



**Evaluation On Mental Health and Academic Achievement Among Life
Style of College Students with Special Reference to Murshidabad District,
West Bengal**

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Abstract

The success of students in a classroom environment is directly related to the amount of knowledge they acquire. Academic success is the result of students performing well in their classes. A student's academic performance determines how actively they participate in class. Through this curriculum, students can improve their abilities, boost their grades, and prepare for future academic challenges. Being mentally healthy means, you can adjust to your surroundings and relationships in a way that makes you happy and productive. Positivity, kindness, intelligence, and composure under fire are the hallmarks of an upbeat and successful person. For a person's mental health to be considered optimal, they must not exhibit any symptoms, however mild, of an adjustment disorder. A psychologically healthy individual does not experience any form of adjustment issue. In this article, evaluation on mental health and academic achievement among life style of college students with special reference to Murshidabad District, West Bengal has been discussed.

