



NIRMALA INSTITUTE OF EDUCATION

Altinho, Panjim-Goa

Under the Aegis of IQAC

Organizes a

NATIONAL CONFERENCE

ON THE THEME

COUNSELLING FOR LIFE:

Moving Beyond Crisis to Nurture
Growth, Empowerment and
Well-being



DATE

17th - 19th September 2025



ABOUT US

Nirmala Institute of Education (NIE), Goa, a distinguished college of Teacher Education, was established in 1963 by the Society of the Daughters of the Heart of Mary (DHM). The college was affiliated to Bombay University and later in 1985, to Goa University. The Institution runs Teacher Education Programmes such as the B.Ed., D.El.Ed (affiliated to GSCERT) and Certificate Course in Early Childhood Care and Education.

True to its long-standing commitment to addressing critical societal needs, particularly in mental health, it offers the M.A. Wellness Counselling and Post Graduate Diploma in Guidance and Counselling Programmes to empower students to work in diverse settings, including schools, colleges, NGOs, health and industry. Both the programmes are affiliated to Goa University. The Atmashodha Counselling Centre serves as the outreach wing of the college.

The conference also coincides with the birth centenary of late Fr. Romuald D'Souza (SJ), a visionary educator and Padma Shri awardee who founded the Xavier Institute of Management, Bhubaneswar (XIMB), Goa Institute of Management (GIM) and the M.A. Wellness Counselling Programme at NIE.

CALL FOR PAPERS

Abstract of no more than 250 words along with full papers, not exceeding 05 pages should be typed single-spaced on A4 paper, following the APA format (7th Edition), and submitted by 16-08-2025.

Selected papers will be published in an edited book with an ISBN Number.

IMPORTANT DATES

Activity	Date (DD-MM-YYYY)
Submission of Full Paper	16-08-2025
Acceptance Intimation	30-08-2025
Deadline for registration	01-09-2025

SUB THEMES

Counselling for personal growth and holistic well-being

- Developing life-skills, personal resources and strengths for emotional, physical, social and spiritual well-being
- Use of Technology to support growth and wellness

Promoting Lifelong Wellbeing

- Safeguarding mental health of children and adolescents
- Supporting youth and young adults in navigating life transitions
- Promoting healthy lifestyles in families
- Determinants of healthy marriages and committed relationships
- The role of parenting in mental health
- The role of mental health support in the life satisfaction of ageing populations
- Grief and loss: Fostering hope and purpose

Community Empowerment

- Mental health access and barriers for populations with specific needs
- Creating spaces to promote social wellbeing in communities
- Preventive mental health interventions for at risk populations
- Understanding cultural attitudes towards mental health

Promoting Institutional & Organizational Wellbeing

- Opportunities and challenges faced by students in academic life
- Mental health literacy among educators
- Opportunities and challenges in the workspace and professional life
- Advocacy for sustainable mental health policy

CONCEPT OBJECTIVES

Building upon NIE's Diamond Jubilee in 2023 and its long-standing commitment to addressing critical societal needs, particularly in mental health, this conference aligned with Viksit Bharat @ 2047 aims to

- **Redefine the Mental Health Paradigm**

Promote a shift from distress-centered counselling to a holistic, growth focussed, strengths-based model. Healthy and Resilient Society (Viksit Bharat@2047)

- **Promote Lifelong Well-being**

Highlight multidimensional aspects of well-being and encourage capacity building across all stages of life. Human Capital Development (Viksit Bharat@2047)

- **Advance Evidence-Based Holistic Practices**

Introduce wellness frameworks and research-driven strategies that enhance personal, organizational, and community well-being. Research, Innovation, and Holistic Healthcare (Viksit Bharat@2047)

- **Strengthen Counsellor Professional Development**

Equip counsellors with competencies in positive psychology, growth mindset, and holistic wellness planning that extends beyond symptom management. Skill Development Mission (Viksit Bharat@2047)

- **Leverage Technology for Counselling Innovation**

Explore digital tools that enhance accessibility, continuity, and client empowerment in growth-oriented counselling. Digital India & Health for All (Viksit Bharat@2047)

- **Foster National Collaboration**

Build a national network to share innovative practices and collectively advance the field of wellness and mental health care. Whole-of-Society Approach (Viksit Bharat@2047)

DELEGATE FEE

Authors	Amount
International Delegates	\$ 50 (rupee equivalent)
Indian Delegates	₹ 2,000
Student Delegates	₹ 1,000

BANK DETAILS

Bank Account Name	Canara Bank
Bank Name	Nirmala Institute of Education
Account Number	72002010021610
Branch	Panaji Main
IFSC Code	CNRB0000308



REGISTRATION

Last Date: 1st September 2025

For Registration: [Click Here](#)



PAPER SUBMISSION

Last Date: 16th August 2025

For Paper Submission: [Click Here](#)



EXPECTED OUTCOMES



Conference Communique: Framework for holistic mental health



Toolkit: Practical strategies for well-being across life stages



Conference Proceedings: Compilation of research contributions



Practitioner Forum: Sustained knowledge-sharing community



Advocacy: Push for full-time school counsellors



National Collaboration: Collaboration with national level agencies

CONTACT US

For more information about our programs

Visit our website
www.nirmalainstitute.org

Conference Co-ordinators :

Ms. Sheena Pereira

Ms. Viola Castellino

Mobile Number [077688 02003](tel:07768802003)

Email Address conference@nirmalainstitute.org

Ms. Olga Vaz
Vice-President
Nirmala Education Society

Dr. Rita Paes
Director
Nirmala Institute of Education

Dr. Russell D'Souza
Principal
Nirmala Institute of Education