

NATIONAL CONFERENCE-CUM-EXHIBITION

Promoting Mental Health and Well-being in Schools: A Whole School Approach

28TH – 29TH OCTOBER, 2026
(in Hybrid Mode)



Organized by
Regional Institute of Education (NCERT)
Capt. D.P. Chaudhary Marg, Ajmer – 305004
Rajasthan

About the Manodarpan

An initiative by Ministry of Education (MOE), Government of India (GOI) aims to provide psychosocial support for mental health and well-being of students. Manodarpan initiative was inaugurated by the Hon'ble Minister for Education on 21st July, 2020 and since then has been addressing the needs of students, teachers and family through its several activities.

National Toll-free Helpline (8448440632) has been set up to provide tele-counselling to students across schools, colleges and universities and their parents and teachers to address their mental health and psychosocial issues.

Series of Webinars and discussion sessions '**Paricharcha**' are held under the Manodarpan initiative to reach out to students and all stakeholders with the aim to create awareness about mental health and well-being concerns and ways of dealing/coping with them. It provides a platform for all to seek psychosocial support from experts in the field of mental health, counsellors, psychologists and educationists. '**Sahyog**' live interactive sessions are held every day for students (classes VI-XII) from 5.00-5:30 pm on PM e-vidya channel with the focus on providing guidance for promoting mental well-being among students.

About the Institute

The Regional Institute of Education (RIE) Ajmer is a constituent unit of the National Council of Educational Research and Training (NCERT), established in 1963 to cater to the educational needs of the northern states and Union Territories of India. Located in Ajmer, Rajasthan, the Institute plays a significant role in teacher education, educational research, curriculum development, and extension activities. RIE Ajmer offers innovative pre-service and in-service teacher education programmes as per NCERT norms, and is committed to nurturing holistic, healthy, and future-ready teachers through research, training, and the development of educational materials.



NO REGISTRATION FEE!!
Accommodation by Host Institute

Conference Details & Submission Guidelines

About the Conference

Mental well-being is a vital component of the overall well-being of an Individual . It forms the corner stone for holistic development of students encompassing emotional, social , cognitive and physical aspects. National Education Policy (NEP) 2020 emphasizes the holistic development of learners, including their physical, psychological, social, emotional and cognitive well-being. It highlights the need for educational institutions to provide a safe, caring and stimulating learning environment and identifies life skills such as communication, co-operation, teamwork and resilience as important components of education. A whole-school approach therefore moves beyond individual counselling and encourages the active involvement of teachers, school leaders, parents, counsellors and students in creating an inclusive, supportive and emotionally healthy school environment.

The conference provides a platform for sharing research, innovative practices and practical strategies for promoting mental well-being, preventing psychological distress and developing resilience among learners. This emphasis is consistent with the Ministry of Education's recognition that mental well-being is interconnected with physical, social and emotional health and contributes to the holistic development envisioned under NEP 2020. Along with the conference, exhibition of posters/exhibits on Mental Health and Well-being will be displayed by students of RIE Ajmer .

Call for Abstract

Abstracts are invited from researchers, teacher educators, policy makers, administrators, faculty members, school teachers, counsellors, social workers, students and other stakeholders for original research and innovative practices related to mental Health and well-being in schools. Abstracts should clearly present the title, objectives, methodology, key findings and conclusion and should be concise, relevant and original.

Guidelines for Submission of Full-length Paper

Selected abstracts will subsequently be invited to present full-length papers in the conference (in Hybrid Mode), along with a plagiarism report. Submissions should be sent via email to mhc.2026rieajmer@gmail.com in accordance with the following guidelines:

- Papers need to be submitted in Hindi or English.
- Abstracts: A concise abstract of 250 (maximum) words must be included in the paper along with the keywords.
- The full-paper manuscript should be between 2500 to 5000 words (maximum).
- Formatting: Times New Roman, Font size: 12 (Standard text).
- Headings: 14 pts. Bold; Title: 16 pts. Bold; Spacing: Single.
- Citation style: References must conform to APA style (7th Edn.).
- Each submission must clearly state the title (e.g., Dr., Mr., Ms.), full name, institutional affiliation, and email address of all contributing authors.
- Plagiarism Policy: All papers must be plagiarism-free and in compliance with the UGC Guidelines (2018).

Accommodation

Accommodation facilities will be arranged by RIE Ajmer to the presenters (only one author).

CONFERENCE THEMES AND SUB-THEMES

THEMES	SUB-THEMES
Theme 1: Mental Health and Well-being for Holistic Development: A Whole School Approach	1. Mental Health Promotion and Holistic Well-Being in Schools: Creating a Culture of Prevention, Wellness, Resilience and Flourishing 2. Social and Emotional Learning for Mental Health and Holistic Development: Emotional Regulation, Empathy, Self-awareness, Relationship Skills and Responsible Decision-making 3. School Leadership and Institutional Policies for Mental Health Promotion: Whole-school Planning, Leadership Practices, Policies and Systems for Sustainable Well-being 4. Community Partnerships and Convergence for School Mental Health: Collaboration among Schools, Families, Health Professionals, Government Agencies and Community Organisations
Theme 2: Current Scenario of Mental Health in India	1. Emerging Mental Health Concerns among Children and Adolescents in India: Anxiety, Stress, Depression, Loneliness, Emotional Difficulties and Behavioural Concerns 2. School Mental Health in India: Current Status, Gaps and Emerging Needs: Availability, Accessibility and Adequacy of Mental Health Support within Schools 3. Teacher Mental Health and Well-Being in the Indian School Context: Work-related Stress, Burnout, Emotional Demands and Professional Support Systems. 4. School Counselling and Psychosocial Support: Current Practices and Challenges: Counsellor Availability, Referral Systems, Professional Capacity and Multidisciplinary Support
Theme 3: Government Policies and Initiatives on Mental Health and Well-being	1. National Policy Perspectives on Mental Health and Well-Being: Policy Provisions, Preventive Approaches and Strengthening Mental Health Systems 2. NEP 2020, NCF-SE 2023 and NCF-FS 2022: Integration of Mental Health and Holistic Well-Being in Education 3. Government Initiatives for Mental Health and Well-Being: Ayushman Bharat, Samagra Shiksha, etc. 4. Manodarpan Initiatives: Psychosocial Support, Awareness, Counselling and Stakeholder Engagement

CONFERENCE THEMES AND SUB-THEMES

THEMES	SUB-THEMES
Theme 4: Bhartiya Perspective to Support Mental Well-being	1. Yoga, Pranayama and Mindfulness for Mental Well-being 2. Indian Knowledge Systems and Holistic Health 3. Ayurveda and Traditional Approaches to Emotional Balance and Well-being 4. Stories, Arts and Folk Traditions and Cultural Practices for Well-being
Theme 5: Diversity, Equity and Inclusion for Promoting Mental Well- being	1. Inclusive School Culture for Mental Health and Well-Being: Building Belongingness, Acceptance, Respect and Psychological Safety for every Learner 2. Gender Equity, Gender Sensitivity and Mental Well-Being: Addressing Gender-based Stereotypes, Discrimination, Expectations and Emotional Challenges 3. Mental Health and Well-Being of Children with Disabilities and Diverse Learning Needs: Accessibility, Participation and Inclusive Psychosocial Support 4. Inclusive Pedagogy and Classroom Practices for Psycho-social Well-Being: Differentiated Teaching, Learner Voice, Participation and Emotionally Supportive Classrooms
Theme 6: Technology, Media and Digital Support Systems for Mental Health	1. Digital Well-Being and Mental Health of Children and Adolescents: Healthy Technology Use, Screen Habits, Self-regulation and Balanced Digital Lifestyles 2. Social Media and Adolescent Mental Health: Social Comparison, FOMO, Online Identity, Cyber-socialisation and Emotional Well-being 3. Cyberbullying, Online Safety and Psycho-social Well-Being: Prevention, Identification, Reporting and School-based Responses to Online Harassment 4. Technology-Enabled School Counselling and Psychosocial Support: Online Counselling, Tele-support, Digital Referral Systems and Hybrid Models of Student Support
Theme 7: Overcoming Challenges and Barriers to Mental Well- being	1. Breaking the Stigma: Promoting Open Conversations on Mental Health, Challenging Myths, Misconceptions, Shame and Negative Attitudes 2. Barriers to Help-Seeking among Children and Adolescent: Fear, Hesitation, Lack of Awareness, Confidentiality Concerns and Trust Deficits 3. Institutional and Systemic Barriers to School Mental Health: Inadequate Resources, Limited Counselling Services, Lack of Trained Personnel and Fragmented Support Systems 4. From Barriers to Solutions: Building a Resilient Whole-school Mental Health Ecosystem: Integrated Strategies for Prevention, Early Intervention, Support and Sustainable Well-being

Who Should Participate?

- Policymakers • Curriculum Developers
- Faculty Members • School Counsellors
- Teacher Educators • School Teachers
- Researchers • Students • Healthcare Professionals • Social Workers

Important Dates

Last date for Abstract submission	20 th October, 2026
Communication of Selection of Abstract	21 st October, 2026
National Conference-cum-Exhibition Dates	28 th - 29 th October, 2026



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Director, NCERT



Patron

Prof. Prakash Chandra Agarwal,
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