

Mental Health and Wellness

A seminar on "**Mental Health and Wellness**" was organized for teachers on 18th June '26 and conducted by **Sr. Aruna**, an experienced educator and resource person. She highlighted the importance of mental health in schools and the role of teachers in supporting students' emotional well-being.



Sr. Aruna discussed creating a positive and inclusive classroom environment, recognizing signs of stress and anxiety in students, and responding with empathy. She also emphasized the need for teachers to maintain their own mental health, manage stress, and achieve a healthy work-life balance.

Through interactive discussions and practical examples, participants gained useful strategies for promoting wellness and building healthy teacher-

student relationships. The seminar was informative and engaging, and teachers appreciated the valuable guidance shared. It was an insightful session for all of us and filled us with great spirit to begin our work after the summer vacation..



The programme concluded with a vote of thanks to Sr. Aruna for her inspiring session. The seminar reinforced the importance of mental health awareness and overall well-being for both teachers and students.

