



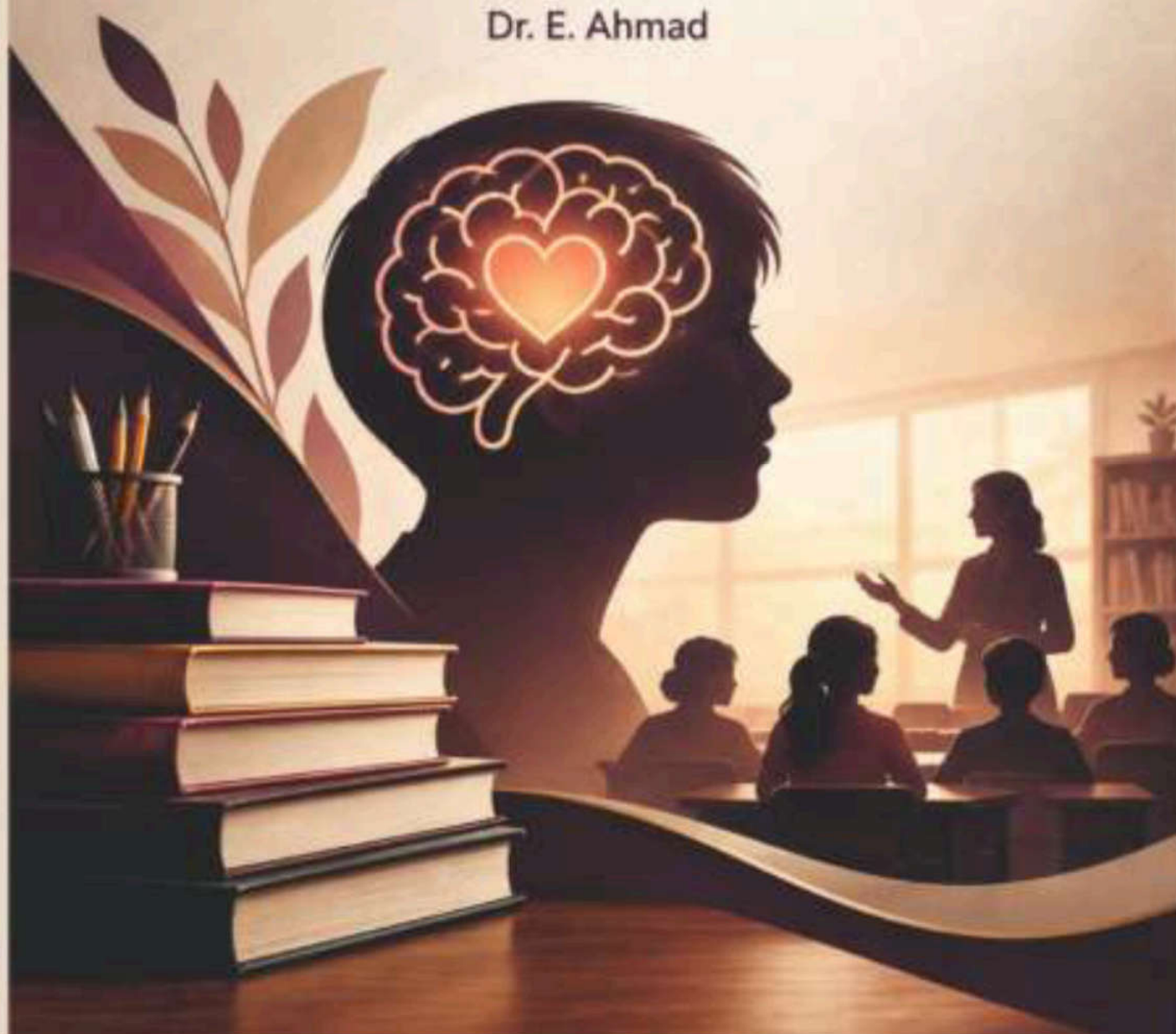
Mental Health

in

Educational Settings:

Learners, Teachers and Systems

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



Mental Health in Educational Settings: Learners, Teachers and Systems

Dr. Divya R. Panjwani

Prof. (Dr.) Adnan Khan Lodi

Dr. E. Ahmad

Faculty of Education

Integral University, Lucknow



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

First Print Edition - 2026

Copyright©: Editors

Title: Mental Health in Educational Settings: Learners, Teachers and Systems

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

All Rights Reserved

ISBN: 978-93-7837-647-4

MRP: 499/-INR

(Printed in India)

INDEX

Chapter No.	Chapter Title	Page No.
1.	A Conceptual Framework for Understanding the Role of Professional Ethics in Shaping Mental Health Outcomes Among University Teachers <i>Wahida Rais, Dr. Vivek Rogers</i>	1-17
2.	A Critical Review of Student Mental Health: Anxiety Among Students <i>Kanchan Khatreja</i>	18-29
3.	Addressing Mental Health Challenges in Children and Adolescents <i>Md. Qais, Dr. Divya Panjwani</i>	30-39
4.	Building Resilience and Coping Skills In University Students: Strategies For Promoting Mental Wellbeing <i>Zaid Imran, Prof. (Dr.) Adnan Khan Lodi</i>	40-49
5.	Cyberbullying And Adolescent Mental Health: The Role of Education and Preventive Strategies <i>Prawnya V, Dr. P.S. Sreedevi</i>	50-61
6.	Incorporating Mental Health in The School Curriculum: A Case Study of The Happiness Curriculum in Delhi Government Schools <i>Farha Abbas, Dr. Sania Kulsum</i>	62-67
7.	Educational Mental Health as A Shared Responsibility: A Strategic Management View <i>V. Hathika, Dr. Rathidevi</i>	68-75

8. Financial Literacy as a Defending Measure for Early Career Teacher's Mental Health Outbreak **76-84**
Shahlin Qureshi, Dr. Nazia Akhlaq
9. Fostering Mental Wellbeing Through Positive Educational Environment **85-96**
Ena Gupta, Nidhi Singh, Mona Kumari, Shashi Soni, Uroosa Noor
10. Impact Of English Language Learning on Mental Health and Exploring the Relationship with Language Anxiety and Self Esteem **97-108**
Arti Singh, Dr. Vivek Rogers
11. Integrating Mental Health Education Through Task-Based Strategies in Teacher Education and School Curricula **109-121**
G Narmada Devi, Dr.P. S. Sreedevi
12. Integration Of Mental Health Education into The School Curriculum **122-130**
Mrs. Arshdeep Kaur
13. The Role of School Leadership in Developing Mentally Healthy Higher Education Students **131-148**
Fizza Ehtisham, Dr. Vivek Rogers
14. The Impact of The Educational Environment on The Mental Well-Being of College Students in Chengalpattu, Tamil Nadu: A Statistical Analysis **149-162**
M R Ramesh

15. Student Mental Health in Indian Higher Education: Early Identification and Intervention Strategies **163-170**
Puja Ravindra Bhujade, Dr. Siddharth K. Gangale
16. Mental Health Support Systems in Educational Settings as Per Nep 2020 **171-181**
Dr. Vijaymala Chougule, Dr. Sameer Pachore
17. Mental Health in Education: Foundation and Challenges **182-191**
Tasneem Fatimah, Dr. E. Ahmad
18. Preparing Future Educators for Mental Health Challenges: From Literacy to Intervention **192-201**
Rajasekaran P, Dr. P. S. Sreedevi
19. Role of Indian Philosophical Traditions in Cultivating Inner Peace and Stability **202-211**
Dr. Noorain Anas
20. Mental Health and Well-Being in Higher Education: Challenges, Policy Perspectives and Institutional Strategies for Student Support **212-234**
Dr. Abdul Moeed and Dr. Rakesh Kumar
21. Predicting Mental Health Outcomes in Educational Settings Using Artificial Intelligence: Lifestyle, Psychological and Medical Factors **235-248**
Subhajoty Ghosh, Sayani Ghosh, Abhishek Pal, Prasenjit Kundu

22. Fostering Mental Wellness in Schools: A Teacher-Centric Perspective **249-266**
Priyanka Joshi, Prof. Dinesh Kumar
23. The Impact of Educational Environment on Mental Well-being **267-274**
Prof. (Dr.) Lahanu Vitthal Jadhav
24. Chatbot Assisted Learning in Child Education from a Cognitive Engagement Perspective and Its Impact on Learning Outcomes **275-292**
Dr. Kiran Rani Panwar
25. Artificial Intelligence and Education: Transforming Teaching, Learning and Educational Systems **293-309**
Mr. Rinku Raheja, MD Wasim Akram
26. Academic Stress and Psychological Well-Being Among Adolescents: Determinants, Consequences and Resilience **310-323**
Kahkashan Parveen

CHAPTER 13

The Role of School Leadership in Developing Mentally Healthy Higher Education Students

Fizza Ehtisham¹, Dr. Vivek Rogers²

¹*Research Scholar, Faculty of Education, Integral University, Lucknow*

²*Assistant Professor, Faculty of Education, Integral University, Lucknow*

ABSTRACT

This study delves into the important part that school leadership plays in helping college students take care of their mental health. Supportive settings that foster psychological well-being, resilience, and academic performance are greatly enhanced by effective leadership at universities. Academic strain, social isolation, and financial worries are some of the stresses that this research aims to alleviate via the use of strategic leadership approaches such as mental health policy implementation, campus culture promotion, and wellness program integration. Proactive communication, allocating resources for counseling services, and engagement with student groups are some of the top approaches highlighted by the study, which draws on quantitative and qualitative data from institutional case studies. To equip administrators to prioritize mental health in higher education settings, we provide recommendations for leadership training and policy formulation.

Keywords: leadership; school mental health; leadership preparation; professional development

Introduction

There has been a dramatic uptick in the number of papers detailing the negative effects of anxiety, depression, and stress-related illnesses on college students' mental health, which in turn has a domino effect on their academic performance, retention rates, and general well-being. There is a wide range of difficulties that students