



ONE DAY INTERNATIONAL SEMINAR ON TRANSFORMING EDUCATION FOR THE 21ST CENTURY: MULTIDISCIPLINARY PERSPECTIVES ON STRESS, WELL-BEING, AND SUSTAINABLE HUMAN DEVELOPMENT



Organised By

Department of Education and IQAC, Sarsuna College

In collaboration with

Department of Education,
Dhruba Chand Halder College



DATE

28/05/2026
(THURSDAY)
(Hybrid Mode)

TIME

10:00 A.M.

REGISTRATION

9:30 A.M.



VENUE

SARSUNA COLLEGE

(Affiliated to University of Calcutta)
4/HB/A, Ho-Chi-Minh Sarani,
Kolkata – 700061
West Bengal, India

SUB-THEMES

- Academic Stress and Student Mental Health in Modern Education
- Well-being and Emotional Resilience in Learning Environments
- Role of Technology and AI in Shaping Psychological Well-being
- Inclusive Education and Psychological Challenges
- Teacher Stress, Burnout, and Professional Well-being
- Social Media, Behaviour, and Learning Psychology
- NEP 2020 and Multidisciplinary Education
- Holistic and Value-Based Education for Well-being
- Cognitive Development and Learning Psychology
- Interventions and Strategies for Stress Management in Education

★ Not restricted to above topics only ★

EMINENT RESOURCE PERSONS



Prof. (Dr.) Jayanti Das

Professor,
Department of Education,
University of Calcutta, West Bengal, India
Secretary,
West Bengal College Service Commission
Dean, Faculty Council of Education,
Journalism, and Library Science ,C.U.



Prof. (Dr.) Laxman Gnawali

Retired Professor,
Kathmandu University,
School of Education, Nepal



Prof. (Dr.) Ushri Banerjee

Professor & Head
Dept of Applied Psychology
University of Calcutta,
West Bengal, India



Prof. (Dr.) Amulya Kumar Acharya

Professor, & HOD
Department of Education,
Fakir Mohan University,
Balasore, Odisha, India.

ORGANISING COMMITTEE

- Chief Patron** : Dr. Gopal Chandra Mandal, Principal, Sarsuna College
- Patron** : Dr. Satyabrata Sahoo, Principal, Dhruba Chand Halder College
- Convenor** : Dr. Indrani Nath, HOD, Associate Professor, Department of Education, Sarsuna College
- Jt. Convenor** : Dr. Prabir Ghosh, Assistant Professor, & HOD Department of Education, Dhruba Chand Halder College
- ORGANISING SECRETARY** : Dr. Pintu Kumar Maji, Associate Professor, Department of Education and IQAC Coordinator, Sarsuna College



Together for a Stress-Resilient, Inclusive, and Sustainable Future through Education



ABOUT THE SEMINAR

This One Day International Seminar aims to explore the transformative role of education in the 21st century through a multidisciplinary lens, with a special focus on stress, well-being, and sustainable human development. In the context of rapid technological advancement, changing societal dynamics, and increasing psychological challenges, the seminar seeks to bring together academicians, researchers, educators, and practitioners from diverse fields to engage in meaningful dialogue and knowledge exchange.

The seminar will address critical issues such as academic stress, mental health, emotional resilience, and the impact of technology and social media on learning and behaviour. It also emphasizes the importance of inclusive, value-based, and holistic education aligned with NEP 2020. By fostering interdisciplinary perspectives, the event aims to generate innovative ideas, practical strategies, and research insights that contribute to enhancing well-being and promoting sustainable educational practices in contemporary society.



OBJECTIVES OF THE SEMINAR

- ▶ To examine the changing role of education in the 21st century.
- ▶ To explore multidisciplinary perspectives on teaching and learning.
- ▶ To address issues of academic stress and mental health in education.
- ▶ To align educational approaches with the vision of NEP 2020.
- ▶ To generate innovative ideas and research insights for sustainable development.
- ▶ To develop practical strategies for improving educational outcomes and well-being.



ABOUT SARSUNA COLLEGE

**Sarsuna College –
Nurturing Minds and Building Futures of Youth**

Located in the heart of South-West Kolkata, Sarsuna College stands as a vibrant centre of higher education committed to academic excellence, inclusivity, and holistic development. Affiliated to the University of Calcutta, the college has steadily grown into a respected institution that empowers students through quality teaching and meaningful engagement.

With a diverse range of undergraduate programmes in Arts, Science and Commerce, Sarsuna College fosters intellectual curiosity, critical thinking, and social responsibility. The institution blends traditional academic values with modern learning approaches, ensuring that students are prepared for both higher studies and professional careers.

Beyond classrooms, the college actively promotes co-curricular and extra-curricular activities — seminars, workshops, cultural programmes, NSS, sports and placement initiatives — encouraging students to develop leadership skills and community awareness.

Rooted in the ideals of equity, access to education and “Shiva Gyane Jiva Seva”, Sarsuna College continues to shape confident, capable and socially responsible citizens who contribute positively to society with values.



ABOUT DHRUBA CHAND HALDER COLLEGE

Dhruba Chand Halder College, established in 1965 as Dakshin Barasat College, assumed its present name in 1968 in honour of Dr. Dhruba Chand Halder, one of its key benefactors. The institution was founded through the dedicated efforts of a group of visionary and educated individuals committed to expanding access to higher education in the region.

The college received generous support from Dr. Dhruba Chand Halder and Srimati Baruni Devi, while Mr. Nanda Kishore Ghosh, a former member of the University of Calcutta Senate, played a crucial role in securing its affiliation. He also served as the first President of the Governing Body. The college hostel, Baruni Chhatrabas, stands as a tribute to Srimati Baruni Devi's contribution.

Initially, classes were conducted at Dakshin Barasat Shibdas Acharya High School. Following the construction of its own building, the college shifted to its present campus in 1968. Since then, it has continued to grow as a centre of learning, fostering academic excellence and serving the educational needs of the surrounding rural and semi-urban communities.



REGISTRATION FEES

- ▶ Faculty / Professional with paper:
₹ 500 (Offline) | ₹ 300 (Online)
- ▶ Without paper:
₹ 300 (Offline) | ₹ 200 (Online)
- ▶ Research Scholar/Student with Paper and without paper:
₹ 300 (Offline) | ₹ 200 (Online)



Pay: PNB A/C 1492010100003 | IFSC: PUNB0149220
Branch: Sarsuna College



MEMBERS

- Dr. Nabanita Sengupta, NAAC Co-ordinator, Sarsuna College
- Dr. Sanjib Kumar Gupta, Teachers' Council Secretary, Sarsuna College
- Prof. Jayeeta Saha (SACT), Prof. Gargi Chatterjee (SACT) & Prof. Anindita Pani (SACT),
Department of Education, Sarsuna College
- Prof. Rajyashree Halder(SACT), Prof. Deb Kumar Halder(SACT), Prof. Smriti Manna(SACT), & Prof. Moumita Mondal(SACT),
Department of Education, Dhruba Chand Halder College



**Deadline of registration and presentation:
26th May, 2026**



Submission of Abstract (within 250 words)
within 24th May, 2026
by email to
education.sarsuna@gmail.com



**Abstract Acceptance Notification:
25th May, 2026**



For the English papers it should be composed in Times New Roman 12 points. Word limit 3000, References and citations should be followed from the **APA STYLE 7TH Edition. After reviewing, the selected papers will be published in the seminar proceedings with ISBN.**



**CONTACT NUMBERS:
9123356321,
9875455540**



**ABSTRACT SUBMISSION MAIL ID:
education.sarsuna@gmail.com**



Contact for Queries:

Dr. Pintu Kumar Maji
Associate Professor & IQAC Coordinator, Sarsuna College
Email: pkm.edu.sc@gmail.com

**Registration Link:
<https://forms.gle/wYDLj2Jo25HB8F8K8>**