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## Healthy People on a Healthy Planet

### A Report

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MES' Pillai College of Education and Research, in collaboration with Mahant Darshan Das Mahila Mahavidyalaya, Bihar, organized a seminar on the topic **“Healthy People on a Healthy Planet”** on 30<sup>th</sup> September 2023. This initiative aimed to create deeper awareness about the interconnectedness of human dignity, equality, peace, and mental health as essential pillars of sustainable living and societal progress.

The seminar was structured around two thought-provoking themes:

- **Theme 1: Human Dignity and Equality**, addressed by **Dr. Geeta Balakrishnan**, former Principal and Director of Nirmala Niketan College of Social Work, Mumbai. She shared valuable insights on fostering respect, inclusivity, and equal opportunities in society.
- **Theme 2: Peace and Mental Health**, explored by **Dr. Thanuja Thomas**, Centre Director and Senior Counsellor at Astha: My Mind My Care – Mental Health and Holistic Wellbeing Centre, Kerala. She emphasized the critical role of mental health in achieving personal well-being and lasting peace.

Mahatma Education Society's  
PILLAI COLLEGE OF EDUCATION & RESEARCH NEW PANVEL  
(Affiliated to the University of Mumbai)

in collaboration with  
Mahant Darshan Das Mahila Mahavidyalaya, Muzaffarpur, Bihar  
(A Constituent Unit of B.R.A Bihar University)

Organizes  
National Level Webinar  
On  
**HEALTHY PEOPLE ON A HEALTHY PLANET**

Resource Person  
**Dr. Geeta Balakrishnan**  
Former Principal and Hon Director  
Nirmala Niketan College of Social  
Work, Mumbai

Resource Person  
**Dr. Thanuja Thomas**  
Centre Director & Senior  
Counsellor,  
Astha My Mind My Care  
Mental Health Holistic Wellbeing  
Centre, Kerala

**30<sup>th</sup> September 2023** **09.30 AM- 05 PM**

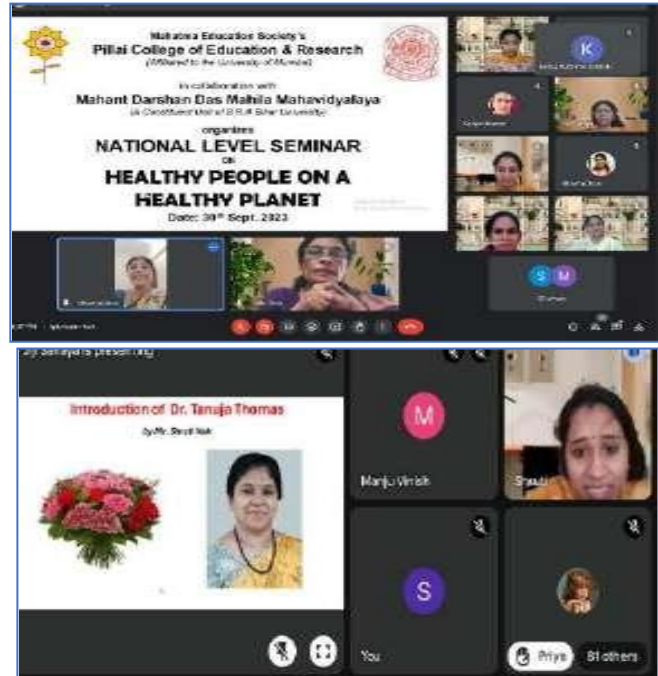
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Both speakers brought rich expertise and inspired participants with their dedication to social causes. The seminar also featured research scholars and students from diverse institutions who presented research papers, highlighting vibrant academic engagement and cross-institutional learning. The session was skilfully chaired by **Dr. Mousumi Chaudhari**, Head of the Department of Education, Mahant Darshan Das Mahila Mahavidyalaya, Bihar, who ensured the discussions were insightful and well-coordinated.

## Outcome:

The event not only facilitated collaboration and academic exchange between institutions across different states but also strengthened participants' sense of social responsibility. It deepened understanding of how individual well-being and societal values contribute to a healthier planet, encouraging attendees to become advocates for dignity, equality, peace, and mental health in their own communities.



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