



ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ (ਮੇਜ਼ੀ),

ਸਮੂਹ ਡਾਈਟ ਪ੍ਰਿੰਸੀਪਲ,

ਪੰਜਾਬ।

ਸੋਮੇ ਨੰ: E-1073414/424

ਮਿਤੀ: 15.10.2026

ਵਿਸ਼ਾ: Dissemination of Brochure for National Conference on "Promoting Mental Health and Well-being in Schools: A Whole School Approach" to be held on 28th and 29th October, 2026.

1.0 ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ ਆਪ ਨੂੰ ਸੂਚਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ Regional Institute of Education (RIE), NCERT, ਅਜਮੇਰ, ਰਾਜਸਥਾਨ ਵੱਲੋਂ ਮਿਤੀ 28 ਅਤੇ 29 ਅਕਤੂਬਰ, 2026 ਨੂੰ "Promoting Mental Health and Well-being in Schools: A Whole School Approach" ਵਿਸ਼ੇ 'ਤੇ Hybrid Mode ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਕਾਨਫਰੰਸ ਕਰਵਾਈ ਜਾ ਰਹੀ ਹੈ।

2.0 ਇਸ ਕਾਨਫਰੰਸ ਦਾ ਉਦੇਸ਼ ਸਕੂਲਾਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਮਾਨਸਿਕ ਸਿਹਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ, ਮਾਨਸਿਕ ਤਣਾਅ ਦੀ ਰੋਕਥਾਮ ਕਰਨਾ, ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਹਿਣਸ਼ੀਲਤਾ ਅਤੇ ਮਾਨਸਿਕ ਲਚਕਤਾ ਵਿਕਸਿਤ ਕਰਨਾ ਅਤੇ ਸਕੂਲ ਪੱਧਰ 'ਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਲਈ ਸਮੁੱਚੀ ਪਹੁੰਚ ਨੂੰ ਪ੍ਰੋਤਸਾਹਿਤ ਕਰਨਾ ਹੈ। ਇਸ ਦੌਰਾਨ ਅਧਿਆਪਕਾਂ, ਸਕੂਲ ਮੁਖੀਆਂ, ਕਾਊਂਸਲਰਾਂ ਅਤੇ ਮਾਪਿਆਂ ਦੀ ਭੂਮਿਕਾ ਸਬੰਧੀ ਵੀ ਵਿਚਾਰ-ਵਟਾਂਦਰਾ ਕੀਤਾ ਜਾਵੇਗਾ।

3.0 ਕਾਨਫਰੰਸ ਵਿੱਚ ਭਾਗ ਲੈਣ ਦੇ ਚਾਹਵਾਨ ਵਿਅਕਤੀਆਂ ਤੋਂ ਨਾਲ ਨੱਥੀ ਬਰੇਸਰ ਵਿੱਚ ਦਰਸਾਏ ਗਏ ਵਿਸ਼ਿਆਂ ਅਨੁਸਾਰ ਐਬਸਟ੍ਰੈਕਟ (Abstracts) ਮੰਗੇ ਗਏ ਹਨ। ਐਬਸਟ੍ਰੈਕਟ ਜਮ੍ਹਾਂ ਕਰਵਾਉਣ ਦੀ ਆਖਰੀ ਮਿਤੀ 20 ਅਕਤੂਬਰ, 2026 ਹੈ ਅਤੇ ਚੁਣੇ ਗਏ ਐਬਸਟ੍ਰੈਕਟਾਂ ਸਬੰਧੀ ਜਾਣਕਾਰੀ 21 ਅਕਤੂਬਰ, 2026 ਨੂੰ ਦਿੱਤੀ ਜਾਵੇਗੀ। ਕਾਨਫਰੰਸ ਲਈ ਕੋਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਫੀਸ ਨਹੀਂ ਹੈ ਅਤੇ ਭਾਗ ਲੈਣ ਵਾਲੇ ਅਧਿਆਪਕਾਂ ਲਈ NCERT ਵੱਲੋਂ ਰਿਹਾਇਸ਼ ਦਾ ਪ੍ਰਬੰਧ ਵੀ ਕੀਤਾ ਜਾਵੇਗਾ।

4.0 ਆਪ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਇਸ ਕਾਨਫਰੰਸ ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਨਾਲ ਨੱਥੀ ਬਰੇਸਰ ਸਮੇਤ ਆਪਣੇ ਅਧੀਨ ਜਿਲ੍ਹਾ ਮੈਟਲ ਹੈਲਥ ਨੈਡਲ ਅਫ਼ਸਰਾਂ ਅਤੇ ਡਾਈਟ ਮੈਟਲ ਹੈਲਥ ਨੈਡਲ ਅਫ਼ਸਰਾਂ ਨਾਲ ਸਾਂਝੀ ਕਰਨੀ

ਹੁਣ ਤੋਂ ਕਿਲਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ (ਮੇਜ਼ੀ) ਦਾਇਰੇ

ਪਿਛ ਅਕਿਟ ਨੂੰ ਜੀ 1/1 2026/1525/5044 ਅਤੇ - 16/10/26

ਭਿਤਰਾ ਸਕੂਲ ਸਕੂਲਾਂ ਨੂੰ ਮੁਰਸ਼ ਅਤੇ ਅਗਲੀ ਪੀਐਚ ਡਾਟਾਵੀ 13 ਤੀਜਿਆ
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16/10/26
ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ (ਮੇਜ਼ੀ)
ਬਿਧਿਕਾ

ਅਤੇ ਹੋਰ ਸਬੰਧਤ ਵਿਅਕਤੀ ਇਸ ਕਾਨਫਰੰਸ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਸਮੇਂ ਸਿਰ ਆਪਣੇ ਐਬਸਟ੍ਰੈਕਟ ਜਮ੍ਹਾਂ ਕਰਵਾ ਸਕਣ।

5.0 ਉਕਤ ਕਾਨਫਰੰਸ ਵਿੱਚ ਜੋ ਵੀ ਜ਼ਿਲ੍ਹਾ ਅਤੇ ਡਾਈਟ ਮੈਂਟਲ ਹੈਲਥ ਨੈਡਲ ਭਾਗ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹਨ ਉਹ ਮਿਤੀ 20 ਅਕਤੂਬਰ 2026 ਤੱਕ ਆਪਣਾ ਐਬਸਟ੍ਰੈਕਟ (ਗਾਈਡਲਾਈਨਜ਼ ਅਨੁਸਾਰ) Regional Institute of Education (RIE), NCERT, ਅਜਮੇਰ ਦੀ ਈ-ਮੇਲ ਆਈ ਡੀ mhc.2026rieajmer@gmail.com ਅਤੇ SCERT Punjab ਦੀ ਈ-ਮੇਲ ਆਈ ਡੀ scertguidancecounselling@gmail.com ਤੱਕ ਭੇਜਣੀ ਬਣਾਉਣ।

ਨੋਟ: ਕਾਨਫਰੰਸ ਸਬੰਧੀ ਬਰੇਸਰ

ਕਿਰਨ ਸਰਮਾ (ਪੀ.ਸੀ.ਐਸ.)

ਡਾਇਰੈਕਟਰ, ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ., ਪੰਜਾਬ।

ਪਿੱਠ ਅੰਕਣ ਨੰ. ਉਕਤ/

ਮਿਤੀ:- 15.10.2026

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਸਮੂਹ ਜ਼ਿਲ੍ਹਾ ਮੈਂਟਲ ਹੈਲਥ ਨੈਡਲ ਅਫਸਰ ਅਤੇ ਡਾਈਟ ਮੈਂਟਲ ਹੈਲਥ ਨੈਡਲ ਅਫਸਰਾਂ ਨੂੰ ਸੂਚਨਾ ਹਿੱਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ।

Shema
ਸਰਵਿਕ ਡਾਇਰੈਕਟਰ
ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ. ਪੰਜਾਬ।

शिक्षा सं

अनुसंधान और प्रशिक्षण

प्रशासनिक धीरे-धीरे

संस्कार के अधीन

मरी चर्चा, अजमेर-3

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मेरा दिने,

पत्र नं. 225 सी-227 सी, पहिली भेजिल, तिसरा पुसपुकी कपलैवम, घण्टिडा-151001
सी-भेस dlobti.pblanguages@prrm-11

शिक्षा संस्थान

एक अनुसंधान और प्रशिक्षण परिषद्
एन एन प्रत्यायन परिषद् द्वारा A* श्रेणी प्रवृत्त
ए भारत सरकार के अधीन एक स्वायत्त संगठन
प्रचार चौपरी मार्ग, अजमेर-305004 (राजस्थान)



Regional Institute of Education

(National Council of Educational Research & Training)

Accredited by NAAC with A* Grade

An Autonomous Organization under MoE, GOI

Capt. D.P. Choudhary Marg, Ajmer-305004 (Rajasthan)

45-2643671/2644630/2643721

E-mail: rieajmer@yahoo.com

Website : rieajmer.raj.nic.in

Prof. Sucheta Prakash
Principal

F. No. Manodarpan-
2026/DEPFE/NCERT/AK/29/10
Dated: 9 OCT 2026

To,
The Director,
State Council of Educational Research and Training,
Vidya Bhawan (Punjab School Education Board)
Block-E, 5th floor, Phase-VIII,
SAS Nagar (Mohali)
Punjab 160062
E-mail: directorscert@yahoo.in

Subject: Dissemination of Brochure for National Conference on Promoting Mental Health and Well-being in Schools: A Whole School Approach (28th and 29th October)

Dear Sir/Madam,

It gives us immense pleasure to inform you that a National Conference on *Promoting Mental Health and Well-being in Schools: A Whole School Approach* is being organized from 28th to 29th October 2026 under the *Manodarpan*, An Initiative by the Ministry of Education. In this regard, you are kindly requested to disseminate the attached brochure among academic fraternity of DIETs/ SCERT of your state/ UT for their participation/ paper presentation in this academic endeavour.

Looking forward to your kind co-operation,

With regards,

Yours sincerely,

3 जेस पुमान
09/10/2024
Principal

NATIONAL CONFERENCE-CUM-EXHIBITION

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

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



शिक्षा मंत्रालय
MINISTRY OF
EDUCATION



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

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About the Manodharpan

An initiative by Ministry of Education (MOE), Government of India (GOI) aims to provide psychosocial support for mental health and well-being of students. Manodharpan 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 Manodharpan 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 mhe.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

Important Dates

Who Should Participate?

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

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



Chief Patron

Prof. Dinesh Prasad Saklani,
Director, NCERT



Patron

Prof. Prakash Chandra Agarwal,
Joint Director, NCERT



Chairperson

Prof. Sucheta Prakash,
Principal, RIE Ajmer

Organizing Secretary:

Dr. Amrita Katyayni

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Dr. Ganesh Datt	Dr. Sankarshan B.M.
Dr. Dibendu Kumar Bej	Dr. Sathish K.
Dr. Arakhita Behera	

Advisory committee members

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 Prof. Ayushman Goswami, Head, DEE, RIE, Ajmer
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