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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



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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
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