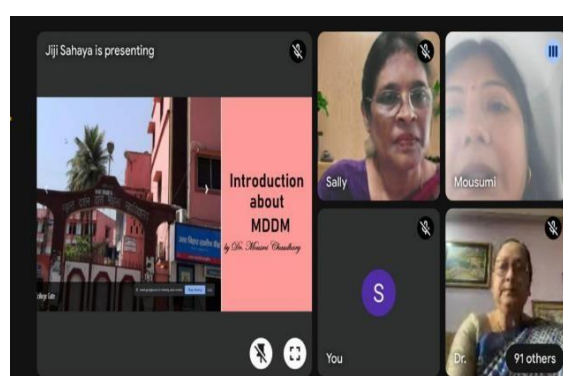


## Mahant Darshan Das Mahavidyalaya-Department of Education, Muzafarpur

Our collaboration, PCER, Panvel and Mahant Darshan Das Mahavidyalaya aims to promote academic training workshops, sessions, and mutual participation in seminars and conferences to enhance the quality of education and foster academic growth. One notable activity conducted under this collaboration was the "National Seminar: Healthy People on Healthy Planet," held on 30th September 2023. This seminar, organized jointly by PCER and Mahant Darshan Das Mahavidyalaya, aimed to explore the intersection between health, sustainability, and education. The seminar provided a platform for scholars, educators, and practitioners to discuss emerging trends, research findings, and best practices in promoting health and well-being for individuals and the planet. Through keynote speeches, panel discussions, and paper presentations, participants gained valuable insights into holistic approaches to health education and environmental sustainability. The collaboration between PCER and Mahant Darshan Das Mahavidyalaya is aligned with our shared commitment to promoting excellence in education and contributing to societal well-being.

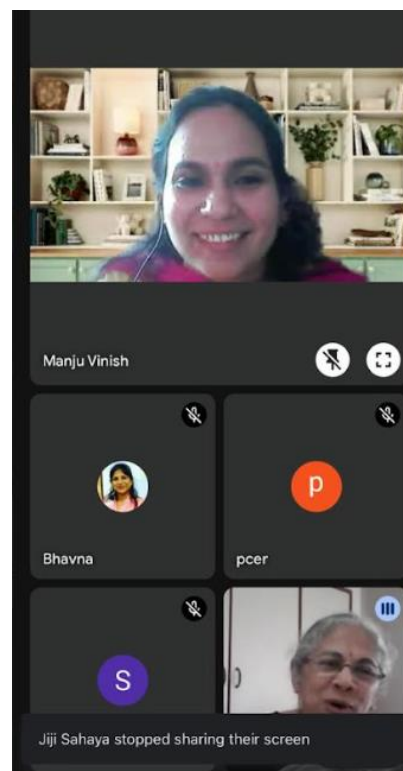
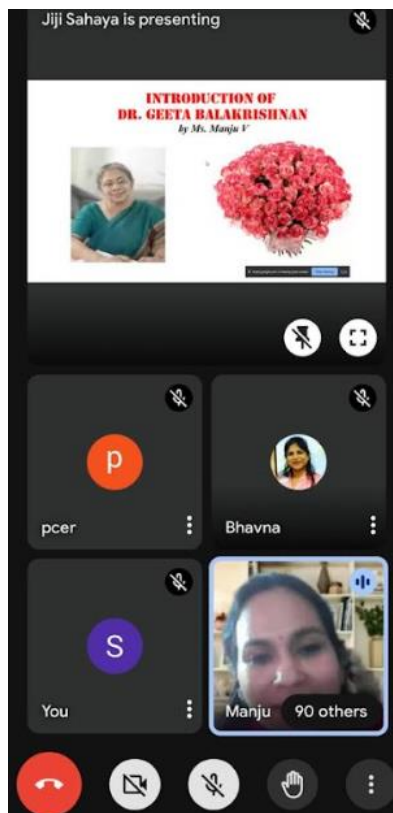


## The expert talk on "Equality and Dignity"

The expert talk on "Equality and Dignity," conducted at Pillai College of Education and Research, New Panvel, in association with Mahant Darshan Das Mahavidyalaya-Department of Education, Muzaffarpur, provided profound insights into the critical issues surrounding disparities in health, wealth, and human rights globally.

Dr. Geeta Balakrishnan, the esteemed speaker, commenced the talk by acknowledging the sobering reality that despite significant advancements in science and technology, the world remains plagued by inequality and inequity. She shed light on the widening gaps in access to healthcare and basic human rights, lamenting the failure of the global economy to alleviate poverty and improve healthcare for all. Throughout her presentation, Dr. Balakrishnan emphasized the fundamental principle of human rights, underscoring that every individual is entitled to equal rights, dignity, and worth. Drawing from her extensive field experiences as a social worker and educator, she delved into the significance of human dignity in various contexts, including living, drinking water, dying, and care work.

In conclusion, Dr. Balakrishnan's expert talk on "Equality and Dignity" served as a thought-provoking exploration of the complexities surrounding these critical issues. Attendees were challenged to reflect on the imperative need for transformational approaches in governance, global political economy, and capacity strengthening to promote equality and dignity for all individuals worldwide.



## The session on Peace and Mental Health

The session on "Peace and Mental Health," hosted by Pillai College of Education and Research, New Panvel, in collaboration with Mahant Darshan Das Mahavidyalaya-Department of Education, Muzaffarpur, provided valuable insights into the significance of peace and strategies to enhance mental well-being.

Dr. Thanuja Thomas, the esteemed speaker, initiated the session by delving into the age-old quest for peace that has pervaded human history. She underscored that peace encompasses not only the absence of conflict but also a state of inner calm, tranquility, and harmony. Dr. Thomas elucidated the multifaceted nature of peace, emphasizing its relevance at both societal and individual levels. Dr. Thomas also expounded on the concept of mental health, encompassing emotional, psychological, and social well-being. She highlighted the critical importance of mental health across the lifespan and its profound impact on various aspects of life, including cognition, mood, behavior, and interpersonal relationships. Throughout the session, Dr. Thomas provided practical tips and strategies to bolster mental well-being, ranging from prioritizing social connections to engaging in relaxation practices and maintaining a balanced diet. She emphasized the significance of seeking professional support when needed and encouraged participants to prioritize self-care and self-awareness.

In conclusion, the session on "Peace and Mental Health" served as an enlightening platform for participants to deepen their understanding of strategies for fostering inner peace and enhancing mental resilience. Dr. Thanuja Thomas's expertise and guidance equipped participants with valuable tools to navigate life's challenges and cultivate a sense of peace and well-being.

