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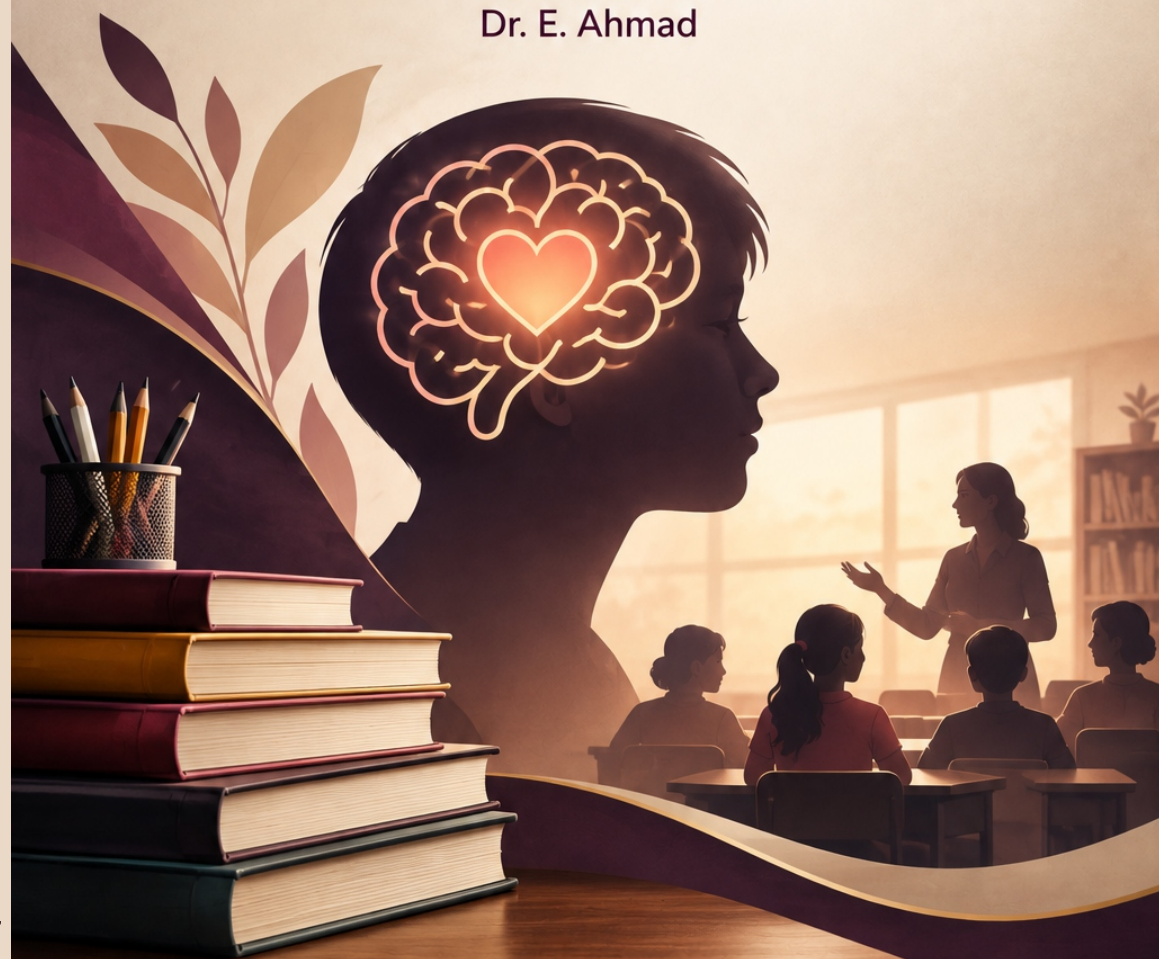


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Mental Health in Educational Settings: Learners, Teachers and Systems

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Prof. (Dr.) Adnan Khan Lodi
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CHAPTER 17

Mental Health in Education: Foundation and Challenges

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Abstract

Mental health is an essential component of overall well-being and plays a vital role in the educational environment. As students and educators face increasing pressures in academic and social domains, the integration of mental health awareness and support within educational systems has become a priority. This paper explores the foundational concepts of mental health in education, including its importance for cognitive development, emotional regulation, and academic performance. It also examines the major challenges faced by educational institutions in implementing effective mental health strategies, such as stigma, lack of resources, insufficient training for educators, and policy limitations. Mental health affects every field of our life and it shows in activity also. Even work of an individual shows the mental preparedness and level. By highlighting current practices and proposing holistic and inclusive approaches, this study aims to contribute to the development of mentally healthy learning environments that support both students and faculty.

Key Words: Mental health, Emotional regulation, academic performance, resources, stigma, inclusive approaches.

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