



# GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING

NAAC Accredited, NCTE Recognized, GGSIPU Affiliated



## 2022-2023 NATIONAL CONFERENCE

NEP - 2020 - Mental  
Health Concerns and  
Holistic Learning



### Dr. S.K. Bhatia

Former Associate Professor,  
Department of Education (C.I.E.),  
University of Delhi



### Prof. Dhananjay Joshi

Vice Chancellor, Delhi Teachers University,  
Delhi



### Prof. Pankaj Arora

Head & Dean, Department of Education  
(C.I.E), University of Delhi

## DETAILS



3 FEBRUARY'2023, FRIDAY



10:00 AM TO 2:00 PM



GOOGLE MEET

## ABOUT US

GIAST, an affiliate of GGSIPU, Dwarka, and a pioneer in Teacher Training which was set up under the aegis of Rohini Educational Society in 1999 with prime objective of nurturing every student - teacher as "responsible" Teacher. The institute is a venture of its own kind where educators and professionals have joined hands to aid direct the agenda of Education

GIAST is committed to the ever-demanding task of training and preparing futuristic teachers capable of facing and meeting the contemporary challenges in a global set up. The staff and student teachers of this institute, enthusiastically, participate in ever transforming and implementing innovation in the academic and professional horizon.

## CONTACT US

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🌐 <https://giast.org/>

📍 Sector-7, Rohini, Delhi - 110085

# About the Conference

Teachers are the greatest asset of any educational system. They stand at the interface of the transmission of knowledge, skills and values. In the words of JIDDU KRISHNAMURTI, "The highest function of education is to bring about an integrated individual who is capable of dealing with life as a Whole". Therefore, the philosophy of educating the whole person, beyond core academics is gaining steam in the contemporary world. Many educational institutions are realizing that students need more than just a strong foundation in a core curriculum; they need an integrated approach towards learning i.e., Holistic Learning.

In a transitory phase, youngsters need to discover themselves holistically before stepping into the competitive world. They need to be prepared enough to face challenges in life through School experiences. Education system and practice enhances the theoretical & practical grounding through school experiences. Progressive educational thought & experiences emphasize cooperation in real life. In the present Scenario different teachers are teaching in different ways as every teacher is unique in himself/ herself. NEP 2020 emphasizes holistic learning by providing an integrated approach to learning. Are we using the Holistic model of learning? Are we clear about the concept and the techniques of Holistic learning for identifying the mental health concerns among all the stakeholders of Education & taking corrective measures for enhancing mental health?

Though the idea of generating holistic learning is very vital, some obstructions put roadblocks in its transition. Before proceeding to fulfil this requirement, it is necessary to locate the causes that block the holistic learning to take place. Perhaps the most important hurdle is the poor mental health of students. How to update the students' mental health before proceeding towards the steps to optimize holistic learning. This is the major current issue that is kicking around the minds of educationists.

The present conference aims at exploring the views of experts about the concerns of mental health & how its rejuvenation could augment the cause of Holistic Learning as reflected in NEP-2020. In this regard, GIAST has taken a humble initiative to conduct a conference in order to make Teacher Educators aware of their opinion about the mental health concerns and holistic learning. Besides, the participants also will be invited to express their views on these issues.

*THE THEME OF THE CONFERENCE IS*

*"NEP - 2020 - Mental Health Concerns and Holistic Learning"*

THIS CONFERENCE WILL BE ORGANIZED ON 3 FEBRUARY 2023, FRIDAY.

## SUB - THEMES

- Poor Mental Health as a Roadblock to Holistic Learning
- Effectiveness of Mental Health supports on students' Academic Achievement.
- Mental health is not a destination, but a process of reaching the Destination.
- Teachers Roles' in identifying and filling up the Mental Health Gaps.

# Rationale of Conference

*"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." - Albus Dumbledore*

**Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to the nation. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.**

**Mental health is known as an essential factor for overall well-being. In order to work at full capacity, maintain strong and healthy relationships with others, and develop an overall sense of contentment, it is important to maintain good mental health. For all the stakeholders of education good mental health and well-being can help them to deal with everyday stressors and challenges of life.**

**Despite growing awareness of the impact of mental health and well-being issues, stigma, lack of awareness, denial of mental health conditions and inadequate support system continues as a deterrent force. If mental health issues remain unattended then these can take the form of serious disorders such as depression, anxiety, etc. As educational institutes become important settings for equipping students with the knowledge, skills, and competencies, nurturing and supporting mental and emotional well-being can help them achieve the same. Investment and transformation in the aspect of mental health become imperative for the holistic learning of the students and it can become a crucial step in reducing the gap between mental health conditions and mental health support.**

**The NEP - 2020 envisions the 'aim of education will not only be cognitive development, but also building character and creating holistic and well- rounded individuals equipped with the key 21st century skills' such as communication, cooperation, team work and resilience. The policy emphasizes students' mental health and well-being in order to provide Holistic Development.**

*"Mental health...is not a destination, but a process. It's about how you drive, not where you're going." - Noam Shpancer*

## WHO SHOULD ATTEND

**We cordially invite abstracts & manuscripts from the following categories:**

- Teacher Educators
- Research Scholars
- Academicians
- Principals/ HODs of the school

## EXPECTATIONS FROM THE PARTICIPANTS

- to attend to the experts' view-points.
- to share their own views after each session of the conference.
- to develop articles/papers on the various aspects of the theme.

## REGISTRATION

- To register click on the Link or Scan QR Code .
- There is No Registration fee for the Conference.
- The technical sessions of the conference will be conducted on “GOOGLE MEET PLATFORM”.
- Interested participants can REGISTER themselves through the provided link.
- We will send the conference invitation (meeting no.) through whatsapp / Mail on the numbers provided by the participants, which is to be used to participate in the session.
- The online National Conference is open on a First cum first serve basis. Total number of participants shall be restricted to max. capacity of 100 entries. Certificates will be provided to only those candidates who have both registered and attended the Conference.



### LINK

<https://forms.gle/beQE1a7KWVYNi46h8>

SCAN QR CODE HERE

# CALL FOR PAPERS

Interested participants are requested to send their papers on original & unpublished works keeping in mind the above mentioned theme and sub-themes. Kindly send ABSTRACTS as per the following guidelines by 27TH JANUARY'2023 and FULL PAPER by 1 FEBRUARY'2023 to [infogiast@gmail.com](mailto:infogiast@gmail.com), [giastcordinators@outlook.com](mailto:giastcordinators@outlook.com)

Suitable papers may find a place in Gitarattan Journal of Education (a REFEREED JOURNAL)

## GUIDELINES FOR PAPER SUBMISSION

- All submissions must be made in word format
- Abstracts should not exceed 400 words.
- The manuscript (in about 3000 words) should be sent only by e-mail in MS Word document (A4 Size, Single Column, 12 font Point, Times New Roman, Single line spacing).
- A separate covering page indicating the theme, sub-theme, title of the paper, Name of the author(s), Designation, Organizational address, Phone number, E-mail address should be sent with manuscript.
- After sending soft copy of your paper, you will receive acknowledgment via email.
- Referencing should be as per the latest APA style.
- The selected papers may be published in our journal as per the guidance of Editorial & Refree Board.

## IMPORTANT DATES

1.	ABSTRACT SUBMISSION	27 JANUARY 2023
2.	SUBMISSION OF FINAL PAPER	1 FEBRUARY 2023
3.	CONFERENCE DATE	3 FEBRUARY 2023

## PLEASE NOTE

- All submitted papers will undergo for review process by eminent referees.
- The papers shortlisted by our referees may find a place in our journal "Gitarattan Journal of Education".
- Submission of manuscript will simply imply that the paper has not been sent for publication anywhere else.
- For further query and assistance please contact at 9540711555

We at GIAST are all connected digitally. For any further query or assistance, please contact @9540711555

or email at [infogiast@gmail.com](mailto:infogiast@gmail.com) / [giastcordinators@outlook.com](mailto:giastcordinators@outlook.com)

The link for the conference will be shared before the session of the conference to the registered participants only.

Looking forward to meet you all on Virtual platform. Your gracious presence in the Conference is solicited.

Stay Safe, Stay Digital, Be Positive.

Warm Regards

Prof. Sonia Jindal  
(Principal)

# PROGRAMME SCHEDULE

PROGRAMME	TIME
Inaugural Remarks & Key Note Address : Dr. S.K. Bhatia, Former Associate Professor, Department of Education (C.I.E.), University of Delhi.	10: 30AM - 11:15AM
Technical Session: I Prof. Dhananjay Joshi Vice Chancellor, Delhi Teachers University, Delhi	11:15 A.M. - 12:15PM
Open Discussion (reactions & views)	12:15 PM- 12:45PM
Technical Session: II Prof. Pankaj Arora, Head & Dean , Department of Education (C.I.E), University of Delhi	12:45PM- 1:45 PM
Open Discussion (reactions & views)	1:45PM - 2:15PM
Valedictory Session	2:15PM - 2:30PM