

Two Day National Seminar

Mental Health and Well Being

Sponsors -Higher Education Govt. of Chhattisgarh

Dated: 03rd & 04th February 2026



Organized by
Chandulal Chandrakar Govt.
College Dhamdha, Durg



in Collaboration with
Govt. J. Yoganandam
Chhattisgarh College, Raipur



About the Seminar - Mental health is a vital component of overall health and quality of life. In today's fast-paced and competitive world, individuals face increasing stress, emotional challenges, and psychological pressures. This seminar is designed to create awareness, reduce stigma, and promote positive mental health and wellbeing among students, teachers, and healthcare professionals.

About College- "Stemming from the rural environment of Dhamdha and its surrounding regions, and as a direct result of the persistent and dedicated efforts of the local residents to provide access to higher education for rural youth, a college was established in the town on August 16, 1989. The institution is currently moving towards its Silver Jubilee year and is functioning efficiently from its own constructed building, situated on approximately 13 acres of land in Sirnabhatha. Currently, the college offers undergraduate programs in Arts, Commerce, and Science, along with Postgraduate programs in Commerce and Management (M. Com) and in the Arts faculty, specifically in Political Science, Economics, and Sociology and M.Sc. in Botany, Chemistry and Mathematics-nurturing 1775 students from 45 villages."

Collaborating Institution- Govt. J. Yoganandam Chhattisgarh College (affiliated to Pandit Ravishankar Shukla University, Raipur) is a reputed and prestigious college known as the Light House of Higher Education in Chhattisgarh. Since its inception in 1938, the institution has been dedicated to disseminating knowledge in the faculties of Arts, Commerce, Science, and Law, and is renowned for its excellence in education. It was founded by Honourable Mr. Janaswami Yoganandam on 16th July 1938 under the banner of Chhattisgarh Education Society and was taken over by the Government of Chhattisgarh on 01 October 1982, getting inspiration from the freedom movement and starting with a mission to provide higher education for several years. The institution strives to fulfil its mission for providing educational opportunities to all aspiring youth to excel in life by developing academic excellence fostering values, creating civic responsibility and building global competence in a dynamic environment.

Sub-Themes: Mental Health in Educational Institutions

- Student Mental Health Challenges
- Mental Health Care and Suicide Prevention
- Counselling Skills for Well-being
- Preventive and Promotive Mental Health Approaches
- Social Media and Mental Well-being
- Impact of Social Media on Family Relationships and Mental Health
- Mental Health & Social Structure
- Mental Health & Social Change
- Mental Health, Culture & Values
- Mental Health & Youth
- Indian Perspective on Mental Well- being
- Impact of Yoga, Meditation, and Spirituality on Mental Health
- Digital Era Challenges to Mental Health
- Jain and Yogic Principles to Enhance Mental Health
- Future Challenges and Innovations in Mental Health
- Mental Health & Society
- Mental Health & Family
- Mental Health & Socialization
- Youth Pressure & Suicide



Theme of Panel Discussion

- ▶ Understanding Mental Health and Well-being: Current Challenges
- ▶ Mental Health in Educational and Workplace Settings

Conveners

Dr. Tapesh Chandra Gupta

Principal, Govt. J. Yoganandam
Chhattisgarh College, Raipur

Dr. Ushakiran Agrawal

Principal, CLC Govt. College Dhamdha

Organizing Secretaries

Shri Tarun Kumar Padamwar

Assistant Professor (Sociology)

Dr. Anamika Modi Jain

Assistant Professor (Psychology)

Patron

Dr Santosh Kumar Dewangan

Commissioner

Higher Education, Chhattisgarh

Registration & Participation Details

Faculty/Professional : 500 ₹
Research Scholar/ Guest Faculty : 400 ₹
Students : 300 ₹



Click here to register
<https://forms.gle/1aaLrwFCdegjxrc7>

Pay to

Account Holder Name : Tarun Padamwar
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Guidelines for Submission & Publication

Faculties and scholars are invited to contribute papers on the above themes/ sub themes of the Conference and submit them through email collegedhamdha@gmail.com by 15 January 2026.

The authors should adhere to the following for both abstract and the full-length Paper

Length : Abstract: 300-500 words

Full Paper 3000-5000 words

Font : English: Times New Roman, 12 point Hindi : Kruti Dev 10, 14 point

Title Page : Title, Authors(s), Affiliation(s), Contact Details

Key Words : 5 words

Sources should be clearly cited and papers should not be plagiarized. Plagiarized papers will be disqualified and will not be considered for publication in the Conference Proceedings. Selected papers may be published in a book with an ISBN number after receiving a rigorous peer review.

Note: An extra ₹500 will be charged for publication.

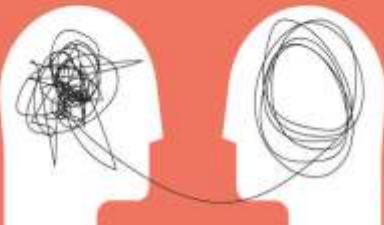
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HEALING TAKES TIME, AND
ASKING FOR HELP
IS A COURAGEOUS STEP.
MARISKA HARGITAY



The
Art of a
Quiet Mind
with Positive
Psychology



get paralyzed by their thoughts?
Research links overthinking-related paralysis to serious
mental disorders like depression, anxiety,
psychosis, and schizophrenia.



Tentative Schedule of Seminar

Dated- 03rd & 04th February 2026
Programme

Venue- Govt. J. Yoganandam Chhattisgarh College, Raipur

Day – One 03rd February 2026

S. No.	Detail	Time
1	Registration	09:30 AM – 11:00 AM
2	Inauguration	11:00 AM – 12:00 PM
Tea 12:00 PM – 12:30 PM		
3	Scientific Session I	12:30 PM – 02:30 PM
Lunch Break 02:30 PM – 03:00 PM		
4	Panel Discussion	03:00 PM- 03:45 PM
5	Scientific Session II	03:45 PM- 05:30 PM

Day – Two 04th February 2026

S. No.	Detail	Time
1	Session III	11:00 AM – 02:00 PM
Lunch Break 02:00 PM – 03:00 PM		
2	Session IV, Valedictory	03:00 PM – 05:00 PM

Program Details

Day – II Registration & Inauguration

Day – I, Scientific Session I

Chair	:	Dr. J.C. Ajwani
Co-Chair	:	Dr. Anjana Purohit
Session In Charge	:	Dr. Gautami Bhatpahri
Reporters	:	Dr. Vaishali Gautam & Dr. Vinita Swarnkar

Panel Discussion, Day – I, Session II

Panellist I	:	Dr. Priyamvada Shrivastava
Panellist II	:	Dr. Simi Shrivastava
Moderator	:	Dr. Mini Alex
Session In charge	:	Dr. Rachita Shrivastava
Reporter	:	Dr. Dinesh Lehari & Dr. Archana Pandey

Day – II, Session III

Chair	:	Dr. Debjani Mukherjee
Co-Chair	:	Dr. Meeta Jha
Session In Charge	:	Dr. Gurpreet Kaur
Reporter	:	Dr. Lalita Sahu & Dr. Jayshree Sahu

Day – II, Session IV, Valedictory

Anchor/ Session Incharge	:	Dr. Anamika Modi
Recap	:	Dr. Durga Tripathi
Oral feedback by	:	Two Participants
Session In Charge	:	Dr. Suchi Chaudhary
Reporting	:	Dr. Manoj Rao & Dr. Kavita Vaishnav