

## Report on the National Conference on ‘Good Health and Well-being’

Pillai College of Education & Research (PCER), New Panvel, in collaboration with Soroptimist International Bombay Chembur (SIBC), organized a National Conference on “Good Health and Well-being” on 14th October, 2025, through an online mode. The conference aimed to create awareness about the importance of physical and mental health and to promote holistic well-being among Educators, Research scholars and student- teachers.

The formal inauguration of the conference commenced at 10:00 a.m. with a melodious prayer song, invoking a sense of peace and positivity. Dr. Jiji Sahaya delivered the welcome address, extending a warm greeting to all dignitaries, staff, speakers, paper presenters, and participants. This was followed by a brief introduction of Mahatma Education Society and the legacy of Pillai College of Education and Research, by Dr. Geeta Thakur, highlighting its commitment to promoting education for sustainable development and societal growth. Dr. Celina Joy then introduced Soroptimist International Bombay Chembur (SIBC), emphasizing its contributions towards empowering women and fostering community well-being.



After the inaugural session, the conference proceeded with the keynote addresses by two distinguished speakers who enlightened the audience on the multidimensional aspects of health.



The first session was led by Dr. Fabian Almeida, *Consultant Psychiatrist, Wellspring Counselling Centre, Kalyan (W) and Fortis Hospitals, Mulund (W)*, who spoke on the topic “Dimensions of Health and Mental Well-being.” Dr. Almeida emphasized that health is not merely the absence of disease but the complete harmony of physical, mental, and social well-being. He explained that mental health is often overlooked despite being central to human functioning. His talk covered vital areas such as emotional intelligence (EQ), adversity quotient (AQ), and the significance of self-awareness in maintaining balance and resilience.

Dr. Almeida highlighted that daily mindfulness practices, positive affirmations, and simple relaxation techniques can help students and young professionals manage stress effectively. He encouraged youngsters to “pause, breathe, and reset,” recommending ten minutes of mindful reflection every day to strengthen inner peace. Responding to participants’ questions, he reminded them that “it’s okay not to be okay” and emphasized that failures and difficulties are stepping stones to growth. He suggested “auditing one’s day” to reflect on lessons learned and identify areas for self-improvement. Stressing the importance of awareness and help-seeking behaviour, he urged everyone to normalize conversations about mental health and seek professional guidance whenever necessary. His





inspiring words motivated the participants to adopt practical strategies for mental resilience, emotional regulation, and holistic well-being.

The second speaker, Ms. Varsha Gorey, *Head of the Department of Dietetics, Apollo Hospitals, Nerul*, addressed the topic “Health and Nutrition.” She began by asking thought-provoking questions such as “*Why do we eat?*” and “*Do we eat for energy or emotion?*”, encouraging participants to reflect on their eating patterns and mental associations with food. Ms. Varsha emphasized that true health stems from disciplined habits, balanced nutrition, proper sleep, regular exercise, and emotional balance. She discussed how physical, mental, and social well-being are interlinked, and that mindful eating and healthy routines can significantly enhance one’s quality of life.

Highlighting the importance of traditional Indian diets, she explained that a balanced plate should include all major food groups grains, pulses, fruits, vegetables, dairy, and fats in the right proportion. She cautioned against excessive consumption of salt, sugar, and oil, the “three white culprits,” and recommended moderation in all aspects of diet and lifestyle. Ms. Varsha also discussed the significance of hydration, antioxidants, prebiotics, probiotics, and sleep hygiene in maintaining metabolic balance and preventing lifestyle diseases. She concluded by reinforcing that good health is not about perfection but about balance, mindfulness, and self-discipline.



After each speaker’s presentation, a question-and-answer session was held, during which participants actively interacted with the speakers. Both Dr. Almeida and Ms. Varsha provided thoughtful and practical responses, making the sessions highly engaging and insightful.



In the afternoon, a paper presentation session was organized in two parallel tracks, chaired by Dr. Saramma Mathew and Dr. Reshmy Varghese. A total of 19 participants presented their research papers on diverse themes. Each presentation was followed by a short discussion, during which the chairpersons posed reflective questions and provided constructive feedback to the presenters.



The conference provided a valuable platform for academicians, research scholars and student-teachers to share their perspectives and explore interdisciplinary approaches to health and education. The day’s proceedings concluded at 5:30 p.m. with the National Anthem, marking the end of an intellectually enriching and inspiring event.

The National Conference on “Good Health and Well-being” successfully achieved its objective of spreading awareness about holistic health, emphasizing that well-being is not a destination but a continuous journey of balance between the mind, body, and spirit.

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