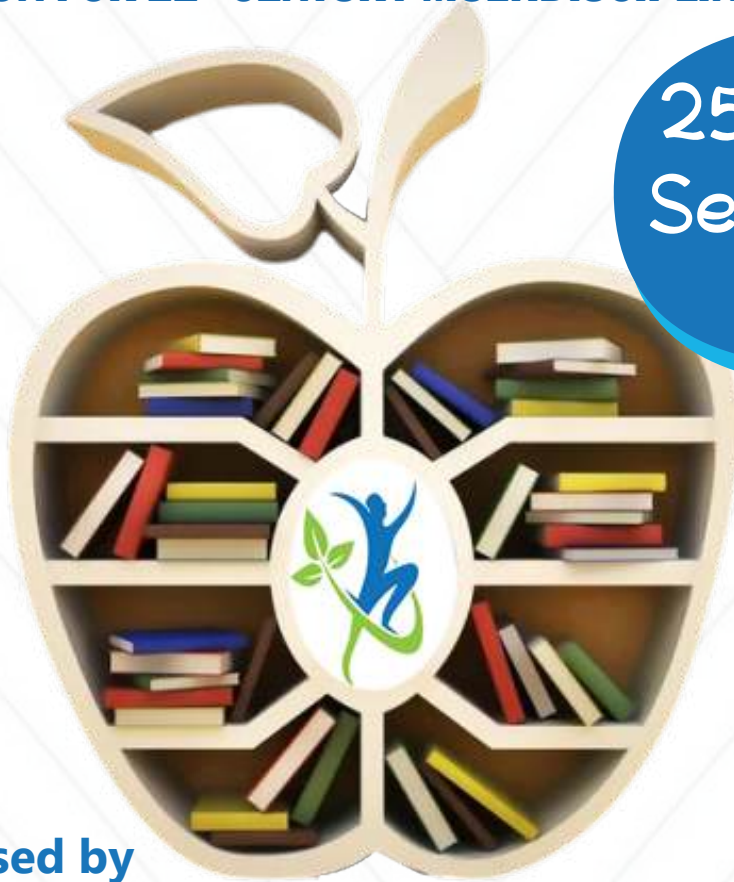




**TWO-DAY NATIONAL SEMINAR ON**  
**SYNERGIZING HEALTH, WELLNESS & TECHNOLOGY:**  
**A HOLISTIC VISION FOR 21<sup>st</sup> CENTURY MULTIDISCIPLINARY EDUCATION**

**25<sup>th</sup> & 26<sup>th</sup>  
September  
2025**



**Jointly organised by**

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA, KERALA &  
SOCIETY OF INNOVATIVE RESEARCHERS AND ACADEMICIANS (SIRA)**

**in Collaboration with**

**UGC-MMTTC, UNIVERSITY OF KERALA, THIRUVANANTHAPURAM**



**Last Date of  
Acceptance of  
Papers:  
15/09/2025**

**Papers received after this date  
will not be considered for  
presentation and publication**

## ABOUT THE SEMINAR

The UGC-MMTTC collaborated two-day National Seminar titled, 'Synergizing Health, Wellness & Technology: A Holistic Vision for 21<sup>st</sup> Century Multidisciplinary Education', aims to explore the dynamic intersections of physical and mental well-being, emerging technologies, and transformative educational practices. In an era where education must address the comprehensive development of individuals, this seminar provides a platform for academicians, researchers, policy-makers, and practitioners to deliberate on innovative strategies that integrate health, wellness, and digital tools into multidisciplinary education. With the evolving demands of the 21st century, the seminar aspires to foster dialogue on sustainable models of learning that prioritize holistic development, inclusivity, and technological empowerment to shape resilient and future-ready learners.

## ABOUT UGC-MMTTC (HRDC) THIRUVANANTHAPURAM

The Human Resource Development Centre, University of Kerala was instituted in 1987 by the UGC. The HRDC now functions in the Golden Jubilee Building at Kariavattom with Prof. (Dr.) Josukutty C.A as the Director. UGC MMTTC, University of Kerala has conducted 804 courses for teachers from different departments and 26,870 teachers have participated in it. This MMTTC, also conducted 10 programmes under STAT (Stimulating Teachers for Advanced Training Programme), 10 courses obtaining the funds of RUSA in 2017-18, ten batches of PSC recruited University Assistants and All India Principals' Workshop for 3 days. A number of programmes were also organised in renowned institutions like IIT, IIS etc. The MMTTC publishes 'UGC- ASC News' twice a year.

## ABOUT SIRA

Society of Innovative Researchers and Academicians (SIRA) is an association registered under 'Travancore-Cochin Literary, Scientific, Charitable Societies Act 1955, by the alumni members of the 18<sup>th</sup> Refresher Course in Education of UGC HRDC (MMTTC), University of Kerala, Thiruvananthapuram. The aim of SIRA is purely academic without affiliation to any political party. The main objective of SIRA is to secure the professional growth of its members through training programmes, seminars, publications, service assistance, charity activities, library services and research. The membership is open to all college teachers, including Professional, and Arts and Science Colleges (aided, govt. or unaided), university teachers and research scholars. SIRA conducted one International, seven National, and two State-level seminars, published 14 edited books and four seminar proceedings and conducted two National level paper presentation competitions for UG and PG students.

## ABOUT THE COLLEGE

St. Thomas College of Teacher Education (STCTE), Pala was established in 1957 as one of the pioneer institutions in the field of teacher education. The college celebrated its Golden Jubilee in 2007. The College is owned and run by the Catholic Diocese of Palai and is affiliated to the Mahatma Gandhi University, Kottayam. It is the first of its kind to be accredited at four-star level by NAAC (2000) in the State of Kerala and re-



reaccredited with A+ Grade (2<sup>nd</sup> cycle 2007), with A Grade (3<sup>rd</sup> cycle 2014) and with A+ Grade (4<sup>th</sup> cycle 2025 – with CGPA 3.35). The college secured 6<sup>th</sup> rank in KIRF (2024). The college has established a tradition of excellence in enriching the teaching community, academicians and researchers. The college is a research centre in Education approved by the MG University, Kottayam, Kerala. The college offers D.El.Ed., B.Ed., M.Ed. and Ph.D. programmes.

We cordially invite you to the Two Day National Seminar on 'SYNERGIZING HEALTH, WELLNESS & TECHNOLOGY: A HOLISTIC VISION FOR 21<sup>st</sup> CENTURY MULTIDISCIPLINARY EDUCATION' on 25<sup>th</sup> and 26<sup>th</sup> September, 2025. The focus of this venture is to guide and train the teachers, academicians, researchers and students to utilise the benefits of the contemporary concerns in the academic and practical realm.

**Prof. (Dr.) C. A. Josukutty**  
Director, UGC-HRDC  
Thiruvananthapuram

**Prof. (Dr.) T.C. Thankachan**  
Principal, STCTE Pala &  
President, SIRA

**Dr. Lavina Dominic**  
Vice-Principal, STCTE Pala  
(Seminar Co-ordinator)

**Dr. Shalby P. Jose &  
Mrs. Pushpa George**  
(Joint-co-ordinators)

## SUB-THEMES OF THE SEMINAR

1	Holistic & Multidisciplinary Education for Wellness	11	Physical & Mental Wellness in Holistic Education
2	Technology, Health and Fitness	12	Integrating Health Awareness into Science Curriculum
3	Yoga, Mindfulness, and Meditation for Mental Wellness	13	Technology for Inclusive and Accessible Health Education
4	Impact of Social Media and Screen Time on Physical and Mental Health	14	Social Science Perspectives on Wellness: Building a Health-Conscious, Happy and Responsible Society
5	Fitness and Lifestyle Changes in the Post-Pandemic Era	15	Language and Literature as Tools for Emotional Well-being
6	Promoting Happiness through Wellness Initiatives	16	Mathematics in Monitoring Health, Fitness, and Data Analysis
7	Digital Interventions in Preventive & Curative Health Care	17	Art, Music, and Drama for Creative Expression & Inner Peace
8	AI, ICT and Wearable Technologies in Health Monitoring	18	Sports and Physical Education: Strengthening Body & Mind
9	Values, Peace & Life Skills for Holistic Development	19	Lifestyle diseases: Challenges and Remedies
10	Technology and Electronic Media Use	20	21 <sup>st</sup> Century Life Skills for better future

## TARGET GROUP

Teachers, Teacher Educators, Scientists, Professionals, Academicians, Research Scholars, Research Guides and UG/PG students

## PROGRAMME

**Day I (Thursday) 25.09.2024**

INAUGURAL FUNCTION – 25.09.2025 at 10 am	
Presidential Address:	<b>Msgr. Dr. Joseph Thadathil</b> (Manager of the College & Proto-Syncellus of the Syro-Malabar Eparchy of Palai)
Inauguration & Key Note Address:	<b>Prof. (Dr.) C.T. Aravindakumar</b> (Vice-Chancellor, Mahatma Gandhi University, Kottayam)
<b>Session I</b> 11.30 am to 1.00 pm:	Technology: A Holistic vision for 21 <sup>st</sup> Century Multidisciplinary Education ( <b>Dr. K. Thiya</b> gu, Associate Professor, Department of Education, Central University of Karnataka)
<b>Session II</b> 1.45 pm to 2.30 pm:	Session Continues.... ( <b>Dr. K. Thiya</b> gu)
<b>Session III</b> 2.45 pm to 5.00 pm:	Paper Presentations (Offline & Online)
Day II (Friday) 26.09.2025	
<b>Session IV</b> 10.00 am to 11.30 am:	Health, Wellness and Better Life ( <b>Prof. Dr. Augustine George</b> , Professor and HOD, Physical Education Department, Government College, Kottayam)
Session V 11.45 am to 12.30 pm:	Yoga Demonstration and Practice for Fitness and Happiness ( <b>Joel Jose</b> - International Winner/Trainer & College Yoga Team)
Session VI 1.15 pm to 2.45 pm:	Stress, Anxiety, and Burnout among Students and Educators: Psychological Approach to Coping ( <b>Dr. Varghese Punnoose</b> , Principal, Professor & Head of the Department of Psychiatry, Government Medical College, Kottayam)
VALEDICTORY FUNCTION (26.09.2025 at 3.00 pm)	
Valedictory Message & Releasing of the Edited Book:	<b>Prof. (Dr.) C. A. Josukutty</b> (Director, UGC MMTTC, University of Kerala)

## CALL FOR PAPERS

- Papers should be based on the areas in the main theme or the sub-themes.
- It should be in MS Word Format with 1.5 line spacing in Times New Roman, Font Size 12 on A4 paper. The papers should be of 6-8 pages.
- The full paper should include an Abstract, Keywords and References (in APA format). Papers without these will be rejected.
- Papers accepted and presented (offline/online) will be published in ISBN-numbered UGC-MMTTC (HRDC) Seminar Proceedings/Edited Book.
- Papers should be sent by e-mail: stctepalaseminar2025@gmail.com
- The last date for submission of the paper is 15<sup>th</sup> September 2025. Papers received after this date will not be considered for presentation and publication.



## REGISTRATION FEE AND ACCOMMODATION

### Registration Fee:

Teachers (University/College/School), Professionals & Academicians	Rs. 600/-
SIRA Members	Rs. 500/-
Research Scholars (M.Phil/Ph.D/Post Doctoral)	Rs. 400/-
PG and UG students	Rs. 300/-
<b>Paper Presentation and Publication Fee:</b> Paper presenters should remit an <b>additional amount of Rs. 600/-</b> towards the presentation, including the cost of Seminar Proceedings/ Edited Book with ISBN. For joint papers, the authors should register their names by paying the full amount separately. The research guides with more than one research scholar presenting the paper, are permitted to remit the additional fee only once.	

Registration and fee for paper presentation/publication should be paid to: The PRINCIPAL, ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA payable at **SBI PALA (A/c No: 57028294565 – SBI PALA Branch, IFSC SBIN0070120.** (Google Pay No. 9447037105). WhatsApp the screenshot of G-Pay also to the given G-Pay number.

**The Last Date** for receiving the full paper with the registration and Paper Presentation/ Publication fee is **15<sup>th</sup> September, 2025.**



**Accommodation** will be arranged on request (separate payment for accommodation): For details, please contact at the earliest Dr. Alex George 9447599631.

### FOR MORE INFORMATION, PLEASE CONTACT.....

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(Seminar Co-ordinator) 9495443393

**Dr. Sunu Austin**  
(Asst. Professor, STCTE) 9446204425

**Dr. Pratheesh Abraham**  
(Asst. Professor, STCTE) 9249117564

**Dr. Suramya Mathai**  
(Secretary, SIRA) 9562413413

**Prof. (Dr.) Issac Paul**  
(Treasurer, SIRA) 9447588913

**Dr. Sunil Thomas**  
(Asst. Professor, STCTE) 9447134241



**ST. THOMAS COLLEGE OF TEACHER EDUCATION**  
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*Welcome*