



## Mental Health Training for Grade - 9 Students

9<sup>th</sup> to 13<sup>th</sup> October, 2023

**“Mental health is not a luxury; it is a necessity. Invest in your well – being and seek the help you deserve.”**

Positive mental health is crucial in today's world, as it profoundly influences every aspect of our lives. It is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. With an objective to develop good mental health among children and overcome their stress, fears, anxiety and other issues, a session on Mental health was organized by Adani public school for students of Grade - 9.

**Ms. Rupa Kapoor** a Development Professional and a former member of National Commission for Protection of Child Rights (NCPCR) and In - charge of Child Psychology and Child Protection, Pan India, took the session on Mental Health for students.

### The key topics covered:

- Child Rights
- Issues faced by children.
- Symptoms to identify mental problems.
- Importance of Mental Health.
- Developing resilience and strengthening the mind.
- Dealing with stress

### Positive practices to be cultivated by students:

- Health – nutrition
- Proper sleep
- Proper intake of water
- Maintaining a schedule
- Sharing feelings in diary or to someone safe
- Understanding the perils of social media
- Developing gratitude etc.

### She conducted various activities for students such as:

#### • Problem Tree Method

Here a tree was drawn with branches. The Branches were the problems, and the root denotes the root causes of the problem. The objective of this activity was to make students understand that solutions to problems are in the problem itself.

#### • The Blind Game

Here a child was blind folded. He was initially shown some obstacles that that he needs to cross. But after being blindfolded the trainer removed the obstacles in front of him. The child has no clue and still jumps over the unknown obstacles. The objective of this activity was to make children understand that most of our fears are created by our mind and may not actually exist. Hence one should develop positivity and focus on the present.

## • The Balloon Game

Here children blew the balloon that had all their fears and anxieties. Then they burst with full gusto showing they can overcome their fears. The objective of this game was to reduce the stress of children.

Through this session children were able to express their concerns and could be vocal about their fears without any judgement. Special thanks to Director APS, Ms. Ami Shah and Principal Dr. Mayur Patadia for arranging such an inspirational session.

