



**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.



**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.



**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.

**BOOK AVAILABLE**

**Flipkart**  **amazon**



MRP: ₹460/-

**Mental Health: Social Issues and Support Strategies**

# Mental Health: Social Issues and Support Strategies



Dr. Divya R. Panjwani

Dr. E. Ahmad

Prof. (Dr.) Adnan Khan Lodi

  
**BOOK RIVERS**  
WE CREATE READERS

# **Mental Health: Social Issues and Support Strategies**

**Dr. Divya R. Panjwani**

**Dr. E. Ahmad**

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

*Faculty of Education*

*Integral University*

*Lucknow, India*



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: Mental Health: Social Issues and Support Strategies**

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

**All Rights Reserved**

**ISBN: 978-93-7837-877-5**

**MRP: 460/-INR**

---

**(Printed in India)**

## Foreword



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

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

Mental health is not merely a clinical concern; it is deeply embedded within the social realities of individuals and communities. Every stage of life presents unique psychological challenges influenced by family structures, educational experiences, economic conditions, gender, technology, culture, and social relationships. Therefore, meaningful mental health promotion requires understanding these diverse social contexts and developing appropriate support mechanisms. *Mental Health: Social Issues and Support Strategies* successfully addresses this important need.

This edited volume presents an insightful collection of scholarly contributions that examine mental health through contemporary social perspectives. The chapters explore issues affecting women, children, adolescents, students, transgender individuals, working professionals, first-generation learners, persons with autism spectrum disorder, and individuals navigating digital environments and social media. The volume also discusses resilience, emotional learning, brain breaks, educational environments, and community-based support strategies.

The book is particularly noteworthy because it does not limit itself to identifying problems. Instead, it emphasizes practical support

systems, preventive interventions, inclusive educational practices, therapeutic approaches, workplace initiatives, and community engagement. Such an approach aligns with the global movement towards promoting mental health through prevention, early intervention, and social inclusion rather than relying exclusively on treatment-oriented models.

The editors have demonstrated remarkable academic foresight in bringing together experts from diverse disciplines whose collective scholarship enriches the understanding of mental health as a multidimensional social phenomenon. The discussions are contemporary, evidence-informed, and socially relevant, making the volume valuable for educators, psychologists, counsellors, healthcare professionals, social workers, researchers, students, and policymakers.

I congratulate the editors—Dr. Divya R. Panjwani, Dr. E. Ahmad, and Prof. (Dr.) Adnan Khan Lodi—for their dedicated efforts in compiling this comprehensive volume. Their commitment to promoting awareness, reducing stigma, and encouraging evidence-based support strategies deserves sincere appreciation.

I am confident that this book will make a meaningful contribution to academic literature and inspire educators, researchers, practitioners, and policymakers to work collectively towards creating more inclusive, compassionate, and mentally healthy societies.

I wish this publication widespread readership and lasting academic impact.

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

## Foreword



**Prof. (Dr.) Sapna Verma,**  
*Former Principal, Nari Shiksha Niketan PG College,  
Lucknow*

Every human being longs for love, acceptance, dignity, and inner peace. Yet many silently carry burdens of loneliness, fear, discrimination, grief, uncertainty, and emotional pain. Mental suffering often remains invisible, hidden behind smiles and daily responsibilities. To recognize that unseen struggle with compassion is itself an act of spirituality.

Mental Health: Social Issues and Support Strategies reminds us that mental health is not an individual concern alone; it is a reflection of the collective consciousness of society. The way we treat women, children, marginalized communities, students, families, and those facing adversity ultimately shapes the emotional health of our civilization.

The chapters presented in this volume explore a wide range of contemporary social realities—from bullying and cyber influences to educational environments, workplace challenges, gender concerns, neurodevelopmental conditions, resilience, and community support. They remind us that healing begins not with judgment but with understanding; not with isolation but with connection; not with stigma but with acceptance.

Spiritual traditions across the world have consistently emphasized compassion, forgiveness, self-awareness, service, and unconditional respect for human dignity. These timeless values remain as relevant today as ever. Scientific knowledge may explain the workings of the mind, but compassion transforms the human heart.

A society becomes truly healthy when it creates spaces where every individual feels seen, heard, valued, and supported. Healing is rarely achieved alone; it flourishes through relationships built on trust, empathy, and kindness.

I commend the editors for envisioning a work that not only discusses mental health challenges but also emphasizes hope, resilience, inclusion, and practical pathways toward healing. Their efforts contribute meaningfully to reducing stigma and encouraging a culture of understanding and emotional well-being.

May every reader of this volume discover not only knowledge but also greater empathy. May this book inspire communities where compassion becomes stronger than prejudice, understanding deeper than judgment, and hope brighter than despair.

May peace reside in every heart, wisdom guide every mind, and kindness shape every action.

With Divine Blessings,

**Prof. (Dr.) Sapna Verma,**  
*Former Principal,*  
*Nari Shiksha Niketan PG College,*  
*Lucknow*

## PREFACE

Mental health is an essential dimension of human well-being and an integral part of a healthy and productive society. In the contemporary world, individuals encounter a wide range of social, educational, technological, occupational, and interpersonal challenges that can influence their psychological well-being. Increasing academic pressures, changing family structures, digital dependence, social media, workplace demands, discrimination, economic difficulties, and social isolation have made mental health a significant concern across different stages of life.

The present edited volume, *Mental Health: Social Issues and Support Strategies*, has been conceived with the aim of examining mental health from a broad social, educational, psychological, and humanistic perspective. Rather than viewing mental health merely through a clinical lens, the book recognizes the important role of families, educational institutions, workplaces, communities, technology, social relationships, and inclusive social systems in promoting psychological well-being.

The twenty-three chapters included in this volume address diverse and contemporary dimensions of mental health. The contributions discuss issues related to women, children, adolescents, college students, first-generation and low-income learners, transgender individuals, working women, and persons with autism spectrum disorder. The volume also examines bullying, peer pressure, social media, online learning, digital communication, cybercrime, academic stress, school environment, social and emotional learning, resilience, and brain breaks. In addition, important perspectives related to psychoneuroimmunology, the right to mental health, and legal protection are explored.

A significant emphasis of this book is on **support strategies and preventive approaches**. Awareness, early identification, emotional support, resilience, inclusive educational practices, healthy digital behaviour, supportive institutional environments, counselling, community participation, and respect for human dignity are

essential for creating conditions in which individuals can seek help without fear or stigma. The chapters collectively highlight that promoting mental health is a shared responsibility rather than the responsibility of the individual alone.

The book is intended to serve as a useful academic resource for students, teachers, researchers, counsellors, psychologists, social workers, healthcare professionals, educational administrators, and all those interested in understanding contemporary mental health concerns. It also seeks to encourage further discussion and research on socially responsive approaches to mental health promotion.

We express our sincere gratitude to all the contributors for sharing their scholarly insights and to the distinguished foreword writers for their valuable encouragement. We also acknowledge the support of the Faculty of Education, Integral University, Lucknow, and everyone who contributed directly or indirectly to bringing this volume to fruition.

It is our hope that *Mental Health: Social Issues and Support Strategies* will contribute to greater awareness, informed dialogue, empathy, and evidence-informed support for individuals and communities. May it encourage readers to view mental health not merely as an absence of psychological difficulties, but as a shared foundation for dignity, inclusion, resilience, and meaningful human development.

***Dr. Divya R. Panjwani***

***Dr. E. Ahmad***

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

*Editors*

*Faculty of Education*

*Integral University, Lucknow, India*

## Table of Content

| Chapters | Chapter Name                                                                                                                                                    | Page No. |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1.       | Between Strength and Struggle: The Mental Health Journey of Divorced and Separated Women<br><br><i>Henna Panjabi</i><br><i>Dr. Rakesh Kumar</i>                 | 1-14     |
| 2.       | Bullying, Peer Pressure & social media- Their Impact on Student's Mental Health<br><br><i>Alfiya Bano</i>                                                       | 15-26    |
| 3.       | Ergonomics And Digital Eye Strain: Bridging<br><br><i>Dr. Ziaul Haq Yasir</i>                                                                                   | 27-38    |
| 4.       | Understanding Autism Spectrum Disorder: Clinical Features, Diagnosis, And Early Intervention<br><br><i>Dr. Mohd Haroon</i><br><i>Dr. Manish Madhav Tripathi</i> | 39-57    |
| 5.       | Psychological Well-Being of Working Women Balancing Work and Education<br><br><i>Kahkashan Parveen</i><br><i>Dr. Panjwani Divya Rajkumar</i>                    | 58-67    |
| 6.       | Mental Health and Well-Being Through Brain Breaks<br><br><i>Neeta Bawankule</i><br><i>Dr. E. Ahmad</i>                                                          | 68-79    |

7. The Significance of Mental Health Among College Students in Present Scenario 80-93  
*Dr. Sada Warsi*  
*Dr. Azkiya Waris*
8. The Mental Health of First-Generation and Low-Income Students 94-103  
*Dr. Farheen Fatima Zaidi*  
*Dr. E. Ahmad*
9. Stress And Success: A Double-Edged Sword in Student Life 104-114  
*Mrs. Neetu Kumari*  
*Dr. Shweta Agarwal*
10. How Does social media Shape Student Mental Health, Particularly Regarding Peer Pressure, Anxiety, And Self-Perception, And What Resilience-Building Strategies Can Mitigate These Effects? 115-121  
*Shimaila Rizvi*  
*Prof. Dr. Adnan Khan Lodi*
11. Mental Health and Well-Being in Online Classes: Challenges, Impacts, And Strategies 122-134  
*Dr. Shaista Ateeque*
12. Mental Health and Well-Being of Students 135-160  
*Prof. (Dr.) Annapurna C Reddy*

13. Promoting Mental Health in Schools and Higher Education: A Vital Investment in the Future 161-171

***Dr. Ruchi Rani***

14. Mental Health of Transgender Individuals: Challenges, Determinants, And Interventions 172-182

***Sakshi Jain***

***Dr. Panjwani Divya Rajkumar***

15. School Environment and Mental Health and Well-Being of Students 183-196

***Ms. Saba Parveen***

***Henna Punjabi***

16. Impact Of Bullying, Peer Pressure And social media On Students Mental Health 197-205

***Shyamili Singh***

17. Reimagining Education for Student Well-Being: Embedding Social and Emotional Learning in Contemporary Pedagogical Practices 206-218

***Ms. Nivedita Priyadarshini***

***Dr. Shalini Verma***

18. Reflection Of Education on Students' Mental Health and Their Well-Being 219-229

***Dr. Rahat Parveen***

***Dr. E. Ahmad***

19. Pedagogical Resilience: Mental Health and Well-Being Through Brain Breaks 230-241  
*Dr. Manisha Singh*
20. Digital Communication and Mental Health 242-251  
*Dr. C. Priya*
21. Psychoneuroimmunology: Inflammation as a Driver of Depression 252-261  
*Dr. Bindiya Verma*  
*Prof. Dr Mohammad Hifzur Rehman*
22. The Right to Mental Health: A Human Rights-Based approach to Legal Protection 262-274  
*Mr. Mohd. Ubais Ansari*
23. Prurient Cybercrime Victimization Among Women in Delhi NCR Exploring Digital Predictors Psychological Outcomes and Moderating Effects of Coping and Resilience 275-289  
*Dr. Kiran Rani Panwar*