 Minutes

Lunch Break: 01:30 PM – 02:30 PM

Technical Session II

Online

Academic Pressure, Performance Anxiety, Stress, Depression, Social Media, Comparison Culture, Self-Esteem, Body Image Issues and Student Well-Being Policies

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Chairperson: Dr. Sakkeer V.

Co-Chairperson: Dr. Faheem Anwer

Rapporteur: Ms. Sheeren Khan & Ms. Ilteja Batool

Moderator: Ms. Sadaf Fatma

Paper Presentation Time: 05 Minutes

Google Meet Link: <https://meet.google.com/cyf-ejib-hbk>

Technical Session III

Online

Loneliness, Homesickness and Adjustment Challenges, Transition Stress, Relationship Stress, Emotional Coping, Peer Pressure, Fear of Failure, Bullying, Cyberbullying, Self-Harm, Suicidal Thoughts and Suicide Risk among Students

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Chairperson: Dr. Shabbir Ahmed

Co-Chairperson: Dr. Abdul Jabbar

Rapporteur: Ms. Urooj Fatma & Mr. Mohd. Siraj

Moderator: Ms. Iram Saleem Malik

Paper Presentation Time: 05 Minutes

Google Meet Link: <https://meet.google.com/hws-seph-bri>

Technical Session IV

Online

Social Media, Sleep Deprivation, Career Anxiety, Financial Stress, Hostel Life, Gender, Identity and Mental Health–
Friendly and Inclusive Campus

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Chairperson: Dr. Bhanu Pratap Pritam

Co-Chairperson: Dr. P Muthuswamy

Rapporteur: Mr. Mohd. Adil & Ms. Saniya Khan

Moderator: Ms. Ummah Aman

Paper Presentation Time: 05 Minutes

Google Meet Link: <https://meet.google.com/tqo-gpod-qmr>

Valedictory Programme

1	Brief Summary of the events and the paper presentation and reporting of the Conference	Dr. Talmeez Fatma Naqvi	4.00
2	Closing Remarks	Prof. Abdul Raheem	4.15
3	Valedictory address	Prof. Noushad Husain	4.30
4	Certificate Distribution	Dr. Shabana Ashraf	4.45
5	Vote of Thanks	Dr. Pravini Pandagale	4.55
6	National Anthem	Dr. Tarannum Khan	5.00

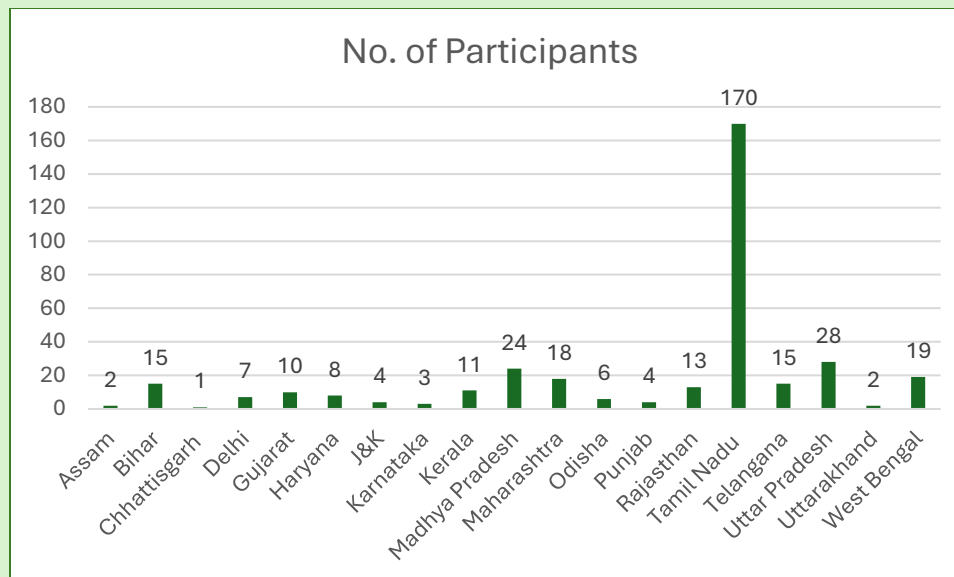
Moderator: Ms. Sayeeda Jabeen & Mr. Abdullah

Statistics Related to the participants

Total Registrations: 363

Geographical Representation of the Participants

State	No. of Participants	Percentage of Participants
Assam	2	0.55
Bihar	15	4.13
Chhattisgarh	1	0.27
Delhi	7	1.92
Gujarat	10	2.75
Haryana	8	2.20
J&K	4	1.10
Karnataka	3	0.82
Kerala	11	3.03
Madhya Pradesh	24	7.43
Maharashtra	18	4.95
Odisha	6	1.65
Punjab	4	1.10
Rajasthan	13	3.58
Tamil Nadu	170	46.83
Telangana	15	4.13
Uttar Pradesh	28	7.71
Uttarakhand	2	0.55
West Bengal	19	5.23



The table presents the state-wise distribution of participants and their corresponding percentage share in the conference. A careful analysis indicates significant regional variation in participation.

Tamil Nadu recorded the highest number of participants (170), accounting for 46.83% of the total participation. This overwhelming representation suggests either strong institutional outreach, greater awareness about the Mental Health within the state.

Among the remaining states, Uttar Pradesh (28 participants; 7.71%) and Madhya Pradesh (24 participants; 7.43%) emerged as the next major contributors. Their substantial participation reflects a strong engagement from the northern and central regions.

States such as West Bengal (19; 5.23%), Maharashtra (18; 4.95%), Bihar (15; 4.13%), and Telangana (15; 4.13%) also demonstrated notable representation, contributing moderately to the overall pool of participants. Rajasthan (13; 3.58%) and Kerala (11; 3.03%) showed steady involvement as well. Participation from Gujarat (10; 2.75%), Haryana (8; 2.20%), Delhi (7; 1.92%) and Odisha (6; 1.65%) reflected comparatively remained moderate.

States such as Jammu & Kashmir (4; 1.10%) and Punjab (4; 1.10%) registered limited participation. Minimal representation was observed from Karnataka (3; 0.82%), Assam (2; 0.55%), Uttarakhand (2; 0.55%), and Chhattisgarh (1; 0.27%).

Overall, the data reveals participation was pan-Indian in nature.

Registration Type-Wise Graphical Representation of Participants

Registration Type	No. of Participants	Percentage of Participants
Paper Presentation	160	44.1
Participation	203	55.9

Press Release



Inaugural Session

The Inaugural Session of the Conference on “*Mental Health: Perspectives, Issues and Challenges*” was conducted on 12th February, 2026, in a solemn and intellectually vibrant atmosphere. The session was thoughtfully structured to set the tone for meaningful deliberations on the pressing concerns surrounding mental health, particularly among college students.

The programme commenced at 10:00 AM with the recitation of the Holy Quran (*Talawate-e-Quran*) by Mr. Abdullah, invoking divine blessings for the success of the conference. This was followed by the rendering of the MANUU Tarana which instilled a sense of institutional pride and unity among the participants.

After that Dr. Talmeez Fatma Naqvi convenor of the conference presented an overview *About the Conference*. She elaborated on the objectives, theme, and significance of the conference, emphasizing the urgent need to address mental health concerns among college students. She highlighted how the platform aimed to amplify student voices, encourage open dialogue, and foster institutional responsibility in creating supportive academic environments.



The session proceeded with the Welcoming and Felicitation of the Guests by Dr. Shabana Ashraf. The distinguished guests were warmly welcomed and felicitated as a gesture of respect and appreciation for their valuable presence and contribution.

The Welcome Address was delivered by Prof. Noushad Husain Principal CTE Bhopal MANUU. In his address, he underscored the growing mental health challenges faced by youth in contemporary times. He stressed the importance of empathetic institutional frameworks, inclusive campus cultures, and proactive engagement of faculty and administration in promoting students' psychological well-being.



The highlight of the session was the Keynote Address by Dr. Azaz Khan. Dr. Khan delivered an insightful and comprehensive lecture on the multifaceted dimensions of mental health, including academic stress, peer pressure, social expectations, and digital influences. He emphasized the importance of early intervention, counselling services, peer support mechanisms, and policy-level reforms. His address provided both theoretical perspectives and practical recommendations, encouraging stakeholders to move beyond discussion towards implementation.



The session concluded with the Vote of Thanks by Dr. Shabana Ashraf co-cenvenor of the conference, who expressed heartfelt gratitude to the keynote speaker, dignitaries, organizers, moderators, participants, and the technical team for their cooperation and support in making the inaugural session successful.

The Inaugural Session was effectively moderated by Ms. Isma Zafar and Ms. Sheeren Khan, who ensured the smooth flow and time management of the proceedings.

The programme was streamed live on YouTube, enabling wider participation and outreach. Overall, the Inaugural Session set a reflective and purposeful tone for the conference, paving the way for constructive academic discussions and meaningful engagement on the crucial issue of mental health.

Report of the Technical Sessions I

12th February, 2026

Technical Session 1: Offline

Name of the Rapporteur	Ms. Ilteja Batul & Ms. Ayesha Raheem
Conference Name	Virtual Students' Conference: Perspective issues and Challenges of Mental Health
Chairperson	Dr. Naushad Hussain
Co- Chairperson	Mr. Ahmed Hussain
Moderator	Ms. Tamanna Parveen

It was a virtual Students' conference but it held in offline mode as all the presenters were from MANUU, CTE Bhopal.

There were six presenters in this session and as it was a conference regarding mental health all of them highlighted the issues, challenge, recommendations for mental health. The main purpose of this conference was to raise the issues of mental health & make us understand that mental health is a part of life. If it will not be taken care of it may create several problems & it's very common among students. As the keynote speaker of this conference Dr. Azaz Khan said that 1 in 4 students are going through depression, anxiety, or any other emotional problem.

“Madhya Pradesh is in 3rd rank after Tamil Nadu and Maharashtra in suicide rates and I was surprised to know Bhopal is in 2nd position after Indore. He also highlighted Why Mental Health Matters, Reasons, & how to know when you need support. He also mentioned that according to NCRB data suicidal ideation is common among college students.

The resource person of this session Dr. Bhoska Bhagyama talked about a girl Spandana who was desperate in her education, supported her colleagues and friends every time when they need help but gave up her life in 2nd JANUARY 2020 due to love failure.

But she is alive in everyone's through the programmes of **SPANDANA EDA INTERNATIONAL FOUNDATION** which is founded on her memory in 28th January 2020. “The mission of this organization is to help and change everyone in the society.”

The overall session was based on the theme of Mental Health.

Main points of the speakers presentation

1. **Name of the speaker: Aamir Khan**

Title: Creating a Mental Health Friendly and Inclusive Campus

Mental health is a serious issue in colleges due to academic pressure, competition, and social stress. Many students face anxiety, depression, and emotional problems but hesitate to seek help because of stigma. A supportive and inclusive campus is essential for student well-being. Colleges should provide counseling services, awareness programs, and positive teacher-student relationships. This will improve students' emotional strength and academic success.

2. **Name of the speaker: Ms. Ainam Zia**

Title: Culturally competent Teacher develops a Mental Health Friendly and Inclusive Campus

The topic discusses the role of competent teachers in developing a mental health-friendly and inclusive campus. Mental health awareness and peer support programs help reduce stigma among students. Educational aids and teacher support create a positive classroom environment, especially for students with different learning needs. Even without special support staff, teachers can guide students by grouping them according to their pace and ability. Inclusion happens when every student feels a sense of belonging. With cooperation from all stakeholders, India can build a progressive and supportive education system focused on students' well-being.

3. **Name of presenters: Mr. Mohammad Asif & Mr. Mohd Faisal Ansari**

Title: Mentally Healthy Academic Campus in the Indian Context.

This study explores how campuses of educational institutions can support students' mental, emotional, and social well-being along with academic success. Students face pressure from competition, exams, career uncertainty, and social expectations. Mental health stigma and limited support make the situation more serious. The National Education Policy 2020 promotes holistic and emotional development. The study focuses on identifying features of a mentally healthy campus and the role of institutional policies.

4. **Name of presenters. Md Sarfraz & Ms. Wahida Rani**

Title: Suicide among higher Students in the Era of Technology: Causes and Intervention Approaches

Suicide among university students is a serious global issue. Main causes include academic pressure, family expectations, loneliness, and depression. Excessive use of technology and social media increases mental stress. Substance abuse also raises suicide risk. Counselling, awareness programs, and community support can help prevent it.

5. Name of presenter: Mr. Abdul Wajid

Title: Financial Stress, Part-Time Employment and Student Well-Being

High education costs and poverty force students to take part-time jobs. This causes stress, health issues, and poor academic performance. However, part-time work builds confidence and responsibility. Government and colleges should provide more scholarships and support. Balance between work and study is essential for student success.

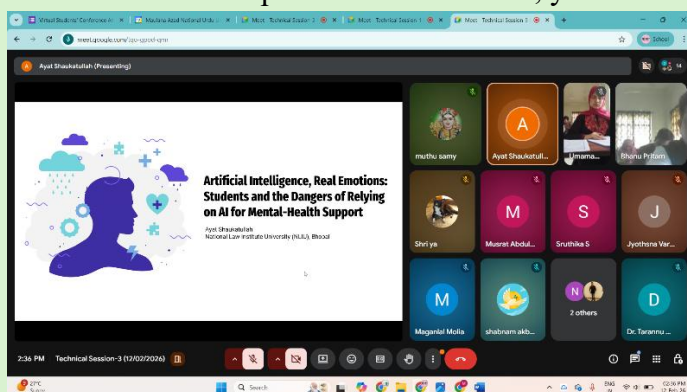
6. Name of presenters: Isma Zafar

Title: Impact of social media on suicide

This study discusses excessive and unhealthy use of social media is one of the most triggering factors of suicide. According to NCRB more than 13 thousand suicide rate of students per year. This study recommends us to digitally literate; College should organise seminars and workshops, and should behave responsibly on social media platforms. This research concludes with social media is not a specific factor but it's one of the most triggering factor.

Discussion and Feedback

The chairperson of this session Dr. Naushad Hussain sir reflected on the papers of all over presentation. He commented on the title as Today's topic is Perspective Issues and Challenges of Mental Health but I see it as Challenges Pertaining to Mental Health among college students. He said there is not any specific theme but after the paper presentation we can say that the theme is "Mental Health and Environment" because most of the presentations were based on this. He said all the papers were qualitative and nicely presented & congratulated all the participants. After that he reflected on all the papers one by one. He said that as you are B.Ed. students you can be culturally competent teacher you will to be emotionally strong to understand the feelings of students. He also mentioned that some causes of mental health is common in all the papers such as stress, academic pressure and sleep disorder. He also said in today's world sleep disorder is growing issue and social media affects it adversely. He also agreed with that social media badly affects our daily routine. He concluded his speech with this statement that "Healthy body is important for healthy mind" and said for healthy mind we will have to create a cooperative environment. And if you will have cooperative environment, you mind will work in right direction.



Report of the Technical Sessions II

Technical Session II (Online)

Theme: *Academic Pressure, Performance Anxiety, Stress, Depression, social media, Comparison Culture, Self-Esteem, Body Image Issues and Student Well-Being Policies*

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Mode: Online (Google Meet)

Name of the Rapporteur	Ms. Ilteja Batul & Ms. Sheeren Khan
Chairperson	Dr. Sakkeer V
Co- Chairperson	Dr. Faheem Anwer
Moderator	Ms. Sadaf Fatma

Technical Session II of the Conference on “*Mental Health: Perspectives, Issues and Challenges*” was conducted online on 12th February, 2026, from 02:30 PM to 04:00 PM. The session focused on the critical dimensions of academic stress, performance anxiety, depression, social media influence, body image concerns, and policy frameworks for student well-being.

The session was chaired by Dr. Sakkeer V., with Dr. Faheem Anwer serving as Co-Chairperson. The proceedings were smoothly moderated by Ms. Sadaf Fatma, while the rapporteurs for the session were Ms. Sheeren Khan and Ms. Ilteja Batul.

Summary of Paper Presentations

1. **Name of presenters:** Mr. Abhishek Sehrawat

Title: Power Dynamics and Cultural Perspectives: A Student Comparison of Stress Management Approaches in Allied Health and Medicine Courses.”

The study explored how cultural backgrounds and institutional hierarchies influence stress management practices among students enrolled in allied health and medical courses. The presenter highlighted that variations in professional expectations and academic culture significantly affect students’ coping strategies and psychological well-being.

2. **Name of presenter Ms. Gaziwana Roushan Anjum**

Title: Academic Pressure and Student Mental Health: The Interplay of Performance Anxiety, Stress and Depression.

The study examined the correlation between academic expectations and mental health outcomes among students, indicating that persistent performance pressure often leads to heightened anxiety, emotional distress, and depressive tendencies.

3. **Name of presenter: Mr. Kuldeep Kaur**

Title: Academic Pressure, Career Uncertainty and Mental Health of Indian College Students in the NEP 2020 Era: A Survey-Based Study.

The presenter discussed how the evolving educational landscape influenced by the National Education Policy 2020 has created both opportunities and uncertainties for students. The study highlighted that while flexibility and interdisciplinary learning have expanded academic choices, concerns regarding career stability continue to influence students’ mental well-being.

4. **Name of presenter: Ms. Nahida Parween**

Title: Academic Pressure, Performance Anxiety and Mental Health: The Role of Coping Strategies among Students.

Her research emphasized the importance of adaptive coping mechanisms such as time management, peer support, and emotional regulation in mitigating stress and enhancing resilience among students.

5. **Name of presenter Ms. Riya Ray**

Title Stress and Anxiety Among College Students,

She examined the prevalence of psychological distress among college students and identified major contributing factors such as academic workload, family expectations, and uncertainty about future employment.

6. **Name of presenter: Ms. Sakshi Chaudhary**

Title: Depression, Anxiety and Stress Among Senior Secondary Science Students.

The presenter highlighted that science stream students often face intense academic pressure due to competitive examinations and high parental expectations, which can significantly affect their emotional well-being.

7. **Name of presenter: Ms. Simran Singh**

Title: Impact of Academic Stress on Mental Health of College Students.

The study revealed that excessive coursework, examination pressure, and time constraints contribute to increased levels of anxiety and psychological strain among students.

8. **Name of presenter: Ms. Arsheena Manzoor and Ms. Neha Jain**

Title: The Filtered Self: Exploring Body Image and Self-Concept Clarity in the Highly-Visual Social Media Era.

Their study examined how image-centric social media platforms influence body image perception and identity formation among young adults, often leading to self-comparison, reduced self-esteem, and psychological discomfort.

9. **Name of presenter: Ms. Kesar**

Yoga: A Comprehensive Method for Digital Detoxification.

The presenter highlighted the role of yogic practices such as meditation, breathing techniques, and mindfulness in reducing screen dependency and improving mental clarity among students.

10. **Name of presenter: Ms. Somya**

Title: Between Isolation and Intimacy: Emotional Regulation Through Conversations with AI Among Young Adults.

The study explored how young adults increasingly interact with AI-based conversational platforms for emotional support, raising important questions about digital companionship, emotional expression, and psychological dependence.

11. **Name of presenter: Ms. Tabinda Jabin**

Title: Social Media, Comparison Culture, Self-Esteem and Body Image

The research highlighted how constant exposure to curated digital lifestyles intensifies comparison culture, which may negatively impact self-esteem and psychological well-being.

12. **Name of presenter: Ms. Darakshan Perween and Mr. Ibne Hasan**

Title: National Education Policy 2020 and Student Well-Being: A Critical Analysis. The presenters critically examined how the policy framework of National Education Policy 2020 addresses student well-being through multidisciplinary learning, flexibility in curriculum, and emphasis on holistic development.

13. **Name of presenter: Ms. Priyanka Gupta and Ms. Rajni**

Title: Mental Health of Undergraduate Arts and Science Students: A Comparative Study,

The presenters compared psychological stress levels between students of different academic streams. The study indicated that while stress exists across disciplines, its sources and manifestations differ depending on academic expectations and career prospects.

14. **Name of presenter: Ms. Payal Jain and Ms. Ritika Jain**

Title: First-Generation College Students' Perspectives on Mental Health and Well-Being.

The study emphasized the unique challenges faced by first-generation learners, including lack of academic guidance, financial pressures, and social adjustment issues.

15. **Name of presenter: Ms. Khushnuma Mansuri, Dr. Bharat Upadhayay and Dr. Santosh Rukari**

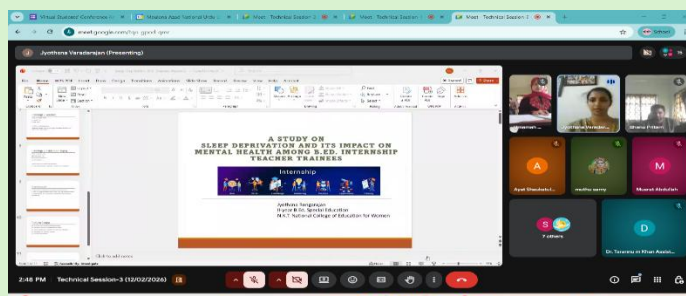
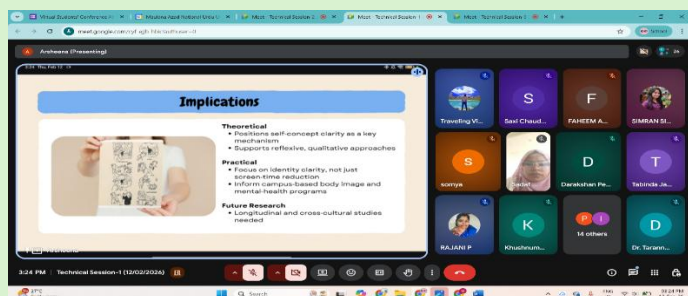
Title: A Study of the Life Skills on Emotional Maturity of Higher Secondary School Students.

The study highlighted that life-skills education plays a crucial role in developing emotional maturity, self-awareness, and resilience among adolescents. Overall, the session highlighted several emerging themes including academic pressure, career uncertainty, digital media influence, emotional coping mechanisms, and policy perspectives on student well-being. The discussions reflected the urgent need for educational institutions to integrate mental health awareness, counselling services, and life-skills education within the academic ecosystem. The Chairperson appreciated the depth and diversity of the research presented by the student scholars and encouraged them to continue exploring interdisciplinary approaches to mental health research. He emphasized that universities must create supportive learning environments where students can openly discuss psychological challenges and seek appropriate guidance.

The session concluded with a brief interaction between the presenters and the Chair, followed by words of appreciation for the presenters, organizers, and rapporteurs who contributed to the success of the session.

The session concluded with insightful observations from the Chairperson and Co-Chairperson, who appreciated the diversity of themes and methodological approaches presented. They emphasized the integration of mental health awareness, life skills training, digital literacy, and policy reforms within educational institutions.

Overall, Technical Session II provided a comprehensive academic platform to deliberate upon the multidimensional aspects of student mental health, linking empirical research with practical and policy-level recommendations.



Technical Session III (Online)

Theme: *Loneliness, Homesickness and Adjustment Challenges, Transition Stress, Relationship Stress, Emotional Coping, Peer Pressure, Fear of Failure, Bullying, Cyberbullying, Self-Harm, Suicidal Thoughts and Suicide Risk among Students*

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Mode: Online (Google Meet)

Name of the Rapporteur	Mr. Mohd. Siraj
Chairperson	Dr. Shabbir Ahmed
Co- Chairperson	Dr. Abdul Jabbar
Moderator	Ms. Iram Saleem Malik

Technical Session III of the Conference on “*Mental Health: Perspectives, Issues and Challenges*” was conducted online on 12th February, 2026. The session deliberated upon sensitive yet critical dimensions of student mental health, including loneliness, transition stress, peer pressure, bullying, emotional coping, and risk factors associated with severe psychological distress.

The session was chaired by Dr. Shabbir Ahmed, with Dr. Abdul Jabbar serving as Co-Chairperson. The proceedings were efficiently moderated by Ms. Iram Saleem Malik, ensuring smooth coordination and time management. The rapporteur for the session was Mr. Mohd. Siraj.

Summary of Paper Presentations

1. **Name of presenter: Ms. Huma Perveen**

Title: Transition Stress: Shift from School to College Life.

The study examined the psychological and social challenges faced by students during their transition to higher education. She emphasized the psychological and emotional challenges students experience while adapting to the new academic environment of higher education. Her study highlighted issues such as homesickness, academic pressure, and social adjustment difficulties.

2. **Name of the presenter: Ms. Meraj Fatma**

Title: Understanding Transition Stress: The Shift from School to College Life.

Meraj Fatima discussed similar transition-related stressors, highlighting academic expectations and social adaptation issues. She also discussed how the sudden change in academic expectations, independence, and social environment contributes to stress among first-year college students.

3. **Name of the presenter: Mr. Patel Krupa Vijaykumar**

Title: Emotional Intelligence in Secondary School Students.

The study highlighted the importance of emotional intelligence in helping students manage stress, build interpersonal relationships, and develop resilience. He also emphasizing its role in coping with stress and interpersonal conflicts.

Name of the presenter: Mrs. Sreelogna Dutta Banerjee, Mr. Arjun Chandra Das and Mr. Jayanta Mete

Title: Determinants of Fear of Failure with Reference to Peer Pressure and Perfectionism among Research Scholars in West Bengal.

4. The presenters explored determinants of fear of failure among research scholars in West Bengal, particularly in relation to peer comparison and perfectionistic tendencies. They also highlighted that competitive academic environments and unrealistic expectations significantly contribute to fear of failure among research scholars.

5. **Name of the presenter: Ms. Alisha Ashraf**

Title: Struggles in Silence: A Comprehensive Analysis of Self-Harm, Suicidal Thoughts and Suicide Risk among Students.

Ms. Alisha presented *Struggles in Silence* analyzing risk factors, warning signs, and preventive strategies related to severe mental distress among students. The study emphasized early identification, peer support systems, and accessible counselling services as protective measures.

6. **Name of the presenter: Mr. Rampratap Singh Raghav**

Title: Cyberbullying Victimization and Depressive Symptoms in Adolescents.

Mr. Raghav's analysis showed that victims of cyberbullying often experience increased levels of depression, anxiety, and social withdrawal. He presented a systematic review on cyberbullying victimization and its association with depressive symptoms in adolescents.

7. **Name of the presenter: Ms. Priyadharshini A**

Title: Peer Pressure, Perfectionism and Fear of Failure among College Students.

Her study reiterated the relationship between unrealistic expectations and psychological distress among students. She further examined peer pressure, perfectionism, and fear of failure among college students.

8. **Name of the presenter: Ms. Anamta Raza**

Title: Effect of Peer Pressure on Mental Health of College Going Students.

She emphasized that peer influence can significantly impact students' behavior, emotional stability, and academic decisions. She also analyzed the effect of peer pressure on the mental health of college-going students, emphasizing resilience and supportive peer networks.

9. **Name of the presenter: S. Agasiya**

Title Loneliness, Isolation and Adjustment Challenges: A Strategic Framework for Human Connection in an Evolving World.

The study proposed strategies for fostering social connectedness and emotional support systems among students. Presenter offered a strategic framework addressing loneliness, isolation, and adjustment challenges in the evolving socio-digital context.

10. Name of the presenter: Miss Pranjal Surana

Title: Adverse Childhood Experiences and Mental Health Outcomes: A Qualitative Inquiry of Gen Z of Ahmedabad.

Ms. Surana presented a qualitative inquiry on adverse childhood experiences and mental health outcomes among Gen Z youth in Ahmedabad, by highlighting the long-term implications of early stressors. Her findings also emphasized the long-term psychological effects of adverse childhood experiences on emotional health and coping mechanisms.

11. Name of the presenter: Mr. Nithya Raju

Title: Transition and Stress: From School Life to College Life – A Comprehensive Analysis of Adaptation Challenges

The presentation highlighted the psychological adjustments required by students during the transition phase. He highlighted a comprehensive analysis of adaptation challenges during the transition from school to college life.

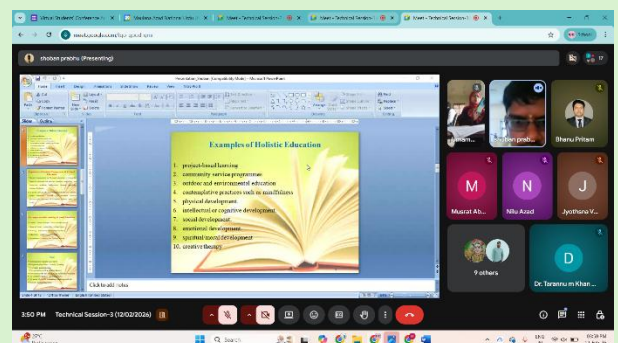
12. Name of the presenter: Shri Tanaji Abhiman Bhosale and Dr. Shakuntala Bhosale

Title: Transition Stress: Shift from School to College Life.

They emphasized the importance of orientation programs, mentoring systems, and counseling services in helping students adapt to the new academic environment. They also discussed transition stress and coping mechanisms among first-year college students.

At the end of the session, the co- Chairperson, Dr. Abdul Jabbar, appreciated the presenters for their insightful research contributions and emphasized the urgent need to create mentally healthy and supportive academic environments in educational institutions. He highlighted that mental health issues among students must be addressed through preventive strategies, counseling support, and collaborative efforts between educators, administrators, and students. He also commended the quality of research presented in the session and encouraged students and researchers to continue exploring mental health issues through interdisciplinary perspectives.

The session concluded with a vote of thanks by the Moderator, who expressed gratitude to the chairpersons, presenters, participants, and organizers for their valuable contributions and active participation.



Technical Session IV (Online)

Theme: *Social Media, Sleep Deprivation, Career Anxiety, Financial Stress, Hostel Life, Gender, Identity and Mental Health–Friendly and Inclusive Campus*

Date: 12th February, 2026

Time: 02:30 PM – 04:00 PM

Mode: Online (Google Meet)

Name of the Rapporteur	Mr. Mohd. Adil and Ms. Saniya Khan
Chairperson	Dr. Bhanu Pratap Pritam,
Co- Chairperson	Dr. P. Muthuswamy
Moderator	Ms. Ummah Aman

Technical Session IV of the Conference on “*Mental Health: Perspectives, Issues and Challenges*” was conducted online on 12th February, 2026. The session explored contemporary stressors affecting students, including social media influence, sleep deprivation, financial and career anxiety, hostel life challenges, gender and identity concerns, and the need for inclusive and mental health–friendly campuses.

The session was chaired by Dr. Bhanu Pratap Pritam, with Dr. P. Muthuswamy serving as Co-Chairperson. The proceedings were effectively moderated by Ms. Ummah Aman, while Mr. Mohd. Adil and Ms. Saniya Khan served as Rapporteurs. Each presenter was allotted 05 minutes to present their research findings.

Summary of Paper Presentations

1. **Name of the presenter: Ms. Ayat Shaukatullah**

Title: Artificial Intelligence, Real Emotions: Students and the Dangers of Relying on AI for Mental-Health Support.

The paper examined ethical and psychological implications of over-reliance on AI tools for emotional assistance, advocating balanced and supervised use. She highlighted the high counselling cost and hesitation to speak about mental health; she further emphasized that AI gives only temporary help. It was recommended that use AI for short-term support, but seek professional counsellors for long-term care.

2. **Name of the presenter: Ms. Jyothsna Rengarajan**

Title: A study on Sleep deprivation and its impact on the mental health among B.Ed. Internship Teacher Trainees

Extensive B.Ed. syllabus and dual roles as students and teachers cause stress and sleep deprivation. Recommendation: Maintain supportive peer groups and practice mindfulness or yoga to improve well-being

3. **Name of the presenter: Ms. Shagufa Parween and Dr. Jarrar Ahamad**

Title: Career Anxiety, Competitive Examinations and Fear of Unemployment

identifying uncertainty and societal expectations as major stressors. Overreliance on competitive exams leads to fear of failure, self-doubt, low self-efficacy, sleep deprivation, and limited career exploration. Encourage a multidimensional approach to career planning beyond just competitive exams.

4. **Name of the presenter: Ms. Subhana Mehdi Anjum**

Title: Career anxiety and fear of unemployment among students: The issues and concerns addressed career anxiety and unemployment concerns among students, recommending career counselling and mentoring support. Mismatch between education and employment opportunities, along with intense competition,

societal pressure, and parental expectations, causes career related stress. Integrate skill-based education to promote financial independence and reduce career anxiety

5. **Name of the presenter: Ms. Shriya M**

Title: *Mental Health: Living Away from Home,*

highlighting homesickness, hostel life adjustments, and emotional resilience. Family conflicts, lack of acceptance, and difficulty adjusting to a new environment contribute to stress, affecting nearly 1 in 4 students. Recommendation: Acknowledge personal struggles and seek support from trusted friends or professional counsellors.

6. **Name of the presenter: Ms. Shabnam Akbar and Mr. Mohd. Shafi**

Title: Beyond Individual Vulnerability: A Narrative Review of Impostor Syndrome and Well-Being among Doctoral Students

presented a narrative review on impostor syndrome and well-being among doctoral students, advocating mentorship and peer validation mechanisms. To examine mental health challenges, particularly imposter feelings, among doctoral students. Problem: Nearly 88% of doctoral students experience moderate to severe imposter syndrome, indicating widespread stress that cannot be addressed at the individual level alone. Recommendation: Implement systematic and structural reforms within doctoral education to effectively support students' mental health.

7. **Name of the presenter: Dr. Maganlal S. Moliya**

Title: Intersection of gender, identity, and mental health challenges,

The presenter emphasized inclusivity and sensitivity within campus environments. Casteism, discrimination, and lack of diversity in higher education led students to hide their identities and experience stress. He recommended to create an inclusive campus environment where students are not discriminated against based on caste or other social identities

8. **Name of the presenter: Mr. G. Shobanprabhu and Dr. M. Kanmani**

Title: Challenges the holistic education approach in shaping the younger generation, rather than depending solely on AI-based innovation methods

The presenter discussed holistic education approaches in shaping youth, cautioning against exclusive dependence on AI-based innovation. They raised the issue of overreliance on AI and online methods reduces comprehensive learning. They Recommended to combine AI innovation with traditional frameworks like Bloom's Taxonomy and Multiple Intelligence Theory

9. **Name of the presenter: Ms. Musrat Abdullah**

Title: Late Marriage fertility issue and its impact on women's health and youth in Kashmir. A study of Jammu and Kashmir

Ms. Abdullah presented a study on late marriage, fertility concerns, and their broader psychosocial implications in Jammu and Kashmir. She asserted that late marriage, high unemployment (32%), and societal preference for government-employed grooms cause delayed fertility and psychological stress. The recommendation was given to promote timely and equitable marriage practices and encourage flexible societal attitudes toward employment status

10. **Name of the presenter: M. Sruthika**

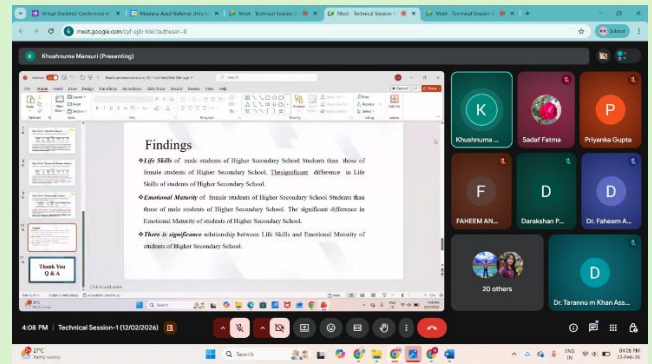
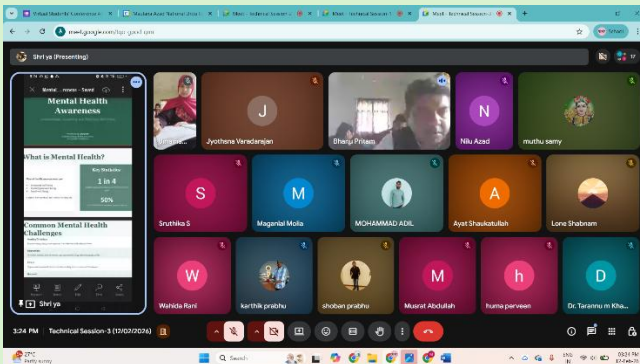
Title: Creating a Mental Health Friendly Inclusive Campus

M. Sruthika proposed frameworks for creating mental health-friendly and inclusive campuses through policy reforms and awareness programmes. She explored how campus culture influences students' mental health and well-being. Lack of accessible support, inclusive culture, and proactive measures increases stress and affects student wellness. The recommendation has been given to develop friendly and supportive

accommodations, promote inclusive culture, open communication, and proactive prevention to create a mentally healthy campus environment.

In their concluding remarks, the Chairperson and Co-Chairperson appreciated the interdisciplinary nature of the presentations and emphasized strengthening campus counselling and mentoring systems, addressing sleep hygiene and digital discipline among students, providing structured career guidance and financial assistance mechanisms, promoting gender-sensitive and inclusive campus policies, encouraging balanced use of technology and AI

The session effectively underscored the interconnectedness of academic, social, financial, technological, and identity-related factors influencing student mental health. It strongly advocated institutional reforms to foster safe, inclusive, and supportive learning environments.



Valedictory Session

The Valedictory Session marked the formal conclusion of the Students' Conference on *Perspectives, Issues and Challenges of Mental Health of College Students* organized by the College Wellness Committee (CWC), MANUU College of Teacher Education, Bhopal. The session reflected upon the rich academic deliberations that took place throughout the day and highlighted the importance of collective efforts in addressing mental health challenges among students. The programme was attended by faculty members, researchers, presenters, and student participants from various institutions across the country.

The valedictory session commenced with a comprehensive summary of the conference proceedings presented by Dr. Talmeez Fatma Naqvi. In her report, she highlighted the key objectives and thematic focus of the conference, which aimed to create a platform for students to openly discuss issues concerning mental health, well-being, and the challenges faced in contemporary academic environments.

Dr. Naqvi provided a concise overview of the inaugural session, emphasizing the significance of the initiative taken by the College Wellness Committee to foreground students' voices in discussions related to mental health. She noted that the conference successfully brought together young scholars from diverse regions of India who presented empirical studies, reflective analyses, and experiential narratives related to student mental health.

She further summarized the deliberations of the technical sessions, which covered a wide range of themes such as Loneliness, homesickness, and adjustment issues among students, academic pressure and fear of failure, peer pressure and relationship stress, Emotional coping strategies and resilience, impact of social media, sleep deprivation, and career anxiety and gender identity and inclusive campus environments

Dr. Naqvi appreciated the quality of research papers presented by the student scholars, noting that many presentations were based on field studies, surveys, and personal observations that provided valuable insights into the lived experiences of college students. She also acknowledged the constructive role played by the session chairpersons, co-chairpersons, and rapporteurs in facilitating meaningful academic dialogue.

In her concluding remarks, she emphasized that the conference not only served as an academic exercise but also created a supportive space for dialogue, awareness, and empathy, encouraging institutions to strengthen mental health support systems for students.

Following the summary presentation, Prof. Abdul Raheem delivered the closing remarks. He congratulated the organizers for successfully conducting a conference that addressed one of the most pressing issues in contemporary higher education student mental health.

Prof. Raheem appreciated the active participation of students, noting that the conference demonstrated how young scholars are increasingly engaging with critical social and psychological issues affecting their academic and personal lives. He remarked that mental health concerns are often overlooked in educational settings, and initiatives such as this conference play a crucial role in breaking the stigma surrounding psychological well-being.

He also highlighted the importance of institutional support mechanisms, including counseling services, peer support groups, and wellness committees, to ensure that students receive timely guidance and emotional assistance. He encouraged participants to continue their research and advocacy efforts in the area of mental health awareness.

The Valedictory Address was delivered by Prof. Noushad Husain, who commended the organizers for conceptualizing a conference exclusively for students and providing them with a platform to express their perspectives on mental health issues.

In his address, Prof. Husain emphasized that mental health is a fundamental component of overall well-being and academic success. He observed that students today face multiple stressors, including academic competition, career uncertainties, social expectations, and the impact of digital media. Therefore, it is essential for educational institutions to foster a supportive and inclusive environment where students feel comfortable discussing their challenges.

He also stressed the importance of awareness, empathy, and early intervention in addressing mental health concerns. Prof. Husain encouraged educators, administrators, and policymakers to work collaboratively to create mental health-friendly campuses, where counseling facilities, wellness programmes, and student support initiatives are readily accessible.

Concluding his address, he appreciated the enthusiasm and dedication shown by the student presenters and expressed hope that the insights generated during the conference would contribute to strengthening mental health initiatives in higher education institutions.

The next segment of the programme was the certificate distribution ceremony, conducted by Dr. Shabana Ashraf co-convenor of the conference. Certificates of participation and presentation were awarded to the student scholars who actively contributed to the conference through their research papers and presentations.

The distribution of certificates served as a recognition of the scholarly efforts, research contributions, and enthusiastic participation of the students. Faculty members and guests congratulated the participants and appreciated their commitment to addressing important issues related to mental health and student well-being.


The Vote of Thanks was delivered by Dr. Shabana Ashraf, who expressed her heartfelt gratitude to all those who contributed to the success of the conference.

She extended special thanks to the Chief Guest, distinguished speakers, session chairpersons, co-chairpersons, rapporteurs, and student presenters for their valuable contributions and insightful discussions. She also acknowledged the efforts of the organizing committee, faculty members, and volunteers who worked diligently behind the scenes to ensure the smooth conduct of the conference.

Dr. Ashraf further appreciated the support of the College Wellness Committee and the administration of MANUU College of Teacher Education, Bhopal, whose encouragement made the event possible. She concluded by expressing hope that the discussions and recommendations emerging from the conference would inspire further initiatives aimed at promoting student mental health and well-being.

The valedictory session concluded with the National Anthem.

Feedback from the Participants



@nafsandislam01 3 weeks ago
Valuable session
👍 1 🗨️ Reply

Excellent speech

3 responses

Well Informative Session

1 response

Excellent speach

1 response

Very information session

1 response

Excellent Speech

1 response

Outcome of the Conference

The Students' Conference proved to be a meaningful academic and reflective platform that brought together student researchers, educators, and scholars to deliberate upon the growing concerns related to mental health in higher education. The conference generated several important outcomes that are expected to contribute to awareness, research, and institutional initiatives related to student well-being.

- Creation of a student-centered platform where young scholars were able to openly discuss their experiences, concerns, and research findings related to mental health.
- Encouraged students to voice their perspectives on issues such as academic stress, loneliness, peer pressure, fear of failure, bullying, cyberbullying, and emotional coping.
- Participatory environment fostered a sense of openness and helped reduce the stigma often associated with discussing psychological difficulties.
- Interdisciplinary dialogue with diverse methodological approaches highlighted the complex and multidimensional nature of mental health challenges faced by college students. The discussions enriched the understanding of how socio-cultural, technological, and institutional factors influence student well-being.
- Highlighted the need for establishing accessible counseling services, peer-support mechanisms, wellness programmes, and awareness campaigns within colleges and universities. The event reinforced the importance of institutional initiatives such as College Wellness Committees in promoting mental health awareness and providing guidance to students facing emotional or psychological challenges.
- Contributed to capacity building among student researchers. By presenting their research papers and engaging in scholarly discussions with experts and peers, students gained valuable experience in academic presentation, critical analysis, and research dissemination. This exposure is expected to motivate them to pursue further research and advocacy in the area of student mental health.
- Need for developing inclusive and mental health–friendly campuses that acknowledge issues related to gender identity, social inclusion, and emotional well-being.
- Collective understanding that mental health awareness must become an integral part of educational discourse and institutional policy.

Overall, the conference successfully achieved its objectives by raising awareness, promoting research-based discussion, and strengthening the commitment of educational institutions toward supporting student mental health and well-being.

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