



Bal Bharati

PUBLIC SCHOOL

M A N E S A R

REPORT -Mental well being - workshop

"Empowering Educators: Nurturing Minds for a Resilient Tomorrow"

- **Date & Time of the Assembly:** 14th September,2023 | |11:30 AM- 12:45 PM
- **Venue:** Seminar Hall
- **Attended by-** Senior Department

About the session:-

In an effort to prioritize the well-being of both educators and students, a mental health workshop was organized at Bal Bharati Public School, Manesar for our dedicated teaching staff. The workshop aimed to address two critical aspects: enhancing teachers' mental health awareness and equipping them with strategies to support students at the adolescent level.

The first segment of the workshop centered on teachers' mental health. Facilitators discussed the importance of self-care and stress management techniques tailored to the demands of the teaching profession. Topics covered included recognizing signs of burnout, stress reduction exercises, and the significance of seeking help when needed. Interactive sessions encouraged open discussions and sharing of personal experiences. The second part of the workshop was dedicated to equipping teachers with the tools to handle adolescent students' mental health. Topics ranged from understanding the unique challenges adolescents face to recognizing signs of distress or anxiety in students. Strategies for creating a supportive and inclusive classroom environment were also discussed. The workshop stressed the importance of active listening, empathy, and the role of teachers as trusted adults in students' lives.





Feedback-Overall, the workshop fostered a sense of community and mutual support among teachers. It provided valuable insights and practical techniques to promote mental well-being both in educators and their students. As educators, we understand that a healthy mind is the foundation for effective teaching and learning, and this workshop was a significant step in that direction."

- **Date of Report Submission:** 14th September, 2023

