



Two-Day National Seminar (Hybrid Mode)

Date: (23rd & 24th April, 2026)



“The Role of Education in Promoting Stress Management & Mental Well-being among learners and communities”

Organised by:

Department of Education
Government Degree College Khadi, Tehri Garhwal

Sponsored By: Industrial Centres of Uttarakhand

(M/s Asahi Glass India LTD Roorkee & G E Projects the Gas Engineers Patel Nagar Dehradun)

Venue: Government Degree College, Khadi, (Tehri Garhwal)



Chief Guest

Sh. Subodh Uniyal
Hon'ble Cabinet Minister
Govt. of Uttarakhand



Special Guest

Dr. Dhan Singh Rawat
Hon'ble Cabinet Minister
Govt. of Uttarakhand



Distinguished Guest

Dr. Ranjit Kumar Sinha
Secretary
Higher Education UK



Chief Patron

Prof. Vishwa Nath Khali
Director
Higher Education UK



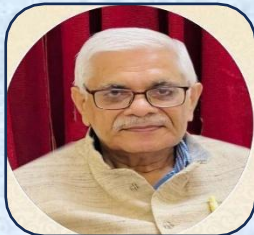
Patron

Prof. A.S Uniyal
Joint Director
Higher Education UK



Guest of Honor & Keynote Speaker

Prof. Om Parkash Pandey
Renowned Space Scientist
of India



Guest of Honor & Keynote Speaker

Professor
Girishwarmisra
Ex VC Mahatma Gandhi
Antarrashrtiya Hindi
Vishwa Vidhyalaya Wardha



Patron

Prof.(Dr.) Arun Kumar Singh
Principal
Govt. Degree College
Khadi, Tehri Garhwal



Convener

Dr. Sangeeta Bijalwan Joshi
Assistant Professor
Department of Education
Govt. Degree College
Khadi, Tehri Garhwal



Organising Secretary

Ms. Meena
Assistant Professor
Department of Hindi
Govt. Degree College
Khadi, Tehri Garhwal

EMINENT GUEST



Prof. N.K Joshi

Vice-chancellor
SDSUV University
Tehri Garhwal



Shri Vijay Jaddhari

Beej Bachao movement and
Chipko Movement
Indira Gandhi Paryavaran
Puruskar (Indira Gandhi
Environment Award,2009)



Shri Sushil Kumar

Director GE Projects
(The Gas Engineers)
Dehradun



Shri Naveen Rai

Executive Director
Asahi Glass India LTD
Roorkee



Shri B.S Rawat

Legal Head/Advocate
Asahi Glass India LTD
Roorkee

SPEAKERS



Prof. Sunita Godhiyal

Head & Dean School of
Education HNB central
University SRT Campus
Badshahithaul



Dr. Reena Uniyal Tiwari

Associate Professor
Department of Teacher
Education DAV PG College,
Dehradun



Dr. Reena Singh

Psychologist
(Health Department)
New Tehri



Dr. Neeraj Kardam

Psychiatrist
(Health Department)
New Tehri



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Department of Education
Pt. Lalit Mohan Sharma,
SDSUV Campus, Rishikesh



Prof. Nand Kishor

Department of Teacher
Education
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Haryana Mahendergarh



Dr. Vijay kumar Rai

Principal
Modern College of
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Punjab



Dr. Amit Kumar Jaiswal

Professor and Head
Department of B.Ed. SDSUV
University Campus
Gopeshwar Chamoli



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Professor and Head Department
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Assistant Professor
Department of Political
Science DAV College
Muzffarnagar



Dr. Tanuja Pokhriyal

Principal
DIPS Rishikesh



Dr. Afroz Iqbal

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Sociology
GPGC Doiwala



Dr. Tanu Mittal

Assistant Professor
Department of
Sociology
GPGC New Tehri



Dr. Surendra Dhalwal

HOD Department of
Clinical Psychology
NIEPVD Dehradun



Dr. Pankaj Kumar

Assistant Professor
Department of Skill
& Economic NIEPVD
Dehradun

Guest

Shri Awadhesh Kumar Singh, ADM New Tehri
Shri Ashish Chandra Ghildiyal, SDM Narendranagar
Mrs. Diksha Rana, Block Pramukh, Narendranagar
Shri K.L Tamta, Zila Suchna Adhikari, New Tehri

Organising Committee

- Prof. Niranjana Sharma
- Mr. Prabhakant Trivedi
- Dr. Era Singh
- Dr. Shanwwar
- Dr. Seema Pandey
- Dr. Meenakshi
- Lt. Bhupendra Singh Saini
- Mr. Raghuvir
- Mr. Aranya Ranjan
- Dr. Arti Arora
- Mr. Shishpal Sajwan (Jila Panchayat sadasya)
- Mrs. Kalpana Panwar (BDS Members)
- Dr. Deshraj Singh
- Mrs. Mamta Chauhan
- Km. Manisha
- Narendra Singh Rautela (Vyapar Sabha Adhyakash, khadi)
- Mr. Ashish Pundir
- Mr. Deepak Singh
- Mr. Pankaj
- Mr. Hitesh Kumar

ABOUT KHADI (JAJAL)

Located in the peaceful hills of Tehri Garhwal, Uttarakhand, Khadi, is a scenic rural area known for its natural beauty, calm environment, and traditional lifestyle. Surrounded by forests and terraced fields, it reflects the simplicity and cultural richness of the Garhwal, people here mainly depend on agriculture and share strong community values. The presence of Government Degree College, Khadi, also makes it an important educational centre for nearby villages. Overall, Khadi reflects the true essence of peaceful Himalayan village life.

ABOUT COLLEGE

The college is one among 120 government colleges in the state of Uttarakhand. The college was established in the year **2021-22 in Khadi (Jajal)** area of Fakot Block, Tehsil Narendra Nagar District Tehri Garhwal. The college is located at a distance of 500 m from Rishikesh, Gangotri National Highway (NH-34). The distance from the District Headquarters, New Tehri, is 35 km, and from the Railway Station Rishikesh it is 50 km. Tehri Dam situated 45km north of Khadi (Jajal). The altitude of the college from sea level is approximately 800 meters.

The College is surrounded by beautiful hills on both sides on NH-34. Nearby flows a local river named Hewal, its melodious sound inspires students to move forward continuously in life.

GDC Khadi was founded to promote academic growth and to ensure access to higher education for students residing in remote and hilly areas of Tehri district. The institution aims to nurture intellectual development, academic excellence, and overall personality growth among its students.

The college is **affiliated with Sri Dev Suman Uttarakhand University**, Badshahithaul, Tehri Garhwal. The college strictly follows the academic guidelines and syllabus structure prescribed by the university. At present, the college is running **one undergraduate program, Bachelor of Arts (B.A.)**. The program includes the following **seven subjects**: English, Economics, Sociology, Political Science, History, Hindi & Education. The current syllabus promotes a flexible, multidisciplinary, and skill-oriented education system that is inclusive and practical. The policy NEP 2020 encourages continuous, competency-based assessment over rote learning and focuses on teacher training and professional development. Additionally, it also supports interdisciplinary studies, the use of regional languages for early education, and the inclusion of environmental, cultural, and digital literacy.

It also envisions a unified and transparent regulatory system to promote autonomy and holistic growth in educational institutions across India.

EDUCATION DEPARTMENT

The Department of Education at Govt. Degree College, Khadi was established in 2021 offering a three-year B.A Programme in bilingual mode. The goal is to provide quality education, fostering critical thinking, problem solving & strategic decision-making skill. The curriculum integrates global knowledge, preparing student for competitive exam.

ABOUT THE SEMINAR

In contemporary times, stress and mental health issues have become a major concern affecting individuals across all sections of society. While these issues are increasingly recognized and addressed in large cities and urban institutions; small towns and rural areas continue to remain largely neglected. In urban spaces, awareness programs, counselling services, and academic discussions on stress management are relatively accessible, whereas in rural and remote regions such facilities are limited. Areas such as Khadi and other rural regions of Tehri Garhwal are some of the remotest areas, where people face multiple forms of stress but receive very little attention or support. These regions have their own social, educational, and economic realities, which create distinct mental challenges. Therefore, it is essential to shift focused attention toward these rural and marginalized areas so that their specific stress- related problems can be understood and addressed effectively.

OBJECTIVE OF THE SEMINAR

- 1- To identify major sources of stress in learners, families, teachers and workers
- 2- To understand the relationship between education, stress and rural life conditions
- 3- To Create awareness about mental health and emotional well-being in rural areas
- 4- To Promote education as a preventive tool for stress management
- 5- To Enhance learning ability, emotional balance and coping capacity among children
- 6- To Encourage community participation in mental well-being initiative

Relevance of the seminar

The seminar is especially relevant for rural areas of Tehri Garhwal where;

- 1- Educational stress among students is rising
- 2- Teachers face work load pressure and limited resources
- 3- Workers and small livelihood groups face economic uncertainty
- 4- Families lack awareness about emotional and mental health

Theme- The Role of Education in Promoting Stress Management & Mental Well-being among learners and communities

Sub Theme

- 1- Education as a tool for stress Management among learners educators and communities
- 2- Educational stress among students
- 3- Role of teachers in managing classroom and student stress
- 4- Stress among rural workers, farmers and small business groups
- 5- Migration, unemployment and youth stress
- 6- Yoga meditation and indigenous practices for stress relief
- 7- Gender roles, women responsibilities, and emotional burden
- 8- Family environment, parenting and child mental health
- 9- Stress, video games and gaming apps

ADVISORY COMMITTEE

Prof. M.C Trivedy Ex Director H.E Uttarakhand
Prof. Ashok Kumar Ex Director H.E Uttarakhand
Prof. R. S Bhakuni deputy Director Higher Education Haldwani
Mr. Dinesh Chandra Registrar, SDSUV Badshahithaul Tehri Garhwal
Prof. Deepak Pandey Regional Office Higher Education, Dehradun
Prof. Promod Dobariyal Regional Office Higher Education, Dehradun
Prof. Vijay Parkash Srivastav, Pt. Lalit Mohan Sharma, SDSUV Campus, Rishikesh
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Prof. Hitendra Singh, Pt. Lalit Mohan Sharma, SDSUV Campus, Rishikesh
Prof. Parvej Ahmed, Pt. Lalit Mohan Sharma, SDSUV Campus, Rishikesh
Prof. Pushpa Negi, Principal, G.P.G.C, New Tehri.
Prof. V.P Agarwal, Principal, GPGC, Raipur.
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Prof. A.K Tiwari, Principal, GPGC, Purola.
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Prof. Mritunjay Sinha, Principal, G.D.C, Tuni.
Prof. R.k Verma, Principal, G.D.C Mori.
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Prof. Swati Negi, SDSUV, New Tehri.
Prof. Kuldeep Singh, GDC, Dehradun Sahar.
Prof. Rakhi Panchola, GPGC, Doiwala.
Prof. Nirbhaya Singh, B V M (P G) College, DBRAU Agra.
Dr. Devendra Kumar, JMVP College, Ajitmal Auraiya CSJMU Kanpur.
Dr. Vipin Singh, L.Y. Degree college, Kaimganj Farrukhabad (C.S.J.M. University, Kanpur.
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Dr. Pankaj Pandey, GPGC, Doiwala Dehradun.
Dr. Rajesh Kumar Singh, GPGC, Rudrapur U.S Nagar.
Dr. Ram Baharose, GDC, Manglor Haridwar.
Dr. Ashok Pathak, GPGC, Dakpathar.
Dr. Sachin Kumar GDC Churiyala
Dr. Srichana Sachdeva, GDC Narendranagar
Dr. Aradhana Sexena, GDC Narendranagar

Dr Amit Kumar, ONS GDC, Devprayag Tehri Garhwal.
Dr. Rashmi Uniyal, GDC, Badkot.
Dr. Sanjeev Negi, GPGC, Doiwala.
Dr Kishan Rarturi, B.L.J GPGC, PUROLA
Dr. Pooja Rathore, VSKC GPGC Dakpathar
Dr. Noor Husain, GPGC New Tehri
Dr. Sanjay Kumar, GDC Pawki Devi Tehri Grahwal
Dr. Shweta Singh, GDC Churiyala
Dr. Jai Laxmi Rawat, R.C.U Govt. P.G College Uttarkashi
Dr. Vijay Panwar, P.G College Pawanagar (Fazilnagar) Kushinagar U.P.
Dr. Manikant Shah, GPGC New Tehri
Dr. Yogisha, GDC Guptakashi
Dr. Hariom Rawat, GPGC Thalissain
Dr. Ankita Rawat, GDC Narendranagar
Dr. Arvind Rawat, GPGC New Tehri
Dr. Rajni Gusain, GPGC New Tehri
Dr. Arvind Painuly, GPGC vikasnagar
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Dr. Vishamber B.L.J GPGC PUROLA
Avdesh Bijalwan, GDC MORI
Dr Anuradha Rana, GPGC Bazpur
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Dr Leena Rawat GPGC Raipur
Mr Balwant Singh Govt. Inter College Munsiyari
Dr Bhupesh Chandra Pant GDC ChiniyaliSaur
Mr Alok Bijalwan GDC, ChiniyaliSaur

Target Participate

- 1- Teacher and academicians
- 2- Research scholars and students
- 3- Parents and family members
- 4- Rural workers and small business owners
- 5- Women self-help groups
- 6- Local communities

CALL FOR PAPERS

All academicians, administrators, professional, research scholars, student community leaders and other stakeholders etc are cordially invited to submit their papers/articles for the consideration;

Submission Guidelines -

- 1- Abstract 200-250 words
- 2- Key words minimum 3 and maximum 5 keywords
- 3- Format Ms Word (Docx)(Doc)
- 4- Font (English) Times new Roman, size-12
- 5- Font (Hindi) Kruti Dev 10, size - 14
- 6- Spacing and Paragraph: 1.5, Justified
- 7- Full Paper Words- 2500-3000 words

Submitted your research paper at seminargdckhari@gmail.com

Only those papers will be considered for presentation and publication whose author completed registration on or before the deadlines. Paper submitted without the prescribed format or without the registration fees will not be acceptable.

Registration Link-<https://forms.gle/mRgNqMoHj3pzQASu6>**Scan me!****Whatsapp Link-**https://chat.whatsapp.com/Gi3yHpZVd194FWQZ7P7J4n?mode=gi_t**IMPORTANT DATES**

Last date of abstract submission - 10 April, 2026

Last date of Full Paper submission - 15 April, 2026

Registration Fees -

Category	Registration Fees (Online)	on-Spot Registration
Faculty members/ academicians	500	700
Research Scholars	250	400
Students	150	150
Industry Experts/ Institutions	700	800

For Payment

PRINCIPAL GOVERNMENT DEGREE COLLEGE KHADI

A/C NO - 45019288618

IFSC CODE - SBIN0005448,

Branch – SBI Fakot Tehri Garhwal

UPI ID- 45019288618@sbi

**Note:** The candidates requested to retain the registration receipt to be produced at the registration counter of the venue**Conference Sessions -**

The conference will be comprising the following four sessions

- 1- Inaugural session
- 2- Plenary session (on day 1&2)
- 3- Technical session (on day 1&2)
- 4- Valedictory session

Help Desk-

Mr. Ashish – 7906236853

Contact for any query- 9410367446, 7895917824, 9548446290

Mr. Deepak- 9410545183

Due to limited finance resources accommodation will not be provided. If anyone requires accommodation, it can be arranged on request, in Chamba, Located approx. 20 Km away from the seminar Venue, on a paid basis.**PUBLICATION OPPORTUNITIES**

Selected Papers will be recommended for publication in reputed peer-reviewed journals. Selected papers will be published as a chapter in an ISSN (Edited books) journals brought out by a recognised academic publisher. The registration fee does not include the paper publication fee.

Note- If the paper is selected for the publication participants will be require to pay an additional publication fee as per the guidelines.

