



**Dr. Divya R. Panjwani** is Assistant Professor in Department of Education, Integral University, Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics) and Ph.D. (Educational Psychology). She has six years as a Team Leader and Manager. Fourteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 14 Research Papers in National and International Journal, 20 Chapter in Edited Book, 18 Edited book into her account and 1 authored book. She has attended more than 15 National and International Conferences, Convenor in more than fifteen Faculty Development Programs and workshops. She is working as a Subject Matter Expert for Life Skills Education, Work Education and Adult Education under Tata Consultancy Services. Divya Panjwani has been selected as a member of Flying Squad for ISC Board Examination for four consecutive years from 2019 to 2022. She has published Academic Buoyancy Scale, General Anxiety Scale and 1 Indian Patent. Her expertise spans are Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce and Accountancy. She has been appointed as an Academic Consultant in SCERT, Patna.



**Prof. (Dr.) Adnan Khan Lodi** is a distinguished educationist, researcher, teacher educator, and academic administrator with more than two decades of experience in teacher education. Currently serving as Dean, Faculty of Education at Integral University, Lucknow, he has played a significant role in educational leadership, curriculum development, pedagogical innovation, and research advancement. He began his academic career as a Lecturer at Vivek College of Education, Bijnor in 2004. Now presently Vivek University, Bijnor (U.P.) and later served as Acting Principal at Dr. M. C. Saxena College of Education, Lucknow (U.P.). Since joining Integral University, Lucknow in 2012, he has progressed from Assistant Professor to Professor & Head and Dean in 2024. Prof. Lodi has published more than forty-five research papers in reputed journals, five developed educational tools and scales, edited academic books, and served on editorial boards of national and international journals. He has also guided Nineteen Ph.D. scholars and thirty-five M.Ed. dissertations, making valuable contributions to educational research and teacher education in India. He has also served as a Mentor under the National Mission for Mentoring Program by the Ministry of Education, Govt. of India and Resource person of various online /offline national programs and Editorial Board Member for various national and international journals, contributing to the promotion of quality academic research. His achievements have been recognized through prestigious awards including the transformational Leadership -Shiksha Padam Samman-2023 by, All India Principal Association Regd., The Change Maker Award-2022 by PAAI & Maharishi University of information Technology, Lucknow, and the Best Educator Promoting Holistic Education Award-2023 by Singhania Excellence Award, New Delhi.



**Dr. E. Ahmad** is currently working as Associate Professor & Head, Dept. of Education, Integral University Kursi Road, Lucknow. He has more than 22 years experience in the field of Teacher Education and research. He did his PG in Mathematics, M. Ed and Ph.D. in Education from MJP Rohilkhand University Bareilly and qualified UGC NET in Education in 2003. He actively engaged in educational research and seven students have completed their Ph. D and six are enrolled under his supervision. More than 43 research papers have published in International and Peer Reviewed journal. He worked as Resource person and presented papers in several Seminars, Conferences and workshops. He also involved as member of external expert in BoS and Ph.D. evaluators in other universities. He is a convenor of selection committee, BoS, Faculty board, workshops, seminars and other programs at the university level.



Foundations and Contemporary Perspectives on Mental Health and Well-Being

# Foundations and Contemporary Perspectives on Mental Health and Well-Being



Dr. Divya R. Panjwani  
Dr. E. Ahmad  
Prof. (Dr.) Adnan Khan Lodi



**BOOK RIVERS**  
WE CREATE READERS

**BOOK AVAILABLE**



MRP: ₹370/-

# **Foundations and Contemporary Perspectives on Mental Health and Well-Being**

**Dr. Divya R. Panjwani**

**Prof. (Dr.) Adnan Khan Lodi**

**Dr. E. Ahmad**

Faculty of Education

Integral University, Lucknow



**BOOK RIVERS**  
WE CREATE READERS

No part of this publication may be reproduced, transmitted or stored in a retrieval system, in any form or by any means, electronic, mechanical, photocopying recording or otherwise, without the prior permission of the author.

**Published by: - Book Rivers**

**Website: - <https://www.bookrivers.com/>**

**Email: [publish@bookrivers.com](mailto:publish@bookrivers.com)**

**First Print Edition - 2026**

**Copyright©: Editors**

**Title: Foundations and Contemporary Perspectives on Mental Health and Well-Being**

**Editors: Dr. Divya R. Panjwani, Prof. (Dr.) Adnan Khan Lodi, Dr. E. Ahmad**

**All Rights Reserved**

**ISBN: 978-93-7837-164-6**

**MRP: 370/-INR**

---

**(Printed in India)**

# Foreword



## **Prof. (Dr.) Lokanath Mishra**

*Professor and Dean, School of Education Mizoram  
University, Aizawl, India*

It gives me immense pleasure to write the Foreword for *Foundations and Contemporary Perspectives on Mental Health and Well-Being*. Mental health has emerged as one of the defining concerns of the twenty-first century, influencing not only individual well-being but also educational progress, workplace productivity, social cohesion, and national development. The growing recognition that mental health is fundamental to human flourishing makes this volume both timely and highly relevant.

One of the greatest strengths of this book is its multidisciplinary orientation. It moves beyond the conventional medical understanding of mental health and presents it through the perspectives of education, psychology, economics, political science, nutrition, yoga, digital technology, workplace well-being, microbiology, and public health. Such diversity reflects the reality that mental health is shaped by biological, psychological, social, cultural, educational, and environmental influences.

The editors have thoughtfully brought together scholarly contributions that discuss historical evolution, contemporary challenges, preventive approaches, therapeutic interventions, and emerging research areas. Particularly commendable is the inclusion

of themes such as psychological first aid, work-life balance, digital mental health, gut-brain interactions, meditation, women's well-being, and the role of Indian Knowledge Systems in promoting psychological wellness. These chapters encourage readers to appreciate mental health as an integral component of holistic human development rather than merely the absence of illness.

The academic rigor, contemporary relevance, and practical orientation of this volume make it a valuable resource for students, researchers, educators, psychologists, healthcare professionals, administrators, and policymakers. It successfully bridges theoretical foundations with practical implications and encourages interdisciplinary dialogue for addressing one of humanity's most pressing challenges.

I congratulate the editors—Dr. Divya R. Panjwani, Prof. (Dr.) Adnan Khan Lodi, and Dr. E. Ahmad—for their vision, dedication, and scholarly leadership in bringing together this important work. I am confident that this volume will serve as a meaningful reference for higher education institutions and contribute significantly to the ongoing discourse on mental health and well-being.

I wish this publication every success and hope it inspires further research, awareness, and compassionate action towards building mentally healthy individuals and societies.

**Prof. (Dr.) Lokanath Mishra**  
*Professor and Dean,  
School of Education,  
Mizoram University, Aizawl, India*

# Foreword



**Samarth Narain**  
**Teacher, Art of Living**

There comes a time in every civilization when humanity begins to look inward rather than merely outward. Material progress may enrich our surroundings, but only inner awareness enriches our existence. In today's world, where technological advancement has outpaced emotional growth, mental health has become one of humanity's greatest spiritual and social concerns.

This volume, *Foundations and Contemporary Perspectives on Mental Health and Well-Being*, is much more than an academic compilation. It is an invitation to rediscover the forgotten harmony between the mind, the body, and the spirit. True well-being is not merely the absence of illness; it is the presence of peace, compassion, wisdom, resilience, and purposeful living.

The contributors have explored mental health through diverse disciplines including education, psychology, medicine, nutrition, yoga, economics, political science, and digital society. Such diversity reminds us of an eternal truth: every dimension of life influences the mind, and the mind, in turn, influences every dimension of life. When knowledge from various fields converges with human values, holistic understanding emerges.

Ancient wisdom has always taught that the greatest journey is the journey within. Meditation, mindfulness, self-awareness, disciplined living, meaningful relationships, and compassionate

service have long been regarded as pathways toward inner freedom. Modern science increasingly validates these timeless principles, creating a beautiful meeting point between spirituality and contemporary research.

May this book encourage every reader to move beyond the treatment of mental illness toward the cultivation of mental wellness. May it inspire educators to teach with empathy, professionals to work with balance, researchers to inquire with integrity, and individuals to live with awareness.

I extend my heartfelt congratulations to the editors, Dr. Divya R. Panjwani, Prof. (Dr.) Adnan Khan Lodi, and Dr. E. Ahmad, whose sincere efforts have brought together this valuable contribution to humanity's collective well-being.

May this work illuminate many minds, comfort many hearts, and remind us that lasting peace is not something we seek outside ourselves—it is something we awaken within.

With Blessings,

**Samarth Narain**  
**Teacher, Art of Living**

## Preface

Mental health and well-being have emerged as essential dimensions of individual, educational, social, and professional life. In an increasingly complex and rapidly changing world, understanding mental health requires an interdisciplinary perspective that integrates psychological, biological, social, educational, technological, and cultural dimensions.

The present volume, *Foundations and Contemporary Perspectives on Mental Health and Well-Being*, brings together diverse perspectives on mental health and well-being. The chapters examine foundational concepts, psychological well-being, work–life balance, communication, nutrition, women’s mental health, psychological first aid, adolescent development, digital technology, social connectedness, loneliness, and emerging applications of technology and machine learning.

The book also gives attention to Indian Knowledge Systems, including meditation and Jnana Yoga, highlighting the relevance of traditional wisdom in promoting holistic well-being. Contemporary issues such as problematic online behaviour, virtual environments, gut–brain relationships, and the biological and psychological development of adolescents further broaden the scope of the volume.

This book is intended to serve as a useful academic resource for teachers, researchers, students, counsellors, and professionals

interested in understanding mental health from contemporary and multidisciplinary perspectives. It also encourages reflection on the need for preventive, inclusive, and holistic approaches to mental well-being.

We hope that this volume contributes meaningfully to academic discourse and promotes greater awareness, understanding, and responsible action towards mental health and well-being.

**Dr. Divya R. Panjwani**  
**Prof. (Dr.) Adnan Khan Lodi**  
**Dr. E. Ahmad**

*Editors*

Faculty of Education  
Integral University, Lucknow

# Index

| Chapter No. | Chapter Title                                                                                                                                                                | Page. No |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1.          | Mental Health: A Stigma for Past, Present and Future<br><i>Dr. Geetika Nidhi</i>                                                                                             | 1 – 9    |
| 2.          | Work–Life Balance and Psychological Well-Being: Pathways to Mental Peace<br><i>Dr. Neha Singh, Dr. Zia Afroz, Pratima Shukla</i>                                             | 10 – 18  |
| 3.          | Jnana Yoga in Indian Knowledge Systems: A Path to Mental Health and Well-Being<br><i>Dr. Dhriti Tiwari</i>                                                                   | 19 – 30  |
| 4.          | A Study on Political Perspectives on Mental Health and Well-Being<br><i>Dr. Anil Kumar Singh</i>                                                                             | 31 – 42  |
| 5.          | Meditation For a Better Mental Health<br><i>Ruchi Bhardwaj, Dr. Divya R. Panjwani</i>                                                                                        | 43 – 56  |
| 6.          | The Impact of the Educational and Socio-Economic Environment on Mental Wellbeing<br><i>Dr. Shujauddin Khan Dr. Jamal Abdul Nasir Ansari, Prof. Adeel Maqbool</i>             | 57 – 76  |
| 7.          | Economic Impact of Mental Health Challenges on Working Populations with the Special Reference to Raigad District<br><i>Mr. Atul Krishna Ghadge, Mr. Haribhau Sama Kharat</i> | 77 – 94  |

8. Significance Of Nutrients Intake on The Mental Health and Well-Being of Young Adults 95 – 109  
*Shashi Soni, Uroosa Noor, Mona Kumari, Nidhi Singh & Ena Gupta*
9. Mental Health and Well-Being in Digital Era 110 – 122  
*Anju Banerjee*
10. Promoting Mental Health and Emotional Well-being 123 – 129  
*Ms. Neha Sharma*
11. Psychological First Aid and Its Role in Mental Health and Well-Being 130 – 145  
*Ms. Stuti Malviya*
12. Peel To Heal: Evaluating The Impact of Fruit Peels in the Management of Mental Health 146 – 156  
*Uroosa Noor, Shashi Soni, Nidhi Singh, Mona Kumari and Ena Gupta*
13. Microbiome And Mood: Unveiling The Relation Between Gut Microbiota and Depression 157 – 163  
*Nidhi Singh, Mona Kumari, Shashi Soni, Uroosa Noor & Ena Gupta*
14. Mental Well-Being of Women 164 – 170  
*Ms Iffat Fatima*
15. English Communication Improves Mental Health and Well-Being in The Workplace 171 – 178  
*Dr. C. PRIYA*

16. The structural Basis of the Gut-Brain Axis: Neuroanatomy of the Enteric Nervous System in Mental Health 179 – 186  
*Dr. Dewanshi Mishra, Dr. Abeer Zubair Khan, Dr. Hitesh Tiwari*
17. Machine Learning-Based Prediction of Student Academic Performance Using Behavioral and Lifestyle Factors 187-206  
*Subhajoty Ghosh, Sayani Ghosh, Abhishek Pal*
18. Sleep and Mental Health: An Integrated Physiological Perspective 207-218  
*Dr. Bindiya Verma, Prof. Dr. Mohammad Hifzur Rehman*
19. The emerging role of *Pediococcus species* in modulating chronic stress and depression 219-226  
*Mona Kumari, Nidhi Singh, Uroosa Noor, Shashi Soni, Ena Gupta*
20. Digital Society and Youth Mental Health: Examining the Predictive Role of Social Connectedness, Loneliness and Problematic Online Behaviour among University Students 227-238  
*Prince Chauhan*
21. Computer Use and the Biological Development of Adolescents: Implications for Physical, Neurological and Cognitive Growth 239-259  
*MD Wasim Akram, Mr. Rinku Raheja*

- 22.**      Biological Transitions, Neurodevelopment      260-272  
            and Psychological Well-Being in  
            Adolescence: A Biopsychosocial Perspective  
*Kahkashan Parveen*

# CHAPTER 1

## Mental Health: A Stigma for Past, Present and Future

---

**Dr. Geetika Nidhi**

*Assistant Professor, Faculty of Education, Integral University, Lucknow*

### **Abstract**

*The history of mental health care reflects a dynamic interaction among scientific knowledge, cultural values, religious beliefs, and political power. Mental health in ancient period was understood considering superstitions and then to environment. Middle Ages in mental health was foundation of humanitarian reforms. The modern period encounters renaissance in mental health. Across time, explanations of mental illness have varied according to broader social conditions, from early spiritual and communal healing practices to medieval theological clarifications, renaissance humanism, institutional reform movements, and the emergence of modern psychiatry.*

Key words: Mental Health, Wellbeing, WHO, Stigma

### **Mental Health in Ancient period: Superstitions to Psychology**

Earliest records of mental health come from the ancient period of Mesopotamia and Egypt where the abnormal behaviour was due to supernatural and somatogenic aspects in which the mental distress was attributed to occurring due to supernatural involvement. (Nutton, 2013; Porter, 2002) and they developed structured systems for understanding and responding to abnormal behaviour indicating an organized approach.

In ancient Greece, the understanding changed in which the physicians said that imbalances within the body were the reason for mental illness not divine punishment. Hippocrates suggested psychological disorders must be treated medically not spiritually