

“Taking care of your mental health is not a luxury, it’s a necessity.”

A Capacity-Building Programme aimed at promoting mental health and well-being among students was conducted at Jaspal Kaur Public School on Saturday, 24th May, in the school auditorium. The session was marked by enriching discussions, meaningful activities, and insightful interactions, highlighting the importance of emotional and psychological wellness in the school environment.

The resource persons for the day were **Ms. Shalini Bhardwaj, PGT Physics** at Army Public School, and **Ms. Jyotsana Kumar, Coordinator for Cambridge International and Exams Officer** at DAV Pushpanjali. Both speakers brought with them a wealth of experience and a passionate approach to student wellbeing, making the session deeply impactful for all attendees.

The programme commenced with a warm welcome and a brief introduction of the resource persons. The session included a range of thoughtfully designed activities to engage the participants and prompt reflection on emotional health. One of the key highlights was the *"Gallery Walk"*, where educators moved around different stations displaying visual prompts and thought-provoking quotes related to student wellbeing. This was followed by the activity *"What's There in Your Heart?"*, which encouraged participants to pen down or illustrate their thoughts and feelings on heart-shaped cut-outs, promoting self-expression and empathy.

Handouts were distributed throughout the session to provide reference material, strategies, and classroom practices for nurturing mental well-being among students. The session was highly interactive, with educators sharing their experiences, challenges, and ideas for fostering a supportive learning environment.

A dedicated question-and-answer round enabled participants to seek practical solutions and suggestions from the experts, leading to a fruitful exchange of perspectives.

The programme concluded on a reflective note, with educators leaving the auditorium more aware, better equipped, and deeply inspired to promote mental health and wellbeing in their classrooms.

Overall, the session proved to be an enlightening experience, reinforcing the school's commitment to nurturing not just academic growth, but also the emotional resilience and holistic development of its students.



