REGISTRATION DETAILS

Category	UG	PG	Ph.D.	Faculty
Registration Fee (INR)	900/-	1100/-	1300/-	1600/-

Without Accommodation charges

REGISTRATION TILL
7th October, 2026

Registration Contacts

Ms. Smita Vasava
95371 55209

Ms. Richa Goswami
97278 10323

Accommodation Contacts

Dr. Sejal Rabari
96877 05291

Mr. Vikas Bhoye
9904986148

Scan For Registration

Scan for Venue

Scan for Payment

Registration & Breakfast will start from 8:30 am

director.mbnc@utu.ac.in

ORGANIZING COMMITTEE

Chief Patron
Dr. D. R. Shah,
Hon. CEO, Uka Tarsadia University

Patron
Dr. Yogeshwar P. Kosta,
Hon. Provost, Uka Tarsadia University

Co Patron
Dr. Chinmay Desai,
Registrar, Uka Tarsadia University

Conference Advisor
Dr. Rani Shetty

Organizing Chairperson
Dr. M Jayalakshmi,
Principal, Maniba Bhula Nursing College, UTU

Organizing Secretory
Ms. Jemy Dhimar
Lecturer, Dept. of MHN, MBNC, UTU

Joint Secretory
Ms. Hetvi Gamit
Nursing Tutor, Dept. of MHN, MBNC, UTU

FEATURED SPEAKERS


Dr. Lakhan Kataria


Dr. Rupa Agarwal


Dr. Satish Kumar Avasthi


Dr. Clement I


Dr. Parag Shah


Dr. Arunjyoti Baruah

UKA TARSADIA UNIVERSITY

Maniba Bhula Nursing College
Organizing

National Conference on

Shaping Healthy Minds:
Mental Health in Gen Z

Theme

Gen Z : Nurturing a Healthy Mind



8 GNC Credits

9th - 10th October, 2026

Venue
Pushpam Tarsadia Auditorium,
Uka Tarsadia University
Bardoli - 394350

Bardoli at a Glance

Bardoli, a historic town in Gujarat located about 35 km from Surat, is renowned for the historic Bardoli Satyagraha of 1928 led by Sardar Vallabhbhai Patel. Inspired by his vision of making Bardoli a centre of excellence in education, Bardoli Pradesh Kelavani Mandal (BPKM) and Uka Tarsadia University continue to strive for academic excellence and holistic development.

About UTU

Established in 2011 by Bardoli Pradesh Kelavani Mandal, Uka Tarsadia University offers a wide range of academic programmes in Management, Engineering and Technology, Computer Science, Biotechnology, Microbiology, Science, Pharmacy, Commerce, Nursing, Physiotherapy, and other disciplines. Established under the Gujarat Private University Act, 2011 (Act No. 25 of 2011), the University is recognized under Section 22 of the UGC Act, 1956, and is accredited with a NAAC B+ Grade.

About MBNC

Maniba Bhula Nursing College is a constituent institute of Uka Tarsadia University and recognized by Indian Nursing Council, New Delhi and Gujarat Nursing Council for nursing education since 2008. The college strives to impart quality nursing education in B.Sc. Nursing, Post Basic B.Sc. Nursing, GNM, M.Sc. Nursing and Ph.D.

About National Conference

Generation Z faces growing mental health challenges driven by rapid technological advancements, social media influence, academic pressure and evolving social dynamics. To address these concerns, Maniba Bhula Nursing College is organizing a two-day national conference, "Shaping Healthy Minds", under the theme 'Gen Z - Nurturing a Healthy Mind.' The conference aims to enhance participants' understanding of Gen Z mental health issues while exploring evidence-based strategies to build resilience, promote healthy coping, prevent suicide and create supportive environments through expert sessions, panel discussions, debates and paper presentations.

utu.malibacampus

Program Schedule

Day 1

Time	Topic/ Activity	Resource Person
8:30 - 10 am	**Breakfast & Registration**	
10:30 - 11:30 am	**Inauguration and Keynote :** Changing Landscape of Mental Health Issues & Challenges among Gen Z	**Dr. Lakhan Kataria** Prof. & Head, Dept. of Psychiatry, Depty. Medical Superintendent, Sumandeep Vidhyapeeth, Vadodara
11:30 am - 12:30 pm	**Session 1:** The Digital Mind	**Dr. Rupa Agarwal,** President & Founder, Muktaa Charitable Foundation, Pune
12:30 - 1:30 pm	**Lunch Break**	**Girls Hostel**
1:30 - 2:30 pm	**Poster Making Competition**	
1:30 - 3 pm	**Panel Discussion:** *"Role of Society in Building Stronger Minds of Gen Z"* **Moderator:** **Dr. Vidisha Jariwala** Family Physician & Mental Health Practitioner Vacanza Trade Centre, Surat	**Dr. Nirav Mehta** (Psychiatrist, Manmandir Clinic, Surat) **Mr. Ashwani Bhatia** (Clinical Psychologist, Divyam Institute of Psychiatry, Palsana) **Dr. Deepak Krishnamurthy** (HOD, Dept. of MHN, MTIN, CHARUSAT, Anand) **Dr. Maithil Patel** (Psychiatrist, Divyam Institute of Psychiatry, Palsana)
3 - 4 pm	**Session 2:** The Pressure to Perform: Breaking the Myth of Perfection	**Dr. Satish Kumar Avasthi** Principal, Institute of Medical Technology & Nursing Education, Jaipur, NRSI Secretary, West zone, Rajasthan
4 - 4:30 pm	**High-Tea**	

Objective

- Enhance understanding of the current mental health challenges and emerging trends affecting Gen Z.
- Discuss the impact of digital technology, social media, academic pressure and societal factors on youth mental health.
- 3 Strengthen knowledge of the prevention, early identification and management of common mental health issues, including stress, anxiety and suicidality.
- Develop insight into strategies for promoting emotional resilience and the roles of families, educators, healthcare professionals and communities in supporting youth mental health.

Program Schedule

Day 2

Time	Topic/ Activity	Resource Person
8:30 - 9 am	**Breakfast**	
9 am onwards	**Scientific e-Poster Presentation**	
9 - 10 am	**Session 3 :** Suicidality – Silent Cries of a Generation	**Dr. Clement I** Dean & Professor, Dept. of MSN, St. Benedicts Group of Institutions, Bengaluru
10 - 11 am	**Session 4 :** Inside the Gen Z Mind: Understanding Emotions and Self	**Dr. Parag Shah (MD, DNB, PhD),** Prof. & Head, Dept. of Psychiatry, SMIMER Medical college, Surat.
11 am Onwards	**Scientific Oral Presentation**	
11 am – 12 pm	**Session 5:** From Reaction to Response: Building Emotional Resilience	**Dr. Arunjyoti Baruah** Prof. and Head, Dept. of Psychiatric Nursing, LGB Regional Institute of Mental Health, Tezpur, Assam.
12 - 1 pm	**Lunch Break**	**Girls hostel**
1 - 3 pm	**Debate Competition:** "Does Peer Pressure Influence Gen Z's behaviour more than Parental Guidance?"	
3 - 4 pm	**Valedictory Session**	
4 - 4:30 pm	**High-Tea**	

Aim of the Conference

This conference aims to enhance participants' knowledge and awareness of the mental health challenges faced by Generation Z while promoting effective strategies to foster emotional well-being, resilience and healthy development among young people.

Guidelines for Competitions

- Debate
- Poster Making
- Scientific Oral Presentation
- Scientific e-Poster Presentation