

Two Days International Seminar

On

MENTAL AND PHYSICAL HEALTH: GLOBAL CHALLENGES & EMERGING ISSUES – INNOVATIVE STRATEGIES FOR SOLUTIONS

Date: 29th and 30th November, 2025
Blended Mode (offline & online)

Organized by

**KRISHNA RAM DAS COLLEGE OF EDUCATION,
CHHAYGAON, KAMRUP**



In collaboration with

**ASOM SIKSHAK PRASIKSHAN MAHABIDYALAYA,
LANKESWAR, GUWAHATI
PRAGJYOTISH B.ED. COLLEGE PACHARIA, KAMRUP
DAKSHIN GUWAHATI B.ED. COLLEGE, FATASIL
AMBARI, GUWAHATI**

COLLEGE OF EDUCATION, BOKO, KAMRUP

Venue: K.R.D. College of Education
Chhaygaon, Kamrup, Assam, Pin- 781124

INVITATION

Sir/Madam,

We are pleased to invite you to the **INTERNATIONAL SEMINAR ON MENTAL AND PHYSICAL HEALTH ISSUES: GLOBAL CHALLENGES & EMERGING STRATEGIES FOR SOLUTIONS**. The seminar is organized by the Department of Education and the Research Development Cell of K.R.D. College of Education, Chhaygaon in collaboration with Asom Sikshak Prasikshan Mahabidyalyaya, Lankeswar, Guwahati, Pragjyotish B.Ed. College Pacharia, Kamrup, Dakshin Guwahati B.Ed. College, Fatasil Ambari, Guwahati and College of Education, Boko, Kamrup. The seminar is scheduled to be held on 29th and 30th November 2025 in blended mode.

This seminar seeks to provide an engaging platform for academicians, researchers, and scholars to exchange ideas, share research findings, and deliberate on pressing issues related to mental and physical health in the global context. It also aims to explore innovative and emerging strategies for addressing these challenges effectively.

We cordially invite academicians, faculty members, and research scholars from your esteemed institution to present their research papers and actively participate in this intellectual discourse. Your presence and contribution will be invaluable in making the conference a resounding success.

With regards,

Shyamolima Dutta
IQAC, Coordinator

Sangrila Basumatary
Convener

Dr Abhijit Dev Adhikary
Chairman, Organizing Committee

Begum Aspia Ahmed
Joint Convener

About the College

Krishna Ram Das (KRD) College of Education, Chhaygaon, establishment in year 1993, is a renowned institution dedicated to the cause of teacher education in **South Kamrup district of Assam** and across the **North-Eastern region of India**. The college holds recognition from the **National Council for Teacher Education (N.C.T.E.)** the apex regulatory body for teacher education in India, and is affiliated to Gauhati University, one of the most prestigious universities in the North East. Since its inception, the college has played a pivotal role in producing teacher educators. Krishna Ram Das (KRD) College of Education, Chhaygaon is one of the premier institutions of teacher education in Assam and the North Eastern region of India. The college has been a center of academic excellence and professional growth in the field of education for more than three decades. The institution was founded with the noble aim of nurturing quality teachers who can serve as torchbearers of knowledge and moral values in society. Since its inception, the institution has been committed to promoting quality teacher education and preparing future educators who possess the intellectual strength, pedagogical skill, and moral integrity required to meet the challenges of modern education. Through its innovative teaching-learning practices, community involvement, and holistic approach, the college strives to build a generation of teachers who are not only academically competent but also socially responsible and ethically grounded.

The mission of Krishna Ram Das (KRD) College of Education is to prepare teacher trainees to achieve their goals with determination, dedication, and discipline. The college aims to produce teachers who can guide and inspire young minds to become capable, compassionate, and creative citizens of the nation.

Location and Connectivity

KRD College of Education, Chhaygaon, is conveniently located on the 17th National Highway (NH 17) in the Kamrup district of Assam. The college is easily accessible from all major transport hubs, 35 kilometers from Gauhati University, Guwahati, 25 kilometers from Lokopriya Gopinath Bordoloi International Airport, Guwahati. The institution is well-connected by 24-hour bus and taxi services, making it convenient for students and visitors to reach the campus from Guwahati and other parts of Assam. The excellent connectivity, combined with the peaceful surroundings of Chhaygaon, offers the perfect balance between accessibility and a tranquil learning environment.



About the Seminar

INTERNATIONAL SEMINAR ON MENTAL AND PHYSICAL HEALTH: GLOBAL CHALLENGES & EMERGING ISSUES – INNOVATIVE STRATEGIES FOR SOLUTIONS

In recent decades, the world has witnessed an alarming rise in both mental and physical health challenges. The burden of non-communicable diseases, mental health disorders, and psychosocial stressors has escalated, affecting individuals, families, and societies across all regions. The COVID-19 pandemic further exposed the fragility of health systems and intensified mental health crises, while lifestyle changes, environmental degradation, and socio-economic disparities have deepened physical and psychological

vulnerabilities.

Mental and physical health are deeply interconnected, poor mental health can worsen physical conditions and vice versa. Yet, traditional healthcare systems often treat them separately, leading to fragmented care and suboptimal outcomes. Addressing these challenges requires an integrated, holistic, and innovative approach that combines clinical, technological, social, and policy perspectives.

This international seminar seeks to provide a global platform for researchers, healthcare professionals, policymakers, educators, and community leaders to share knowledge, discuss emerging issues, and explore innovative strategies for promoting comprehensive well-being.

Objectives of the Seminar:

1. To examine global trends, challenges, and emerging issues in mental and physical health.
2. To explore innovative and interdisciplinary strategies for prevention, diagnosis, and management.
3. To promote dialogue and collaboration among academia, healthcare institutions, policymakers, and communities.
4. To highlight best practices and research innovations in integrated health approaches.
5. To develop actionable recommendations for sustainable health policies and interventions.
6. Enhanced understanding of the interconnection between mental and physical health.
7. Identification of innovative, evidence-based approaches to global health challenges.
8. Strengthened global and regional networks for collaborative research and practice.
9. Policy recommendations for improving access, equity, and quality of healthcare.
10. A conference declaration or action plan for integrated health strategies.

The seminar will feature:

- * Keynote addresses by International and National Experts
- * Panel discussions and thematic sessions
- * Paper and poster presentations

Themes and sub themes to be covered:

1. Role of Health Education in Promoting Mental and Physical Wellbeing.
2. Physical Activity as a Therapeutic Tool for Mental Disorders
3. Impact of Global Crises (e.g., Pandemics, Climate Change) on Mental and Physical Health.
4. Role of International Organizations in Promoting Integrated Healthcare.
5. Artificial Intelligence in Mental Health Diagnosis and Support
6. Art, Music, and Exercise Therapies in Mental and Physical Healing.
7. Holistic Approaches to Physical and mental Well-being.
8. Mental health apps: accessibility, efficacy, and cross-cultural adaptation.
9. Hypertension: Global Trends and Management.
10. Global perspectives on mental health stigma and strategies for reduction.
11. The impact of social media on youth physical and mental health.
12. Mental and Physical Health in the Elderly: A Global Perspective.
13. LGBTQ+ mental health: challenges and global perspectives.
14. Yoga and Meditation: Pathways to Physical and Mental Well-Being.
15. Workplace stress and burnout: Global trends and intervention.
16. Innovations in public health and digital health care.
17. Promoting workplace mental well-being: creating supportive environment across all sectors.

Any other theme related to the main topic.

CALL FOR PAPER/ POSTER RELATED TO THE MAIN TOPIC MENTIONED ABOVE

MODE OF PRESENTATION

Blended Mode (Offline and Online)

Date of the seminar

29th & 30th November 2025

Venue

College Auditorium, KRD College of Education

Target Audience

- Educators/learners
 1. School Teachers and Managers
 2. College and University Teachers/Student
- Policymakers
- Researchers
- Administrators
- Health Professionals
- NGOs and advocacy group in education, psychology and health.

Chief Guest of the Seminar

Smt. Pomi Barua, ACS
Director, Higher Education, Assam



Special Guest of the Seminar

Dr. Dibyajyoti Mahanta, Chairperson,
Eastern Region Committee, National
Council for Teacher Education, New Delhi.



Guest of Honour of the Seminar

Dr. Nirada Devi, Ph. D.,
Director, SCERT, Assam



Keynote Speaker of the Seminar

Dr. Daisy Lekharu
Medical Doctor and Global Public
Health Expert (Geneva, Switzerland),
Life Transformation Coach, a Poet,
an Author, Novelist, Lyricist and Singer)



Plenary Lecture of the Seminar

Dr. Dilsad Ahmed
Assistant Professor in
Physical Education,
Prince Mohammed Bin
Fad University, Al Khobar,
Kingdom of Saudi Arabia



Dr. Rita Rani Talukdar
Professor & HoD, Department of Psychology
Gauhati University, Guwahati



Chief Patron of the Seminar

Prof. Baneswar Das,
President, Governing Body,
K.R.D. College of Education, Chhaygaon



Chief Advisor of the Seminar

Prof. Jogen Chandra Kalita,
Professor of Zoology Department,
Gauhati University & Former Director
of UGC-HRDC Gauhati University



Chairman of Organizing Committee

Dr. Abhijit Dev Adhikary
Principal,
K.R.D. College of Education, Chhygaon



Invited Guest of the Seminar

Sjt. Hemanga Thakuria
M.L.A. Palashbari Constituency, Kamrup



Sjt. Rekitabuddin Ahmed
M.L.A Chhaygaon Constituency, Kamrup



Collaborator of the Seminar



Dr. Malabika Bordoloi
Principal, ASPM, Lankeswar,
Guwahati



Dr. Juri Hazarika
Principal, Dakshin Guwahati B.Ed.
College, Fatasil Ambari, Guwahati



Dr. Indrani Dutta Gogoi
Principal, Pragjyotish B.Ed. College,
Pacharia



Dr. Shubhra Nath
Principal, College of Education,
Boko

Executive Members of the Seminar

Mrs. Shyamolima Dutta, (Asst. Professor, Dept. of English, KRDCCE)
Mrs. Jenny Sharma, (Asst. Professor, Dept. of English, KRDCCE)
Ms. Srutoswini Borah, (Asst. Professor, Dept. of Science, DGBC, Fatasil Ambari)
Ms. Indrani Kalita, (Asst. Professor, Dept. of Social science, CoE, Boko)
Mr. Ashim Das, (Asst. Professor, Dept. of Physical Education, PBC)
Mr. Ranjan Patowary, (Asst. Professor, Dept. of ICT, ASPM)

Members of Organizing Committee

Mrs. Panchali Aich, (Asst. Professor, KRD College of Education)
Mrs. Sagarika Daimary, (Librarian, KRD College of Education)
Mrs. Bandana Chakrabarty, (Asst. Professor, KRD College of Education)
Mrs. Rekhamani Dakua, (Asst. Professor, KRD College of Education)
Mrs. Barnali Goswami, (Asst. Professor, KRD College of Education)
Mrs. Dulumoni Medhi (Asst. Professor, KRD College of Education)
Mrs. Pinkumoni Kumari, (Asst. Professor, Pragjyotish B.Ed. College)
Mr. Ashim Das (Asst. Professor, Pragjyotish B.Ed. College)
Mr. Ranjan Patowary, (Asst. Professor, Asom Sikshak Prasikshan Mahabidyalaya)
Mr. Palash Jyoti Barua (Asst. Professor, Asom Sikshak Prasikshan Mahabidyalaya)
Mr. Tridip Sarma, (Asst. Professor, Dakshin Guwahati B. Ed. College)
Ms. Srutosrini Borah (Asst. Professor, Dakshin Guwahati B. Ed. College)
Mrs. Bhanuprabha Goyari, (Assistant Professor, College of Education, Boko)
Mrs. Indrani Kalita (Asst. Professor, College of Education, Boko)

Treasurer of the Seminar

Bhupali Kalita (Asst. Professor, Dept. of Performing Arts, KRDCCE)
Gagan Ch. Das (Asst. Professor, Dept. of Visual Arts, KRDCCE)

Registration Fees

Rs. 1000/- (For Professor/Teachers/Policymakers with paper)
Rs. 500/- (Research Scholars/student with paper)
Rs. 300/- (participants/without paper)

Co-Author

2 Authors – Rs 1500/-
3 Authors – Rs 2000/-

No TADA will be provided to the participants

Guidelines for Submission

- All the submission of the paper must be in MS word format typed in Times New Roman, Font Size 12, Spacing 1.5 and APA 8th referencing style.
- Abstracts must have at least 5 keywords and should not exceed 300 words.
- Full paper must not exceeded 2500 words.
- For both the abstract and full paper, author must mention their name(s) and designation, name of the institution, email Id and contact number. (WhatsApp number).

Important Dates for Submission

- Last date of the submission abstract : 15th November, 2025
- Notification of acceptance : 18th November, 2025
- Last date of submission of full paper : 25th November, 2025

For More Information Contact

Email: internationalseminar.krdcollege@gmail.com

Contact No: 08011205858, 08486672113, 06003171250, 09706480960

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