



PAYMENT LINK



REGISTRATION LINK



WHATSAPP LINK

Sub-Themes:

- Cultural and Economic Influences on Mental Health
- Policy and Systemic Interventions
- Traditional and Holistic Approaches to Well-Being
- Vulnerable Populations and Mental Health Challenges
- Community-Based Mental Health Initiatives
- Innovative Research and Practices in Mental Health
- Stigma and Mental Health: Strategies for Awareness and Advocacy
- Global Trends in Mental Health: Lessons for Modern Society
- Urbanization and Mental Health: Coping with the Pressures of Modern Living
- Breaking Taboos: Addressing Gender and Cultural Dimensions in Mental Health
- The Role of Media and Technology in Shaping Mental Health Narratives
- Mental Health in the Workplace and Educational Institutions: Creating a Culture of Support
- Children and Adolescents: Silent Sufferers of Modern Pressures
- Well-Being in the Age of Disconnection: Rebuilding Human Connections
- The Intersection of Climate Change and Mental Health
- Mental Health Policy and Public Health: Bridging the Gap
- Spirituality and Mental Well-Being: Reviving Ancient Practices for Modern Times
- Any other relevant topic

IMPORTANT DATES & CONTACT DETAILS

Last date of abstract submission:

5th March, 2025

Last date of full paper submission:

20th March, 2025

CONTACT DETAILS

8011922628, 9508663438

GUIDELINES FOR SUBMISSION OF ABSTRACTS AND FULL PAPERS

- Abstract should not exceed 300 words with 3 to 5 key words and full paper should be within 3000 words
- Papers can be written in both English and Assamese
- Paper Title should be in Times New Roman and Geetanjililight with font size 14 and 16, Bold & Capital respectively.
- Author's details should be mentioned clearly in Times New Roman and Geetanjililight with font size 12 & 14 respectively, Name in Bold.
- Abstract and full paper should be typed in Times New Roman and Geetanjililight style with font size 12 & 14 spacing 1.5.
- Last date of abstract submission: **5th March, 2025**
- Last date of full paper submission: **20th March, 2025**
- Joint paper presenters have to Register separately.
- The proceeding volume of selected seminar papers will be published in an ISBN book by a reputed publisher.
- Participants have to send abstracts and full paper in the email ID:
icssrseminarmmm92@gmail.com
- Payment receipt should be produced on the day of Registration

REGISTRATION FEES :

Faculty with paper-	Rs. 800/-
without paper-	Rs. 500/-
Research Scholar with paper-	Rs. 500/-
without paper-	Rs. 300/-
Student participants with paper-	Rs. 200/-

BANK DETAILS :

A/c No 76950200000039
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(Fifth Character of IFSC is Zero)
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Moran Branch

E-Mail ID for Abstract and Full Paper Submission :

icssrseminarmmm92@gmail.com



ICSSR (New Delhi) Sponsored

National Seminar

On

**BREAKING THE SILENCE :
MENTAL HEALTH & WELL-BEING
IN THE MODERN SOCIETY**

HYBRID MODE

Date: 27th & 28th March, 2025

Venue: Moran Mahila Mahavidyalaya



Organised by :

Deptt. of Education & Deptt. of English

In Association with:

IQAC & Alumni Association

Moran Mahila Mahavidyalaya

Moranhat, Charaideo, Assam-785670

Website : www.moranmahilamahavidyalaya.ac.in

To,

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INVITATION
ICSSR (New Delhi) Sponsored Two-Day
NATIONAL SEMINAR
ON

*Breaking the Silence: Mental
Health and Well-Being in the
Modern Society*

Dear Sir/Madam,

We, on behalf of Moran Mahila Mahavidyalaya, would like to extend a very cordial invitation to the ICSSR (New Delhi) Sponsored Two-Day National Seminar on *Breaking the Silence: Mental Health and Well-Being in the Modern Society* to be held on 27th & 28th March, 2025 organized by Department of Education and Department of English in Collaboration with IQAC & Alumni Association, Moran Mahila Mahavidyalaya. Faculties, academicians, research scholars and students representing different educational institutions, research institutions and Govt. organisations are hereby requested to send their valuable papers for this seminar. We sincerely hope and believe that your participation in this seminar will positively act in the grand success of our programme.

Dr. Tarun Gogoi Principal Moran Mahila Mahavidyalaya	Dr. Rima Kotaky & Mrs. Hunali Mech Joint Co-ordinators
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**Mrs. Dikshita Lukhurakhan &
Mr. Pranjal Phukan**
Asstt. Joint Co-Coordinator
National Seminar Organising Committee

Advisors:

Dr. Rajendra Pd. Borthakur, President, GB, Moran Mahila Mahavidyalaya
Prof. Girin Phukon, ICSSR National Fellow, New Delhi

Members :

Mr. Debajit Mohan
Mrs. Jyotsna Buragohain
Mr. Devabrat Mahanta
Mrs. Musfica Begum
Miss Anusmita Chetia
Miss Nivenita Dey

ABOUT THE SEMINAR

Mental health and well-being are critical yet often overlooked components of holistic societal progress. In the face of rapid globalization, technological advancements and evolving social structures, modern society has witnessed an alarming rise in mental health issues, ranging from anxiety and depression to burnout and social isolation. Despite increasing awareness, stigma and systemic barriers continue to hinder open dialogue and access to care, perpetuating a culture of silence.

This seminar, *Breaking the Silence: Mental Health and Well-Being in the Modern Society*, seeks to illuminate the multifaceted dimensions of mental health by exploring its socio-cultural, psychological and economic implications. The event will examine the impact of contemporary challenges such as workplace stress, digital dependency and socio-economic inequities on mental well-being. Additionally, it will investigate the role of education, policy-making and community engagement in fostering an inclusive environment where mental health is priority.

Moran Mahila Mahavidyalaya
at a glance

Moran Mahila Mahavidyalaya, established in 1992 at Moranhat in the Charaideo district of Assam, is a distinguished institution committed to women's education. Surrounded by scenic tea gardens and ethnic villages, the college provides an enriching academic environment. It offers a Four Year Undergraduate Program (FYUGP) under the guidelines of the National Education Policy (NEP) 2020, along with various Add-on courses aimed at enhancing employability and skills. With student strength of 1,272 and a dedicated team of 34 faculty members, the college consistently achieves excellent results in the Higher Secondary School Leaving Certificate (HSSLC) and Bachelor of Arts (BA) examinations. Additionally, it serves as a center for Krishna Kanta Handiqui State Open University (KKHSOU), expanding educational opportunities for diverse learners. The institution plays an active role in the intellectual and socio-cultural development of its students, nurturing them to become responsible and empowered individuals. Through its dynamic curriculum and focus on holistic growth, Moran Mahila Mahavidyalaya has emerged as a pivotal educational hub in the region, fostering academic excellence and socio-cultural awareness among young women.

Location :

Moranhat is well connected by both the bus and railway services. The nearest airport is Dibrugarh, which is 60km away from Moranhat. The College is located at a distance of 1 km from both the railway station and ASTC Bus Station.