

Special Guest
Smt. Jharna Debbarma
Chairperson,
Tripura Commission for Women
Government of Tripura



Guest of Honour
Shri Raval H. Kumar, IAS
Special Secretary
Department of Higher Education
Government of Tripura

Last Date of Submission of Abstract:
5th March, 2026

Fee: Rs. 500 (Faculty members / Officials)

Rs. 350 (Research Scholars)

Rs. 150 (Students)

Send your Abstract to:

womenscellmbbc@gmail.com

How to Reach Us:

M.B.B. College is in the heart of Agartala, connected by Air, Train & Bus. The airport is 10 km away. Auto & cabs are available.

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National Seminar On Pressing Women's Issues, Mental Well-Being and Empowerment: The Way Forward

12th & 13th March, 2026



Organized by
Women Cell
Maharaja Bir Bikram College
College Tilla, Agartala, Tripura
Pin: 799004



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Women in India have historically been central to family, society, and the economy, yet they continue to face significant barriers to their progress and well-being. Understanding these issues is crucial for building a society based on equality and justice.



The mental well-being of women is complex, being affected by biological, social, and psychological factors. Women are disproportionately affected by conditions like depression, stress, and anxiety. Societal expectations and systemic inequalities create unique pressures that contribute to a greater burden of psychological distress.

The Way Forward

Navigating these challenges requires a comprehensive effort involving: Societal mind-set shifts, Legal reforms, Targeted initiatives.

Empowering women is an imperative for India to move towards a more equitable future and build a society that thrives on inclusivity.

Gender Equality and Women's Empowerment are vital for sustainable development, human rights, and building stronger economies. The Indian Constitution enshrined the Principle of Gender Equality in its Preamble and empowered the states to adopt positive discrimination measures. The establishment of the National Women's Commission and State Women's Commissions were important milestones.

However, despite these initiatives, the status of women remains unsatisfactory. Development is not sustainable if it is unequal. Strategies must be designed to enhance women's capacity and create a climate free of gender discrimination, where women have full opportunities for self-decision-making and participation in social, political, and economic life.

Chief Patron **Hon'ble Governor of Tripura** **Sri Nallu Indrasena Reddy**

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Dr. Bibhas Deb, Vice Chancellor
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Agartala, Tripura

Sri Animesh Debbarma
Director, Higher Education
Govt. of Tripura

Keynote Speaker
Prof. Rekha Pande
Former Head, Centre for Women's Studies
Professor, Department of History
University of Hyderabad

Distinguished Speaker
Prof. Sibnath Deb, D.Sc.
Dean, School of Physical, Chemical and Applied Sciences
Head, Department of Applied Psychology
Pondicherry University

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Sub-Themes:

- 1) Social and Ideological Subjection of Women as Represented in Indian Literature
- 2) Women as Decision Makers in Family, Society, and Governance
- 3) Social Mores, Power Politics, and Female Psychology
- 4) Women in Historical Narratives and Cultural Memory
- 5) Women vis-à-vis Folk Culture and Indigenous Traditions
- 6) Women's Sexuality and Reproductive Rights
- 7) Domestic Violence against Women: Causes, Consequences, and Resistance
- 8) Challenges and Hurdles in the Journey of Women's Empowerment
- 9) Women and Menstrual Hygiene: Health, Stigma, and Awareness
- 11) Legitimacy and Roadmap of Women's Empowerment in the 21st Century
- 12) Women's Mental Health and Well-Being across Life Stages
- 13) Policy Interventions and the Role of NGOs in Promoting Women's Mental Well-Being
- 14) Redefining Family and Social Roles: Changing Dynamics of Indian Women's Lives
- 15) Women, Social Media, and Digital Influence
- 16) Gender and Sexuality in Popular Culture: Social Impact and Representation
- 17) Combating Gender Stereotypes and Sexism through Education
- 18) From Hearth to Horizon: Women in India's Workforce and Economic Participation

Registration on the Spot

Original research papers are invited for oral presentation. Please send your abstract to womenscellmbbc@gmail.com on or before 5th March 2026. Abstract should be sent only in word format. No other format will be accepted.

Abstract should be typed in Arial font. Font size 12. Abstract must have key words. Abstracts without key words will not be considered for presentation. Full length paper should be submitted through the same email id on or before 13th March 2026. Full length papers may be considered for publication with ISBN.

Confirmation mail will be sent for oral presentation.



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