



मौलाना आज़ाद नेशनल उर्दू यूनिवर्सिटी
MAULANA AZAD NATIONAL URDU UNIVERSITY

A Central University, Ministry of Education, Govt. of India
GACHIBOWLI, HYDERABAD-500032 (India), Phone: +91-040-23006612-15, manuu.edu.in



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 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.



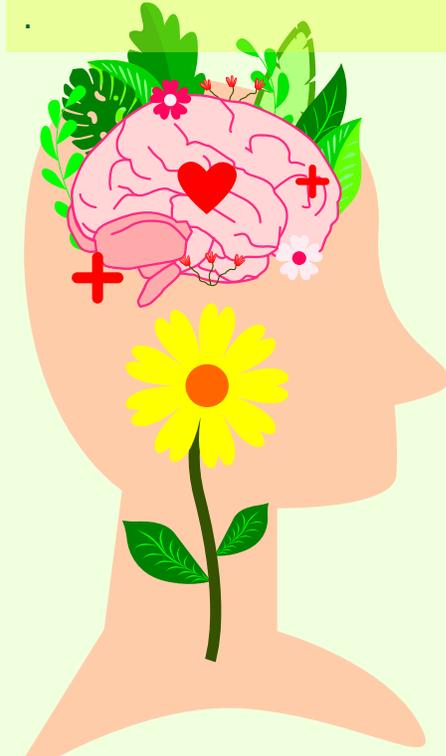
OBJECTIVES & CALL FOR PAPERS

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.





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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
- 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

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 Noori Nastaleeq Font size: 14 Line spacing 1.5 spacing

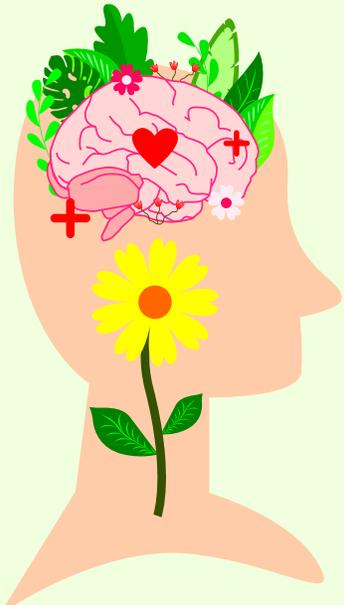
Referencing: Please follow the APA style in writing the paper and reference

Registration and paper submission Link and email ID:

Registration and Paper submission link: <https://forms.gle/ETq4syzmzLxnPMa89>

Email ID for Full Paper Submission: manuu-campuspl@gmail.com

Certificates will be provided to the Paper Presenter and Participants.





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MANUU CAMPUS, BHOPAL

ORGANISING SECRETARY

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CONFERENCE ORGANIZING COMMITTEE

FACULTY

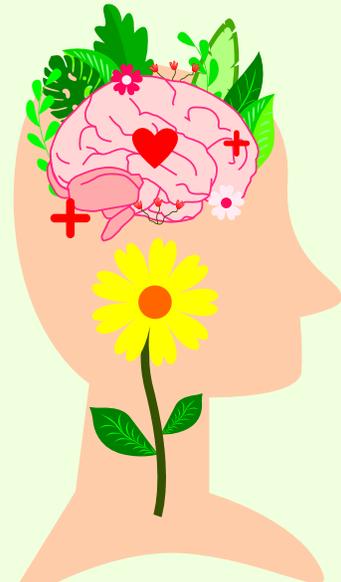
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DR. NEETI DUTTA
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MR. MOHD FAHEEM KHAN
MR. AHMAD HUSAIN
MR. MOHD FAISAL
DR. FAHEEM ANWAR

CONFERENCE ORGANIZING COMMITTEE

STUDENTS

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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.

