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## Where Work Ends and Well-being Begins: Paper Presentation at International Conference

Pune, Maharashtra | 6<sup>th</sup> and 7<sup>th</sup> February, 2026



S.B. Patil Public School faculty, Ms. Swaleha Mujawar was accorded an opportunity to present a research paper at a two-day International Conference on “Mental Health and Well-being at the Workplace”, held on 6<sup>th</sup> and 7<sup>th</sup> February, 2026. The conference was organised by MCES' Dr. P. A. Inamdar University, through its HGM Azam College of Education, in collaboration with Indira Gandhi National Open University (IGNOU), Pune.

The inaugural ceremony featured eminent resource persons, including Nada Ratkovic, Dilip Singh, and Aparna Chavan. The event was further dignified by the presence of Abeda Inamdar, President of the MCE Society, and M.A. Lahori, Vice Chancellor of Dr. P.A. Inamdar University.

Ms. Mujawar presented a paper titled Well-being at Work – Supporting Women's Mental Health. The presentation adopted a humanistic approach towards women who shoulder responsibilities both at home and in the professional sphere. The theme was grounded in pragmatic documentation, supported by legal frameworks, and underpinned by a humanism-based perspective aimed at ensuring mental stability and well-being among working women.



The paper addressed the pressing need to prioritise women's mental health, explored contributory socio-economic factors, and examined the role of workplaces as sources of livelihood and responsibility in fostering mental wellness. Emphasis was laid on institutional commitment towards gender inclusivity and sustained mental health practices.

Ms. Mujawar expressed her sincere gratitude to Dr. Bindu Saini, principal, for her guidance and mentorship throughout the paper presentation process. She also acknowledged the consistent support of the school counsellor, Ms. Sabitha Pramod, whose assistance ranged from conceptualising the title to refining the concluding arguments. Appreciation was further extended to colleagues and peers for their encouragement, trust, and confidence, which enabled the successful presentation of her first conceptual research paper on an international platform.