



Mental Health Session for Teachers

7 June, 2024

“ A healthy outside starts from the inside.” -Rober Urich

Enhanced mental well-being ensures that educators not only give their best to the school but also to life at home. Adani Public School always takes care of the mental well-being and health of its teachers. Keeping this thinking in mind, on 7th June, 2024, a webinar on Mental Health and Well – being of Teachers was organized under the aegis of CACA Foundation. The main objective of this training was to help teachers develop their mental health awareness.

Ms. Varisha Kamal conducted the webinar. She is employed with Fortis as a Psychologist It was an interactive session as teachers discussed about the different aspects of their lifestyle.

She started the session by throwing light on what mental health is and continued the discussion by informing all that Mental health concerns remain undiagnosed and untreated because of the various myths associated with it.

The highlight of the discussion was when she suggested ways for the teacher's well-being.

Some of the suggestions were:

- Maintain regularity of working hours
- Learn to say 'NO'
- Keep time for yourself i.e. 'Me time'
- Be assertive and the workplace
- Be kind to yourself
- Recognise good in yourself
- Let go off the difficulties and negative experiences
- Express thoughts and feelings
- Listen and be open to other perspectives
- Stay focussed on your goals
- Be positive and
- Focus on maintaining sleep, nutrition and exercise

Overall, it was a fruitful session as everyone found it to be relatable and appreciated the suggestions given by Ms. Varisha Kamal.

Special thanks to Director APS, Ms. Ami Shah, Director (Kutch schools) Ms. Meeta Jadeja and Principal Dr. Mayur Patadia for arranging such enriching session for teachers.

