

Registration (up to 22nd Jan, 2026) :-

Faculty/Academicians : 250 Rs.
Research Scholar : 150 Rs.
Students : 100 Rs.



Registration Link-

<https://forms.gle/t4HQfXZXy8aLLJMRA>

What App Link-

<https://chat.whatsapp.com/Ka2cYMqnyUeLqzayl9W9We>

For any Query:

Dr. Jaswinder Kaur	(9416366299)
Mrs. Indu Anand	(8607823500)
Mrs. Sudha Choudhary	(9255244919)
Mrs. Saroj Rani	(7027647551)

Important Information

- Registration is compulsory for all.
- NoTA/DA will be provided to the participants



Excellence in Education

Organising Committee

Chief Patron

Chairperson

Mr. Roshan Lal Gupta

Gen Secretary

Mr. Varun Gupta

Patron

Convener/Principal

Dr. Mukesh Devi

Co-Convener

Dr. Jaswinder Kaur
(Assistant Professor)

Mrs. Indu Anand
(Assistant Professor)

Organising Secretaries

Mrs. Sudha Choudhary
(Assistant Professor)

Mrs. Saroj Rani
(Assistant Professor)

Committee Members

Mrs. Mona Goyal (Assistant Professor)
Mrs. Lakhbir Kaur (Asistant Professor)
Dr. Nidhi Verma (Assistant Professor)
Dr. Anju Popli (Assistant Professor)
Mrs. Anjali Sharma (Assistant Professor)
Mr. Sachin
Mr. Mahesh



Excellence in Education

One-Day National Seminar

On

**Psychological Well-Being of Students
in Digital Era: Challenges, Opportunities
And Education Intervention"**

Date: 24th January, 2026 (Saturday)

Time : 10:00 AM onwards

Organised By:

Seth Banarsi Dass College of Education

(Recognized by NCTE &

Affiliated to Kurukshetra University, Kurukshetra)

RESOURCE PERSONS



Dr. Rajvir Singh
Associate Professor
Deptt of Education
Kurukshetra University,
Kurukshetra



Dr. Sharmila
Assistant professor
Centre for Distance
and Online Education
Punjabi University
Patiala, Punjab

About the College

Seth Banarsi Dass College of Education, Kurukshetra is a reputed teacher education institution committed to academic excellence, professional integrity, and holistic development of prospective teachers.

The college is approved by the National Council for Teacher Education, (NCTE) and affiliated to Kurukshetra University, Kurukshetra.

The institute provides quality teacher education through innovative teaching-learning practices, research-oriented academic culture, and value-based education, with experienced faculty, adequate infrastructure, and a learner-centered environment, the college strives to prepare competent, socially responsible, and professionally skilled educators to meet the challenges of contemporary education.

About the Seminar

The rapid expansion of digital technology has significantly transformed students' academic, social, and psychological lives.

While digital tools have opened new avenues for learning and connectivity, they have also introduced challenges such as stress, anxiety, digital addiction, cyber bullying, reduced attention span, and emotional imbalance.

This National Seminar aims to provide a scholarly platform for academicians, researchers, educators, psychologists, and students to critically examine the

psychological well-being of students in the digital era. The seminar will focus on understanding challenges, exploring opportunities offered by digitalization, and identifying effective educational interventions to promote holistic student well-being.

Objectives of the Seminar

- To examine the concept and dimensions of psychological well-being of students in the digital era.
- To identify major psychological challenges faced by students due to excessive use of digital technologies.
- To explore the positive opportunities provided by digital tools for enhancing students' learning and mental well-being.
- To analyze the impact of social media and digital platforms on students' emotional, social, and academic life.
- To highlight the role of educational institutions in promoting psychological well-being among students.
- To discuss effective educational interventions for addressing digital stress, anxiety, and related issues.
- To encourage sharing of best practices, innovative strategies, and research findings related to student well-being.
- To foster collaboration among educators, psychologists, researchers, and policymakers.
- To promote awareness about balanced and responsible use of digital technology among students.
- To contribute to policy formulation and future research on student mental health in the digital age.

Sub-Themes

- Psychological well-being and mental health of students in the digital era
- Digital stress, anxiety, depression, and emotional challenges among students
- Impact of social media on self-concept, self-esteem, and identity formation
- Digital addiction, screen time, and its psychological consequences
- Cyber bullying, online harassment, and student safety
- Role of digital technology in enhancing learning and psychological well-being
- Educational interventions for promoting mental health in schools and colleges
- Role of teachers, teacher educators, and institutions in student well-being
- Parental involvement and home environment in the digital age
- Policy perspectives and future directions for student well-being in the digital era

Call for Papers:

Abstracts/Research Papers are invited from academicians, faculty, research scholars and students on the above-mentioned sub-themes. The last date of sending Abstract is 20th Jan, 2026. The last date submission of Full paper is 22nd Jan, 2026.

Abstracts must have 5 keywords and it should not exceed more than 300 words, and the word limit for the full papers is maximum 4000 words in MS Word or PDF format in Times New Roman, 12 font size and 1.5 line spacing on any subthemes as mentioned above are invited to be submitted on or before the last date to the email ID sethbanarsidasscollegekkr@gmail.com

NB: For both the Abstract and Full paper all are requested to mention designation of the author, institutional affiliation, e-mail ID with mobile number.

Points to remember:

1. Seminar Date (Hybrid Mode) : 24th January, 2026
2. Last date for Submission of abstract : 20th January, 2026
3. Last date for submission of full paper : 22nd January 2026