

MENTAL HEALTH AND WELL- BEING IN EDUCATION

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Abstract:

Mental health and well- being are important aspects of education, especially in moment's presto- paced and competitive terrain. Scholars frequently face stress, anxiety, and emotional challenges that affect their literacy and overall development. This content highlights the part of Indian Knowledge Systems(IKS) in promoting internal balance through practices like yoga, contemplation, and value- grounded education. These traditional styles help ameliorate attention, emotional stability, and inner peace.

The vision of Viksit Bharat focuses on erecting a advanced nation by nurturing healthy, professed, and mentally strong individualities. Education systems must thus produce probative surroundings, include comforting services, and promote life chops among scholars. By integrating ancient wisdom with ultramodern educational practices, a holistic approach can be achieved. This ensures not only academic success but also the development of responsible, flexible, and emotionally balanced citizens who can contribute effectively to the progress of the nation. is veritably important in education. The vision of Viksit Bharat(Developed India) highlights the need for healthy, professed, and emotionally strong citizens. Seminaries and sodalities should produce probative surroundings, include comforting services, life chops education, and promote positive connections. Government enterprise like academy internal health programs also support this thing. By combining traditional wisdom(IKS) with ultramodern education systems, we can make a generation that is n't only intelligent but also mentally strong, flexible, and able of contributing to a developed India.

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Objective:

1. To understand the significance of internal health and well- being in the education system.
2. To explore the part of Indian Knowledge Systems(IKS) in promoting internal balance through practices like yoga and contemplation.
3. To dissect how traditional values and training help in developing emotional strength and adaptability among scholars.
4. To examine the vision of Viksit Bharat in creating healthy, professed, and mentally strong individualities.
5. To identify the need for integrating internal health programs, comforting, and life chops education in seminaries and sodalities.

Elements:

Holistic Development :

Focus on overall growth of scholars — internal, emotional, physical, and spiritual — not just academic success.

Mental Health Awareness:

Understanding issues like stress, anxiety, and depression, and promoting openness to bandy them without smirch.

Indian Knowledge Systems(IKS) :

Use of traditional practices like yoga, contemplation, pranayama, and awareness to ameliorate attention and emotional balance.

Value- Grounded Education

Tutoring values similar as tone- discipline, empathy, tolerance, and inner peace drawn from Indian gospel.

Emotional Well- being

Helping scholars manage feelings, make confidence, and develop adaptability in grueling situations.

Probative literacy Environment

Creating safe, inclusive, and positive spaces in seminars with schoolteacher support and peer understanding.

Comforting and Guidance Services

Furnishing professional help through academy counselors and internal health programs.

Life Chops Education

Developing chops like decision- timber, problem- working, communication, and stress operation.

Part of preceptors and Parents

Preceptors and parents acting as attendants to support scholars' internal and emotional requirements.

Vision of Viksit Bharat

Building a advanced nation by nurturing mentally strong, healthy, and responsible citizens

Educational Implications

Holistic Curriculum Design

Education should go beyond academics and include internal, emotional, and spiritual development through conditioning like yoga, contemplation, and value education.

Integration of IKS Practices

Seminaries should incorporate Indian Knowledge Systems similar as pranayama, awareness, and ethical training to ameliorate focus, discipline, and inner peace.

Focus on Student Well- being

Institutions must prioritize scholars' internal health by reducing academic pressure and promoting a balanced life.

Comforting and Mental Health Support

Seminaries and sodalities should give trained counselors, guidance services, and internal health mindfulness programs.

Schoolteacher Training and Sensitization

Preceptors should be trained to identify internal health issues and produce a probative and inclusive classroom terrain.

Life Chops and Value Education

Curriculum should include chops like stress operation, emotional control, decision- timber, and empathy.

Positive School Environment

Schools should insure a safe, inclusive, and non-judgmental atmosphere where scholars feel reputed and heard.

Use of Co-curricular Conditioning

Conditioning like sports, trades, and artistic programs should be encouraged to reduce stress and enhance well-being.

Conclusion:

In conclusion, internal health and well-being are essential for meaningful and effective education. By integrating the principles of Indian Knowledge Systems(IKS) similar as yoga, contemplation, and value-grounded living with ultramodern educational practices, we can support the overall development of scholars. This balanced approach helps learners come emotionally stable, confident, and flexible.

The vision of Viksit Bharat emphasizes erecting a strong nation through healthy and able individualities. Thus, education systems must produce probative surroundings, reduce stress, and promote positive internal health. A combination of traditional wisdom and ultramodern strategies will help develop not only academically successful scholars but also responsible, aware, and mentally strong citizens who can contribute to a developed and progressive India.

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