



25<sup>TH</sup> January 2025  
**RAWATSAR P.G. COLLEGE**

**SBSAIB-2025**

National Seminar on 'Sanskriti Ka Badhta  
Swaroop Aur AI Ki Bhumi'



## **Systematic Review on Mental Health and Academic Achievement**

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### **Abstract**

The ability to handle adversity, hone one's skills, succeed academically and professionally, and have a positive impact on one's community are all signs of mental health. A person's sleep habits, dietary choices, risk tolerance, and leisure activities are all affected by their mental health. The outcomes of a student's studies that demonstrate their level of knowledge are the measures of their academic achievement. Academic achievement may be defined as the attainment of specific learning objectives. Common methods of evaluating academic performance include tests and continuous evaluations. In this article, systematic review on mental health and academic achievement has been discussed.

