



# NATIONAL SYMPOSIUM

## ON

**Nurturing Mental Health: A Challenge for Psychological Wellbeing of Society in the 21<sup>st</sup> Century**

**17<sup>th</sup> February, 2026**



*Organized by*

**Department of Human Development and Family Studies  
College of Community Science  
Assam Agricultural University, Jorhat-785013, Assam, India**

*Sponsored by*

**Indian Council of Agricultural Research (ICAR)  
New Delhi – 110001**

**Venue**

**Assam Agricultural University  
Jorhat-785013, Assam**

## About the Symposium:

In the 21<sup>st</sup> century, nurturing mental health has emerged as a vital challenge for the psychological wellbeing of society. Rapid social, academic, and technological transformations have significantly influenced mental resilience, emotional wellbeing, and overall quality of life. Promoting positive mental health is therefore essential for building healthier academic institutions and communities.

The National Symposium on “**Nurturing Mental Health: A Challenge for Psychological Wellbeing of Society in the 21<sup>st</sup> Century**” aims to serve as a national platform for academicians, scientists, mental health professionals, extension personnels, and students. The symposium will facilitate deliberations on emerging mental health challenges, sharing of research findings, and formulation of strategic interventions for promoting psychological wellbeing in academic institutions and society at large.

The programme will feature expert lectures and paper presentations, offering a dynamic forum for knowledge sharing and awareness on mental health care.

## Objectives

- ❖ The symposium aims to focus on nurturing mental health to address the growing challenges in psychological wellbeing in the 21st century and to promote positive mental health outcomes. The specific objectives include:
- ❖ Raising awareness on mental health issues with special reference to 21st century
- ❖ Providing educational resources for mental health support
- ❖ Facilitating academic and professional network
- ❖ Exploring solutions to improve mental health support and accessibility for individuals and communities

# ORAL PAPER Presentation

## Themes and Sub-Themes

### Theme 1: Mental Health across the Life Course

S U B T H E M E S

- Child and adolescent mental health
- Mental health of youth and college students
- Adult mental health and work-life balance
- Aging, caregiving, and geriatric mental health
- Family dynamics and intergenerational wellbeing
- Gender, marginalization, and mental health inequalities

### Theme 2: Mental Health in Academic, Workplace and Institutional Settings

S U B T H E M E S

- Mental health of students and academic communities in higher education
- Workplace stress and wellbeing in educational and agricultural institutions
- Mental health of extension personnel and frontline workers
- Organizational culture and psychological safety
- Strategies for creating mentally healthy institutions

### Theme 3: Policy, Governance and Mental Health Interventions

S U B T H E M E S

- Mental health policies and programmes in India
- Governance and implementation challenges
- Community-based and preventive mental health models
- School-to-University mental health support systems
- Role of NGOs, civil society and local governance
- Social support systems and community resilience

### Theme 4: Indigenous Knowledge, Lifestyle Practices and Innovative Approaches

S U B T H E M E S

- Indigenous and traditional practices for mental wellbeing
- Yoga, meditation, and mindfulness-based interventions
- Lifestyle management, nutrition and mental health
- Technology-based mental health interventions (tele-counselling, apps)
- Integrative and sustainable models for psychological wellbeing
- Digital transformation, social change, and mental health outcomes
- Poverty, migration and livelihood stress

## About Assam Agricultural University

Assam Agricultural University (AAU), Jorhat, one of the leading Universities of North East India, is dedicated to advancing education, research, and sustainable rural development. The university serves as a hub for innovation, skill building and academic collaboration.



## About the College of Community Science

The College of Community Science, a constituent college of AAU, is a renowned centre for education and research in Community Science. The college empowers students with knowledge and practical skills in nutrition, textiles, resource management, human development, and community outreach, fostering sustainability and societal wellbeing.



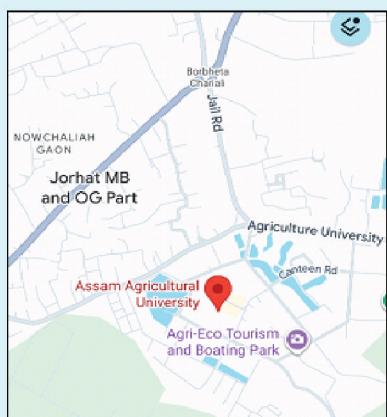
## How to reach Jorhat

Jorhat is well connected by air, rail and road.

- 4 km from Jorhat Airport
- 6 km from Jorhat Railway Station
- 5 km from Inter-State Bus Terminus

Direct superfast trains are available from New Delhi to Mariani Railway Junction (17 km from Jorhat). Taxi services are available from Mariani to hotels and guest houses.

Help desks will be available at Jorhat, Dibrugarh and Dimapur airports, as well as at Jorhat and Mariani railway stations.



## Accommodation

Limited accommodation for registered delegates and guests will be available at the AAU Guest House on a first-come, first-served basis at official rates and to be paid by the participants. Other participants will be accommodated in nearby hostels or guest houses, for which the payment will be done by the participant. The transportation will be arranged by the organizing committee.

## Abstract Submission

- Abstract length: 200 words (excluding title, author names, and affiliations) to be submitted at [hdfsnationalsymposium2026@gmail.com](mailto:hdfsnationalsymposium2026@gmail.com)
- Please contact if confirmation is not received within 10 days
- The Scientific Programme Committee reserves the right to edit or reject abstracts
- Abstracts will be printed in Abstract book with ISBN number and will be printed only after receipt of registration fee
- Underline the name of the presenting author and mention the email ID

## IMPORTANT DATES

<b>Date of Abstract submission</b>	<b>28<sup>th</sup> January, 2026</b>
<b>Notification of acceptance</b>	<b>03<sup>rd</sup> February, 2026</b>
<b>Date of full poster submission</b>	<b>10<sup>th</sup> February, 2026</b>

## REGISTRATION FEES

Categories	Fee	On spot
Students	400/-	600/-
Academician	800/-	1000/-
Others	800/-	1000/-

**Contact Nos.**

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**Mail Address:**

[hdfsnationalsymposium2026@gmail.com](mailto:hdfsnationalsymposium2026@gmail.com)

**PAYMENT DETAILS**

**Bank details**

**Account Name: PLA**

**Account No: 41953544180**

**Name of the Bank & Branch: SBI, AAU, Jorhat**

**IFS Code: SBIN0002003**



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### Coordinators

**Dr. Arifa M. Begum**

Senior Scientist, DoEE, AAU

**Dr. Ankita Dutta**

Assistant Professor, Dept. of HDFS, C.CSc.

### Student Members

Roshmi Rekha Saikia

Rashmi Rekha Gohain

Jyotika Baruah

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