



**KENDRIYA VIDYALAYA SANGATHAN**  
**ZONAL INSTITUTE OF EDUCATION &**  
**TRAINING MYSURU**  
**FROM AUGUST 18<sup>th</sup> TO 22<sup>nd</sup> 2025**

# **NURTURING ADOLESCENTS' MENTAL HEALTH AND WELLBEING**



# **PATRONS ARE THE WIND BENEATH THE WINGS OF EVERY INSPIRED ENDEAVOUR**

## **OUR PATRONS**



**COURSE DIRECTOR**

**MS. MENAXI JAIN**  
**DEPUTY COMMISSIONER & DIRECTOR,**  
**ZIET MYSURU**



**ASSOCIATE COURSE DIRECTOR**

**SHRI REEWANTEE LAL**  
**PRINCIPAL, PM SHRI KAV NO 2**  
**HUBBALI**

**RESOURCE PERSON**



**S. LATHA**  
**PGT BIOLOGY, PM SHRI KV AFS AVADI**

**RESOURCE PERSON**



**MS. BEENA MATHEW**  
**PGT ENGLISH, PM SHRI K V DHARAMPURI**

**COURSE COORDINATOR**



**SHRI DINESH KUMAR**  
**TRAINING ASSOCIATE (PHYSICS)**  
**ZONAL INSTITUTE OF EDUCATION & TRAINING ,MYSURU**



## FROM THE DESK OF THE COURSE DIRECTOR

It gives me immense pleasure to share that the five-day workshop on *“Training of Master Trainers on Nurturing Adolescent’s Mental Health & Well-being”* was successfully conducted from **18th to 22nd August 2025**. This initiative marks a significant step towards equipping our educators with the knowledge, skills, and sensitivity required to address the unique developmental needs of adolescents in today’s rapidly changing world.

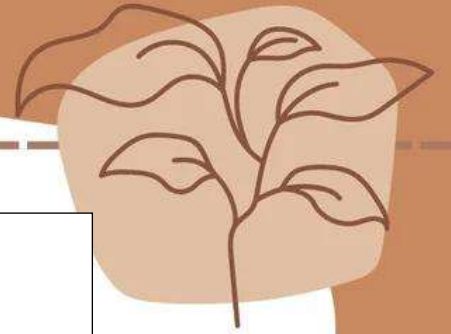
Adolescence is a crucial stage of growth marked by emotional, social, and cognitive transitions. It is during this phase that guidance, empathy, and constructive support play a defining role in shaping resilient and confident individuals. Recognizing this, the workshop was designed to empower Master Trainers with effective strategies, research-based practices, and experiential learning tools to foster mental well-being among students.

The sessions focused on a range of vital themes including stress management, emotional regulation, coping skills, peer influence, digital challenges, and the importance of creating a safe and inclusive school environment. Through interactive methodologies, case studies, and group activities, participants not only gained deeper insights but also reflected on their role as facilitators of positive mental health.

I am confident that the Master Trainers, enriched through this programme, will act as change agents in their respective regions by cascading their learning to fellow teachers, thereby ensuring that every adolescent under our care receives holistic support.

I extend my heartfelt appreciation to the resource persons, participants, and the organizing team for making this programme a meaningful and impactful learning experience.

**MS. MENAXI JAIN**  
**DEPUTY COMMISSIONER & DIRECTOR, ZIET MYSURU**



**MESSAGE FROM ASSOCIATE COURSE  
DIRECTOR**

It was a privilege to serve as the Associate Course Director for the 5-Day Training of Master Trainers on Nurturing Adolescents' Mental Health and Well-being, organized from 18th to 22nd August 2025 for Kendriya Vidyalaya teachers.

This programme offered an important opportunity to build the capacity of teachers in addressing the mental health needs of adolescents with sensitivity and care. The deliberations and interactive sessions enabled participants to gain practical strategies and deeper understanding that will help them in nurturing resilience, emotional well-being, and positive growth among students.

The active participation and commitment of the trainees were commendable, and I am confident that the learning from this programme will be translated into effective practices in their respective schools. I also acknowledge the valuable contributions of the resource persons and the organizing team in ensuring the success of this initiative.

**SHRI REWANTEE LAL**  
**PRINCIPAL, PM SHRI KV NO 2 HUBBALI**



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## **THROUGH THE EDITORIAL LENS**

**With great joy and pride, we present this E-magazine, a humble yet heartfelt compilation prepared in connection with the five-day workshop on Nurturing Mental Health and Well-being. This publication is not just a record of sessions, reflections, and activities-it is a mirror of the collective learning, inspiration, and shared commitment that each participant brought to the workshop.**

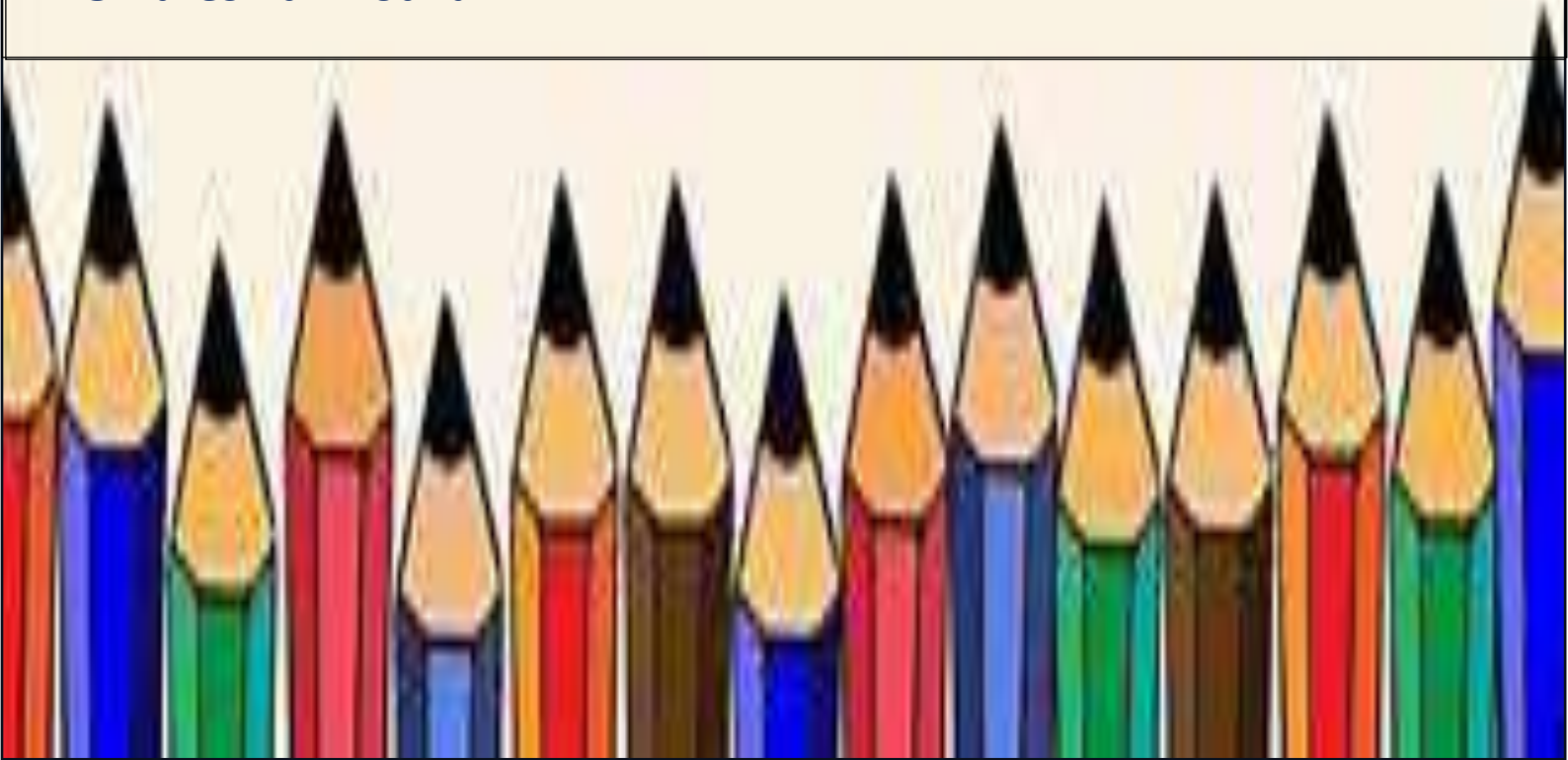
**The journey of these five days has been enriching and transformative, reminding us that mental health is the foundation of true well-being.**

**Through the insightful sessions, interactive engagements, and creative contributions, we have discovered that nurturing mental health is not a one-time effort, but continuous practice of empathy, awareness, and resilience.**

**We sincerely thank the patrons, resource persons, and participants who have motivated us with their guidance, wisdom, and wholehearted involvement. Their encouragement has been the driving force behind this E-magazine.**

**May this collection serve as a gentle reminder to prioritize self-care, foster positive relationships, and create safe, supportive spaces wherever we are. Together, let us continue to nurture mental health and spread well-being, today and always.**

## **The Editorial Board**





## LIST OF PARTICIPANTS

S.NO	NAME- MS/MR	DESIGNATION	SCHOOL	REGION
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2	MONICA MALHOTRA	PGT (BIO)	PM SHRI KV MEG & CENTRE	BENGALURU
3	SUMAN VERMA	PGT (BIO)	PM SHRI KV NO 1 AFS SAMBRA	BENGALURU
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10	G.GEETHARANI	TGT (SCIENCE)	PM SHRI KV COIMBATORE	CHENNAI
11	J.MUTHUKUMARI	TGT ENG	KV NO. 1 KALPAKKAM	CHENNAI
12	V GOWRI	PGT CHEMISTRY	PM SHRI KV NO1 ,MADURAI	CHENNAI
13	TS SRINIVASAN	TGT ENGLISH	PM SHRI KV 2 MADURAI	CHENNAI
14	NINU V JOY	PGT BIOLOGY	PM SHRI KV MAHE	CHENNAI
15	R SUGANTHI	PGT (CS)	PM SHRI KV PERAMBALUR	CHENNAI
16	GEETHA LATHA	TGT ENGLISH	KV NO 1,SHIFT1 ,JIPMER CAMPUS, PONDICHERRY	CHENNAI
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24	G SRINIVAS RAO	PGT ENG	PM SHRI KV NO 1 SRIVIJAYANAGAR	HYDERABAD
25	M LALITAMBA	PGT(BIO)	KV STEEL PLANT	HYDERABAD
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## Group – 1



P RAMALAKSHMI, APPOLLO ARULRAJ, S SRINIVASAN, REENI PHILIP THOMAS, GEETHA, LATHA M LALITAMBA

## Group – 2



SUBHA V, SMITHA S GOPAL, N J SUDHIR KUMAR, LEKHA ANANDAN, ALPANA DEY, NINU V JOY



### Group – 3



V HARI KISHORE KUMAR GUPTA, RAJASHEKER DASARI , POONAM, MONICA MALHOTRA , V GOWRI,  
SHASHANK SAURABH SINGH

### Group – 4



J.MUTHUKUMARI, PRABITHA P, PREETHI N, K SADANANDAN , G SRINIVAS RAO , RAJESWARI MANDALA



## Group – 4



P.SUJATHA GUNESWARI, BIJU MOLE P C, RUNA, ARATHI BALAKRISHNAN, MRIDULA GOKULDAS ,  
G.GEETHARANI

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R SUGANTHI, SREEJITH K V, SHIVANGI SRIVASTAVA, SINDHU K M, INDIRA R NAIR , AKHILESWARI K P

**DAY 1**

The 5-day offline workshop on "Training of Master Trainers on Nurturing Adolescent's Mental Health and well-being" was formally inaugurated on August 18, 2025 at Zonal Institute of Education and Training (ZIET), Mysore. Mr. Dinesh Kumar, Training Associate and Course Coordinator welcomed and introduced the dignitaries, Madam Meenaxi Jain, Deputy Commissioner and Director of ZIET Mysore, and Mr. Rewanti Lal, Principal of PM SHRI KV No. 2 Hubli and Associate Course Director, the resource persons, Mrs. Bina Mathew, PGT English, PM SHRI KV Dharmapuri and Mrs. Latha PGT Biology, KV AFS Avadi, were welcomed, along with participants from the four feeder regions of Chennai, Bengaluru, Ernakulam, and Hyderabad.

Mr. Rewanti Lal, the Associate Course Director presented the course objectives, highlighting adolescence as a "beautiful period of life" and emphasizing the crucial role of teachers in guiding students. He stressed the importance of awareness, early identification of issues, intervention, and self-care. Madam Meenaxi Jain spoke about the stresses of the modern world and the need for educators to help adolescents develop effective coping mechanisms and sound decision-making skills. Mr. Dinesh Kumar concluded the session by outlining the workshop's rules and schedule.

**SESSION 1**

The first session was taken up by the Associate Course Director, Mr. Rewanti Lal. He used a video clip from Sadhguru to introduce the topic, framing adolescence as a "bridge between childhood and adulthood." The session delved into the rapid physical, emotional, social, and cognitive changes that define this period.

In his lively interactive session, he discussed the Domains of Change: An overview of physical development - voice, height, cognitive growth -imbalances in brain development, and social changes -emotional detachment, peer dynamics.

- Developmental Tasks: The specific tasks adolescents must navigate, categorized by age:
- Early Adolescence: Adjusting to physical changes and building peer relationships.
- Middle Adolescence: Identity exploration and developing autonomy.
- Late Adolescence: Achieving emotional maturity and making career decisions.



While the session nearing to close, the Associate Course Director began a discussion on the stress caused by increased expectations, peer pressure, and identity conflicts. The session concluded by urging participants to reflect on how they can identify early warning signs and adapt their approach.

### **SESSION 2 & 3**

The second and third sessions were conducted by Dr. Rushi, Professor and Head of the Department of Clinical Psychology at AIISH, Mysore, and focused on enhancing mental health and well-being through a holistic approach.

Dr. Rushi underscored the critical need for mental health awareness and literacy, citing national policy directives and highlighting the role of schools as ideal settings for mental health promotion. She shared alarming statistics, that 14% of Indian population are affected by mental health disorders and require active mental health interventions. The sessions provided a clear definition of mental health, distinguishing it from mental illness, and outlined three levels of intervention: curative, preventive, and promotive.

Dr. Rushi focused on the role of teachers in identifying and managing stress in adolescents. She presented "flag signs" across physical, emotional, and behavioural domains, such as sleep disturbances, anxiety, aggression, and substance abuse. The discussion included the possible causative factors of stress, from academic pressure to family issues and peer problems. Dr. Rushi provided practical recommendations for teachers, including:

- Helping students develop problem-solving skills.
- Explaining puberty-related changes to parents.
- Orienting students to relaxation techniques.
- Promoting a healthy lifestyle.

The session also addressed specific concerns like school refusal, anxiety, and the impact of social media on self-esteem.

### **SESSION 4**

The final session of the day was led by the Resource Person Mrs. Latha. She began with a heart-touching video on the role of teachers in shaping young minds. The core of her session centered

on the emotional and social needs of adolescents, referencing Erikson's theory of psychosocial development, particularly the "Identity versus Role Confusion" stage. The session emphasized that a teen's core question is, "Who am I?" and they need acceptance and guidance.

Role-play activities beautifully demonstrated the conflict that arises when a teen's need for independence and identity is denied. Mrs. Latha also discussed how teens express their emotions through withdrawal, defiance, and sarcasm, and highlighted the crucial role of peers in shaping their beliefs and self-image.

The session concluded with a discussion on "seven ways adults can support adolescents," which included:

1. Being attentive and present.
2. Listening without trying to "fix" everything.
3. Validating their emotions.
4. Setting clear boundaries.
5. Encouraging peer and adult connections.
6. Respecting their privacy and autonomy.
7. Modelling emotional intelligence.
8. Participants ended the day with a group reflection on their key takeaways and how they would change their approach to better support adolescents. The first day concluded on a highly positive and fruitful note, leaving participants with a wealth of theoretical knowledge and practical skills.

## DAY -2

The Second day of the workshop o Training of master Training on Nurturing Adolescent's Mental Health and Well Being began with the morning assembly presented by Group 2

The assembly started with a spiritual quote followed by singing of the prayer song, pledge and thought of the day. The morning assembly was then updated with the National and International News thereafter. Stress buster being the topic of the special item, two sequences were presented by the group. The first sequence was LOUD LAUGHTER in which all present in the morning gathering participated and refreshed themselves, laughing as loudly as they could. The second sequence was BLOW AND SAVE YOUR BALLOON. All the men folk of the workshop participated in the activity with two of them being able to save their balloon till the last. The message of the activity being how to face challenges and also be able to keep oneself secure.

The report of the previous day was presented by Group 1 as instructed by the coordinator of the workshop at the beginning of the 5 day workshop.

An elaborate & exhaustive report of day I was presented by Mr Apollo Arulraj of Group 1.

The course director Madam Menaxi Jain highlighted the nature of expectation of parents, teachers, students and society at large. That , one cannot be stopped from having expectations, but one has to know his limitations too. That, failures are not the end of the world, but failures are stepping stones to success, she pointed out. That, one may not always reach his expectation and that one should be taught how to cope with failure learning to accept it.

The Associate course director Shri Revanti Lal Principal PM SHRI KV NO 2 Hublii ,in his brief delivery stressed upon physical activity as an important source of mental wellbeing. The more physical activity, be it a child or an adult one will be able to balance oneself more successfully in life. Change is inevitable, he said. He also urged the participants to spare some time from their busy schedule and get into physical activity exclusively for themselves.

The first session of the day 'Understanding Trauma and Its Effects in Adolescent' , delivered by RP Mrs.Bina Mathew, PGT English, PM SHRI KV Dharmapuri was an eye opener indeed. That many students in our classrooms may be under trauma and that they need help is a matter which is yet to be identified & thoroughly researched in class room situations.

Various causes and examples of trauma were discussed including abuse, assault, deaths of loved ones, natural disasters etc. Childhood trauma has a longer and larger impact in the lives



of children. A group activity was conducted to ponder on the effects of trauma and suggestive measures that can be planned by the teachers.

What we see is only the tip of an ice berg, as only 10% of the trauma a child undergoes is seen by the world. The session introduced the class with the '6 seconds rule on Amygdala '. Flight, Fight, Freeze and Fawn coping mechanisms to trauma experience. Post Traumatic Stress Disorder (PTSD), stages of Trauma Healing and coping mechanisms like art, music, mindfulness and the like were discussed upon.

Mr Srinivasan TGT English of KV NO 2 Maduri took a session on creating a safe , inclusive and empathetic climate in the school for students. He started the session by sharing his vast experiences across different KV and challenges faced by a teacher to provide a safe learning environment. He also added that what may be the circumstances it is our priority to safeguard the students not just physically but mentally and emotionally too. This can be achieved only when the teachers are empathetic and dedicated.

Breathing exercises were initiated by the coordinator of the course Shri Dinesh Kumar . All participants of the workshop participated in the exercise fervently and refreshed themselves. Thereafter the coordinator spoke about the competencies given in NEP 2020 and asked the participants to reflect on the competencies seen in our morning prayer.

In the afternoon the first session was delivered by Dr Rushi, Clinical Psychologist AIISH ,Mysuru. She delivered an elaborate and insightful session on autism spectrum disorder (ASD)

ASD is a serious developmental disorder that impairs the ability to communicate and interact. Autism spectrum disorder impacts the nervous system and affects the overall cognitive, emotional, social and physical health of the affected individual. A classic example of autistic children is that they live in their own world and they are totally unaware of the real world surrounding them. The range and severity of symptoms can vary widely. Common symptoms

include difficulty with communication, difficulty with social interactions, obsessive interests and repetitive behaviours.

Early recognition, as well as behavioural, educational and family therapies may reduce symptoms and support development and learning.

While the journey for a child with autism may look different than that of a neuro typical child; they can lead a successful and independent life. With the right combination of therapies, education, and family support, many children with autism grow up to hold jobs, live on their own, and form meaningful relationships.

The final session of the day was on 'Brain Development and Mental Health in Adolescence' delivered by RP Mrs Latha K PGT Biology of PM SHRI AFS Avadi. The session aimed to provide teachers with a deeper understanding of the biological, psychological, and social changes that occur during adolescence, as well as strategies to promote positive mental health. Adolescent brain undergoes rapid growth and reorganization, particularly in the prefrontal cortex responsible for decision-making, impulse control and reasoning and the limbic system linked with emotions and reward-seeking.

Later, the session was made interactive by the role plays assigned to each group depicting the conflicts usually faced by the teens and how the brain is confused as to decide between right and wrong thoughts.

The session created a greater awareness among teachers about the connection between brain development and mental well-being.

The session on Brain Development and Mental Health in Adolescence was highly informative and engaging. It not only deepened scientific understanding of brain development but also sensitized us to the importance of nurturing mental health. Such initiatives are valuable in building a supportive environment for adolescents to grow into confident and emotionally resilient individuals. The concluding session was further enriched by inputs in the form of activity by Mrs Mridula Gokuldas PGT Biology of PM SHRI KV NO 1 Calicut. She conducted two activities one on visual strength and the other on auditory senses. Both these activities helped

participants assess how well they could use their sense organs and work on strengthening its uses especially with children who need special care.

### DAY 3

The day started with the prayer full of devotion presented by group 3.

Mr Saurabh Singh has demonstrated pressure points of different internal organs present in the palm and made us aware of taking care of ailments like migraine, diabetes, hypertension, etc.

As a part of special item, in morning assembly, Mr Dasari Raja Sekhar, PGT (Biology) of PM Shri Kendriya Vidyalaya, Warangal, Hyderabad Region presented the biography of Rani Lakhmi Bai to elucidate the resilience and coping skills adopted by her. A vivid presentation of the report of the previous day's proceedings by Smt. Alpana Day, TGT (English), Kendriya Vidyalaya NAL, Bangalore made us recapitulate all the previous day activities in a nut shell.

The warming up activity was of deep breathing by the Course Co-ordinator Sri. Dinesh Kumar, Teaching Associate (Physics) ZIET Mysore.

Smt. Menaxi Jain, Deputy Commissioner, Director ZIET Mysore stressed on the sharing the knowledge gained during these 5 days course with all the teaching fraternity so that each and every child of all the feeder regions get benefited to improve mental health, resilience, and coping skills.

Shri Rewantee Lal, Associate Course Director, Principal, Kendriya Vidyalaya No.2, Hubballi, Bangalore Region elucidated the proverb "Actions speak louder than words" which means that a person's actions are a more reliable indicator of their true intentions and character than what they say. It emphasizes that deeds are more powerful and carry more weight than mere words. Mindfulness is a powerful tool for understanding, helping individuals observe their thoughts, feelings, and bodily sensations without judgment, fostering self-awareness and emotional regulation. By practicing mindfulness, individuals can create space between themselves and their experiences, leading to a more objective perspective.



Mr Sadanandan, TGT(Sanskrit), PM Shri Kendriya Vidyalaya, Malappuram, Ernakulam Region has shared a case study of his student lead to successful counselling who has suffered parental loss.

The first scheduled session is taken by Madam Bina Mathew, Resource Person, PGT(English) of PM Shri Kendriya Vidyalaya, Dharmapuri, Chennai Region on 'Promoting Resilience and Coping Skills in Adolescence'. The session has started with her melodious and thought-provoking song. It was really cherishing. As it is rightly said that a rising wave carries a falling wave. We come to know that 2 months is grieving period of any loss and if it extends, needs to be referred to a professional intervention. Group wise activities are conducted where role play is used to teach the adaptability. The session was very engaging and each participant enacted the roles actively.

Mr Apollo Arun Raj, PGT (English), PMSHRI Kendriya Vidyalaya, Vijayanagaram, Chennai Region took a session on 'Mental Health-First Aid'. There are many teaching strategies to be learnt from him, which has proved his experience in teaching field. It was clearly explained about classification of individual, group and community counselling. Group counselling could be for all the stake holders like students, teachers, parents.

In post lunch session, Dr. Yahodha Kumar, Clinical Psychologist, AIISH, Mysore commenced with an activity of self esteem-scale by awarding rating scale 1 to 5. Sir explained about the influence of social media, various disorders of abuse of social media, how to deal with social media addiction. The most prevalent disorder, selfie.... that taking 3 selfies is okay in a day, its just a border line disorder, then classified into acute and chronic based on the frequency and sharing in social media. The role of parents and family to control mobile phone's use was highlighted.

The concluding session was taken by Smt. K Latha, Resource Person, PGT(Biology) of PM Shri Kendriya Vidyalaya, AFS, Avadi, Chennai Region on Role of Parents and Family in Adolescent's Mental Health. An online quiz was conducted on 'Understanding Adolescence'. All the participants took part and 14 out of 15 questions were rightly answered. Extracurricular activities are to be given along with the academics.

The day ended with viewing the video on Kashi Labh Mukti Bhavan as suggested by Shri Mr Rewantee Lal, Associate Course Director, Principal, Kendriya Vidyalaya No.2, Hubballi, Bangalore Region.

The final note was given by the Course Co-ordinator Mr DineshKUMAR, Teaching Associate, Physics, ZIET, Mysore.

### **SESSION 1: Promoting Resilience and Coping Skills in Adolescents:**

BY BINA MATHEW (PGT ENGLISH) RP

- Resilience: Charles Darwin: “Survivor...is the one most responsive to change”
- Adaptability: Within two months should be ok...Not to stay longer with a grief.
- Flexibility: Willingness to change plans
- Importance of adaptability
- Importance of Adaptability:
  1. Diverse students
  2. Curriculum changes
  3. New technologies
  4. Unexpected behavioral issues of students
  5. Professional Development
  6. Enhancing Student Engagement

### **SESSION II**

Mental Health: First Aid for Teachers & Students

By APPOLLO ARULRAJ(PGT ENGLISH)

- Immediate prop needed by someone in trouble
- Requires
  1. When kids are bullied
  2. Led to bad habits
  3. When we notice undesirable changes in their behavior...

GROUP COUNSELLING	INDIVIDUAL COUNSELLING
Exam stress	Confidence boosting
Time Management	Stage fright
Repercussions of bullying	Child Abuse
Substance Abuse	Depression
Cyber bullying	Family Problems
Mobile phone addiction	Lack of confidence
Health & Hygiene	Childhood crush
Road Safety	Personality Presentation

- Hard words could hurt than corporal punishment, sometimes!

### SESSION -3

#### LIKES AND SELF WORTH: WHO ARE YOU WITHOUT LIKES

BY – YASHODHAR KUMAR G Y, CLINICAL PSYCHOLOGIST, AIISH MYSURU

- It doesn't matter how many likes and dislikes we receive on social media platform.
- Addiction- Rewiring of brain's neural network- Hard to stop performing the activity.
- Average teenager checks mobile phone 150 times/day
- APA (American Psychiatrists' Association) defines 3 levels addiction:
  1. Borderline
  2. Acute
  3. Chronic
- Social media influences – Repercussions:
  1. Anxiety
  2. Depression
  3. Low Self esteem



- 4. Body image issue
- 5. Selfie deaths are plenty
- Reclaiming self-worth
- Beyond likes – Need of self-perspective-Leads to self-reflection- positive affirmation
- Boosting self-esteem.

An Activity for Positive YOU

I.....AM/CAN/WILL (List 3-5 sentences)

You are wonderful!

## SESSION -4

### ROLE OF PARENTS AND FAMILY IN ADOLESCENT'S MENTAL HEALTH

BY – LATHA (PGT ENGLISH)

- Common mental health issues in children
  - 1. Anxiety disorders
  - 2. Depression
  - 3. Attention deficit
  - 4. Autism
  - 5. Other issues-OCD,PTSD, Eating disorders
- Adolescent mental health- Warning signs
  - 1. Being worried
  - 2. Moodiness
  - 3. Decreased interaction with family
  - 4. Drop in grades
  - 5. Change in sleep
  - 6. Change in eating patterns
- Role of Parents and family
  - 1. Be present
  - 2. Communicate well

3. Watch for signs
4. Support & seek help when needed

IT'S OKAY TO NOT BE OKAY!

## DAY-4

### SESSION: 1

#### LIFE SKILLS EDUCATION AS PREVENTIVE MENTAL HEALTH STRATEGY

BY BINA MATHEW (PGT ENGLISH, KVS) RP

- Life skills-
  1. Social skills,
  2. Cognitive skills,
  3. Emotional skills
- Health-Mental, Physical ,Social and Emotional
- 21 C- skills : 4C's
  1. Communication
  2. Collaboration
  3. Critical thinking
  4. Creativity

### SESSION 2:

BY MS SHRUTHI P S, CLINICAL PSYCHOLOGIST, AIISH MYSURU

#### SPECIFIC LEARNING DISABILITIES

Common learning Disabilities:-

1. Dyslexia (Reading- Difficulty with word recognition)
2. Dysgraphia (writing, Difficulty with spelling hand writing)
3. Dyscalculia (Mathematics, Difficulty with number sense)

#### 4. SLD (Mixed)

Impacts:

1. Low self esteem
2. Anxiety
3. Poor academics

How to treat?

- Phonics Based programs
- Multisyllabic word attack-Construction on the board
- Peer learning

SESSION: 3

BY K LATHA (PGT ENGLISH, KVS)

#### HANDLING BULLYING, AGGRESSION AND CONFLICT RESOLUTION

- Bullying: Behavior of a person who hurts or frightens someone.
- Bullying -Types: Physical, Verbal, Social and Cyber
- Managing bullying- Teacher role:
  1. Set classroom rules and expectations that clearly condemn bullying
  2. Do not ignore the cases of bullying
  3. Learn to identify early signs of bullying
  4. Hold mandatory workshops to discuss bullying
  5. Empower students to break the cycle of bullying
- Conflict: Disagreement or misunderstandings between two persons
- Peer conflict happens often- can be accidental, not seeking power or attention.
- Solving conflicts-Some tips
  1. Talk calmly to the other person
  2. Make a compromise
  3. Walk away from the situation

4. Tell the other person how you feel
5. Apologize to him or her

## Day5

The day's programme commenced with the morning assembly conducted by Group 5, setting a positive and disciplined tone for the sessions ahead. Immediately after the assembly Mr Dinesh, TA, ZIET Mysuru took a session on physical relaxation and self care practices. Everyone participated and it was extremely relaxing.

Ms Minaxi Jain, DC, ZIET Mysuru, addressed the participants. She spoke on the need to give the best by teachers in understanding and caring of the adolescents. As she finished her address Mr Revantee Lal, Principal KV Hubballi, ACD for the Training of Master Trainers on Nurturing Adolescent's Mental Health and Well Being, spoke on the importance of being humble and to be kind to all around you.

The first session was conducted by Mr Dinesh, TA, ZIET Mysuru on the topic Mindfulness, Relaxation and Self-Care Practices for Adolescents.

The session emphasized the importance of physical and emotional well-being among adolescents. Participants actively engaged in simple relaxation exercises and discussed strategies for maintaining balance in daily life.

The next topic for the session Behind the Mood: Why we feel and how do we deal. This was conducted by Dr. Yashodhara Kumar, Clinical Psychologist, AIISH, Mysuru.

The session focused on difference between mood and emotion. The session was very engaging and fun as the Speaker involved all the participants in activities and games and at the same time insisted on understanding the difference between mood and emotion.

The afternoon session was again taken up by Mr Dinesh, TA, ZIET, Mysuru to familiarize the participants on PRASHAST app and how it needs to be maintained in school.

After the session it was Test time.



An assessment test was conducted to assess participants' understanding and reflection on the sessions held during the programme.

#### Valedictory Function

The day concluded with a Valedictory Function, where participants shared their experiences and learnings. Certificates were distributed, and the programme ended on a note of gratitude and commitment to applying the insights gained.

## ***Reference Materials/Presentations***

### **1. BRAIN DEVELOPMENT AND MENTAL HEALTH OF ADOLESCENTS**

[https://docs.google.com/presentation/d/1pqc3C\\_nHF2ch82DsUnM5rZkG6P7qqeK2/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1pqc3C_nHF2ch82DsUnM5rZkG6P7qqeK2/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **2. HANDLING BULLYING AGGRESSION AND CONFLICT RESOLUTION**

[https://docs.google.com/presentation/d/1vamdSkYG8Y3qpKAFGKBbUQlsg3AXW5\\_G/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1vamdSkYG8Y3qpKAFGKBbUQlsg3AXW5_G/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **3. MENTAL HEALTH FIRST AID**

[https://docs.google.com/presentation/d/1yP7fRaDGgodJf7sw4MwSQdF56d2I-hVp/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1yP7fRaDGgodJf7sw4MwSQdF56d2I-hVp/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **4. UNDERSTANDING EMOTIONAL AND SOCIAL NEEDS OF ADOLESCENTS**

[https://docs.google.com/presentation/d/10G248Dg4NfRAAHqgUWK0qECiieXt5sOF/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/10G248Dg4NfRAAHqgUWK0qECiieXt5sOF/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **5. EMPOWERING TEACHERS CONFLICT RESOLUTION STRATEGIES**

[https://drive.google.com/file/d/1bpl3-4nKxVbWekZy7WFGtNzeNPQG3J\\_1/view?usp=drive\\_link](https://drive.google.com/file/d/1bpl3-4nKxVbWekZy7WFGtNzeNPQG3J_1/view?usp=drive_link)

### **6. HOW TO INCULCATE SENSE OF RESPONSIBILITY IN ADOLESCENTS ?**

[https://docs.google.com/presentation/d/1agopPkB0N8gdxFKYcnSLGKUDPGU0Phv6/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1agopPkB0N8gdxFKYcnSLGKUDPGU0Phv6/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **7. Introduction to Adolescence: Developmental Tasks and Challenges**

[https://docs.google.com/presentation/d/12K1SUC8Vfni7AUYYc-05oEjitRbalPD7/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/12K1SUC8Vfni7AUYYc-05oEjitRbalPD7/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **8. Autism Spectrum Disorder: From Identification, Diagnosis to Intervention**

[https://docs.google.com/presentation/d/1SthfMf6BdTTl2l3rN59U-quqVKuuZoNa/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1SthfMf6BdTTl2l3rN59U-quqVKuuZoNa/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

### **9. Enhancing Mental Health and Well-Being: Whole School Approach**

[https://docs.google.com/presentation/d/1DDWcwD7HeUvDPlwtyRkeZXZyZJja7euY/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1DDWcwD7HeUvDPlwtyRkeZXZyZJja7euY/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 10. PRASHAST

[https://drive.google.com/file/d/1NfatSIYnAg5y5McLgSF2x4Sy9UJ3awxU/view?usp=drive\\_link](https://drive.google.com/file/d/1NfatSIYnAg5y5McLgSF2x4Sy9UJ3awxU/view?usp=drive_link)

#### 11. PROMOTING RESILIENCE AND COPING SKILLS IN ADOLESCENTS

[https://docs.google.com/presentation/d/1V-xHA2C7zJl8qLoQuXQXWQTs1ahjNgF4/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1V-xHA2C7zJl8qLoQuXQXWQTs1ahjNgF4/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 12. Role of Parents and Family in Adolescents' Mental Health

[https://docs.google.com/presentation/d/1u--z1Aa4dlBora4HZ2QD5Cqo9qPkkxbl/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1u--z1Aa4dlBora4HZ2QD5Cqo9qPkkxbl/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 13. UNDERSTANDING TRAUMA AND ITS EFFECTS IN ADOLESCENCE

[https://docs.google.com/presentation/d/1OZZoZk06FD17U9plXdkpVCra0BmS\\_j1a/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1OZZoZk06FD17U9plXdkpVCra0BmS_j1a/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 14. LIFE SKILL EDUCATION AS PREVENTIVE MENTAL HEALTH STRATEGY

[https://docs.google.com/presentation/d/1tpx52G-2IEC\\_hV7yxpOtWRgn\\_X1Sr4q-/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1tpx52G-2IEC_hV7yxpOtWRgn_X1Sr4q-/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 15. UNDERSTANDING SPECIFIC LEARNING DISABILITY

[https://docs.google.com/presentation/d/1uqQuAyeczF59hbNRIO6qFK-opkogo8nF/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/presentation/d/1uqQuAyeczF59hbNRIO6qFK-opkogo8nF/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 16. Best Practices in Guidance and Counselling PM SHRI KV ARMY CANTT PANGODE , TRIVANDRUM ERNAKULAM REGION

[https://drive.google.com/file/d/1kGdh6X03p4jRwMPisLOWyoAzSlu3xHwS/view?usp=drive\\_link](https://drive.google.com/file/d/1kGdh6X03p4jRwMPisLOWyoAzSlu3xHwS/view?usp=drive_link)

#### 17. Education and Wellness PM SHRI KV Malleswaram, Bengaluru Region

[https://docs.google.com/document/d/1YnBDfph76fn5wLVz7weXBzjykJhZNFQg/edit?usp=drive\\_link&oid=100654512397424546586&rtpof=true&sd=true](https://docs.google.com/document/d/1YnBDfph76fn5wLVz7weXBzjykJhZNFQg/edit?usp=drive_link&oid=100654512397424546586&rtpof=true&sd=true)

#### 18. Videos 5 Days Workshop Activities

[https://drive.google.com/file/d/1hLpz6khAhNb1yrDZjimAhdOm-HFoAxI2/view?usp=drive\\_link](https://drive.google.com/file/d/1hLpz6khAhNb1yrDZjimAhdOm-HFoAxI2/view?usp=drive_link)

# DAY - 1

























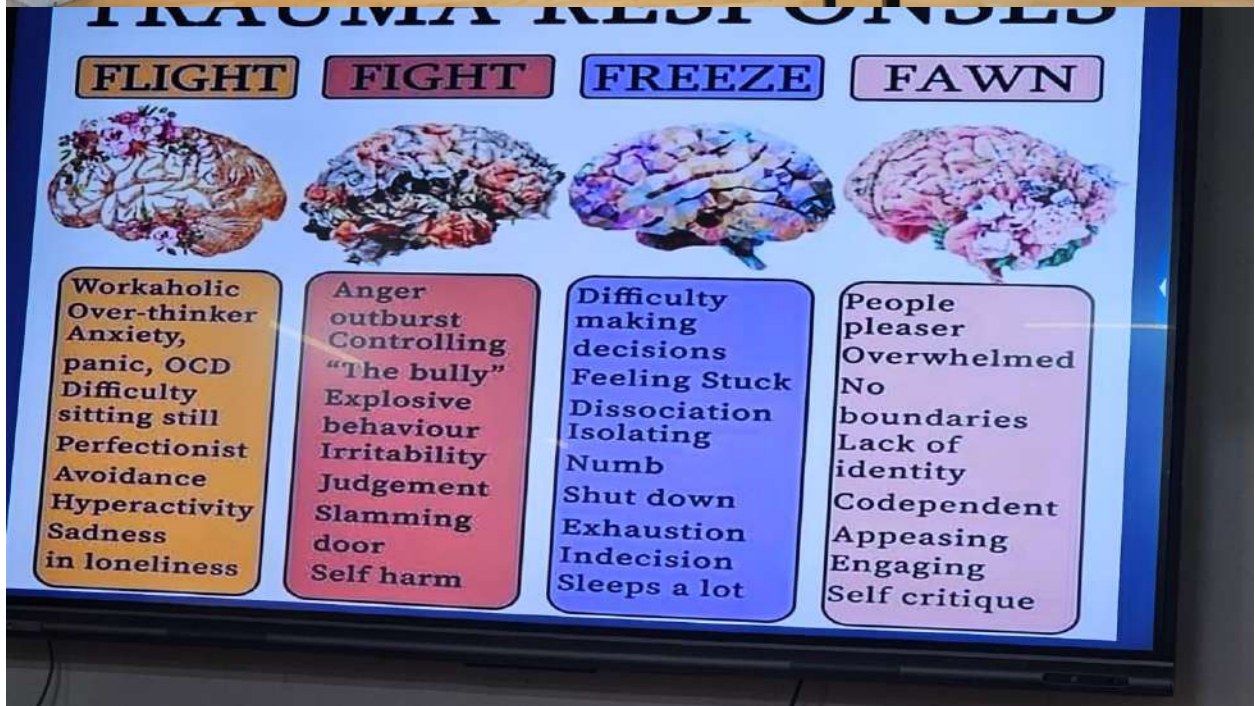
## DAY – 2

































**Benefits of laughter:**

- releases endorphins
- reduces stress
- helps relieve pain
- lowers blood pressure
- increases bloodflow
- boosts immune system
- lowers blood sugar levels
- fights anxiety
- improves cardiovascular health



MAY YOUR DAY BE  
FILLED WITH

**LOTS OF  
LAUGHTER**



















## DAY – 3













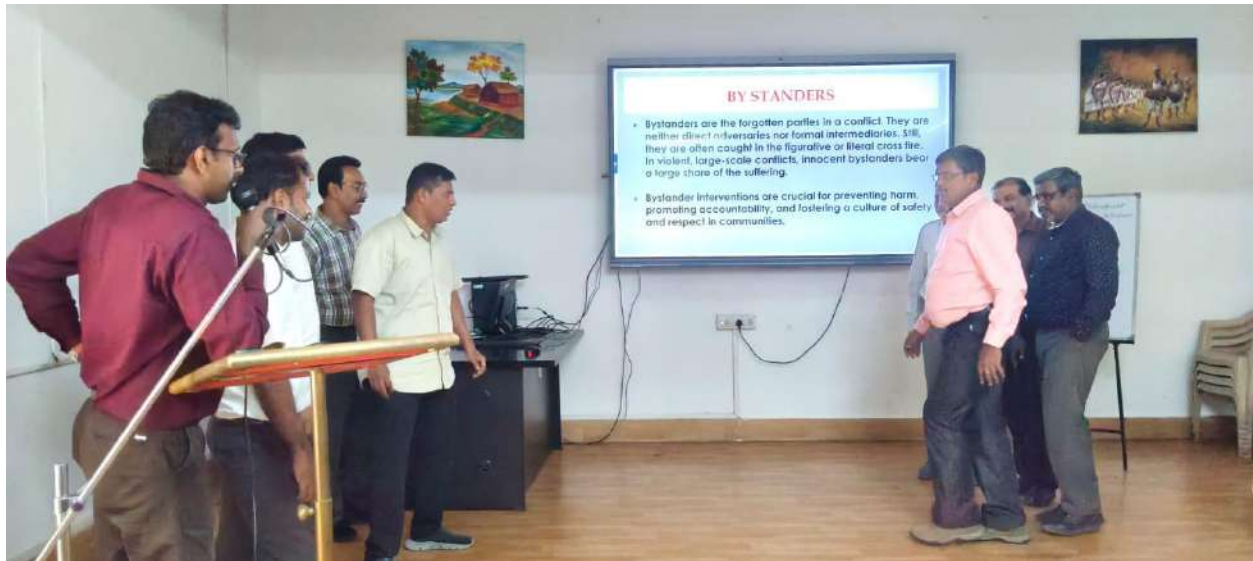








## DAY – 4

















## DAY – 5























SMT. SUBHA V,PGT ENGLISH ,PM SHRI KV HASSAN

Teenage, the most colourful and energetic period of a human life is at the same time the most confusing and complicated period also. In nurturing the mental health and well-being of adolescents', teachers can play a crucial role. Being an English teacher dealing with adolescents in the classroom for the past 16 years, I have always tried to inculcate values, life skills and coping mechanisms through regular curriculum transactions. Dealing with negative emotions and facing challenges are areas where young students need more help and support. To nurture the adolescents, teachers should do a lot of self care and self assessment. A teacher should be a good listener and a mental health care provider, offering first aid, who takes care of multiple developmental and behavioural changes and issues faced by the teenagers. 'Nurture' means to care for and protect (someone or something) while they are growing.

"A tree is nurtured with care, water, and sunlight, just as a child thrives with love, support, and guidance."



MONICA MALHOTRA, PGT (BIO),PM SHRI KV MEG & CENTRE

The five-day offline workshop on 'Nurturing Adolescents' Mental Health and Well-being has been a transformative experience, providing us with valuable insights, practical strategies, and a supportive community for help.

We've explored ways to promote mental well-being, address challenges of adolescent behaviour and ways to foster resilience in adolescents.



The intellectual, compassionate and proximal approach of Ms Menaxi Jain, DC and course director of the workshop left lasting effects on all the participants. All the sessions by Mr Rewantee Lal, Principal, K V no 2, Hubli were very motivating and enriching.

Our resource persons, Mrs K Latha, PGT Biology, KV, AFS Avadi and Mrs Bina Mathew, PGT English, K V Dharmapuri have shared their expertise with passion and dedication on various topics and the activities made us learn from each other's experiences and perspectives.

The lively and humorous interactions of Mr Dinesh Kumar, TA kept our interest alive

This workshop has not only enhanced our knowledge but also inspired us to create positive change.

The training has equipped us with new skills and a renewed commitment to nurturing adolescents' mental health. It was truly a complete metamorphosis!



SUMAN VERMA, PGT (BIO), PM SHRI KV NO 1 AFS SAMBRA

The 5-day training program on 'Nurturing Adolescents' Mental Health and Well-being was an enlightening and impactful experience. The sessions were thoughtfully structured.

The facilitators brought in both expertise and empathy, creating a safe and engaging learning environment. Practical strategies, interactive discussions, and real-life case studies helped bridge theory with practical usage, making the content highly relevant for us. One of the key strengths of the training was its focus on proactive and preventive approaches to adolescent mental health. Post-training, I feel more equipped to be an approachable and empathetic presence for both teachers and students. I'm committed to fostering stronger relationships built on trust, openness, and mutual respect, which I believe will enhance collaboration and learning outcomes.







LEKHA ANANDAN ,PGT BIOLOGY ,PM SHRI KV DAVENGERE

I believe that I am the second mother to the children I teach. As a biology teacher, I have positively impacted the mental health of adolescents by creating an open and supportive learning environment where students feel safe to express themselves. While teaching topics such as brain development, hormones, and stress, I can help normalize the physical and emotional changes of adolescence and reduce stigma around mental health. By encouraging healthy habits like proper sleep, nutrition, and exercise, and by promoting self-confidence through appreciation of effort and curiosity, I foster resilience in students. Moreover, being approachable, empathetic, and observant allows me to identify when a student may be struggling and guide them towards appropriate support, thus contributing to their overall well-being.



REENI PHILIP THOMAS,TGT ENGLISH ,PM SHRI KV NO.1 AFS JALAHALLI WEST

The five-day workshop on Nurturing Adolescents' Mental Health & Well-being provided valuable insights and practical strategies for supporting adolescents during this critical phase of development. Through interactive sessions and expert guidance, participants gained a deeper understanding of adolescent mental health challenges and learned effective ways to promote well-being, resilience, and positive relationships. The course emphasized the importance of creating supportive environments, fostering open communication, and equipping adolescents with coping skills to navigate life's challenges. The course underscored the need for ongoing support and



education to empower caregivers, educators, and mentors in nurturing adolescent mental health and well-being.



ALPANA DEY ,TGT ENG, KV NAL BANGALURIRU

**"Mental health is not just about avoiding mental illness, but about achieving a state of well-being."** The five-day workshop on Nurturing Adolescents' Mental Health and Well-being was a valuable experience, offering enlightening and thought-provoking insights into prioritizing mental health and well-being in adolescents.

The engaging sessions, knowledgeable resource persons, and diverse perspectives from fellow participants made the workshop interesting and informative. The emphasis on creating a supportive environment, recognizing early warning signs, and promoting resilience will enable us to promote students' emotional and mental well-being effectively.

The strategies discussed, such as mindfulness, positive relationships, and stress management, are practical and implementable in our classrooms and schools. I particularly cherished the focus on self-care for educators, which resonated with me. I'm committed to prioritizing my own mental health and well-being to better support my students.

The workshop was a great opportunity for professional growth, too. I'm thankful for the experience I have gathered and look forward to sharing my learning with my colleagues and students. I am sure I will be able to create a positive impact on their lives.







POONAM, TGT(ENGLISH), PM SHRI KV MG RAILWAY COLONY

As a teacher with little experience in working with adolescents, this workshop has been very insightful. In this 5 days workshop on Mental health and wellbeing of adolescents, I learned that adolescence is a sensitive phase where students struggle with identity, peer pressure, and emotions. Through the sessions I came to know how empathy, patience and attentive listening can help in building trust. I also gained useful strategies like encouraging resilience, mindfulness and life skills. Most importantly, I understood the significance of collaboration among teachers, parents and peers in supporting adolescents. I now feel more confident and better prepared to guide my students' overall wellbeing, not just their academics.

SHASHANK SAURABH SINGH PGT (HINDI), PM SHRI KV CLRI CHENNAI

यहाँ किशोरों के मानसिक स्वास्थ्य और कल्याण पर चिंतन प्रस्तुत है:

किशोरावस्था जीवन का संवेदनशील और परिवर्तनशील चरण होता है। इस समय बच्चों को भावनात्मक सहारे और समझ की सबसे अधिक आवश्यकता होती है।

सकारात्मक संवाद और सुनने की आदत उनके मनोबल को बढ़ाती है।

परिवार और विद्यालय का सहयोग मानसिक स्वास्थ्य को सुदृढ़ बनाता है।

मित्रों के साथ स्वस्थ संबंध आत्मविश्वास को विकसित करते हैं।

खेल, योग और ध्यान मन को संतुलित और शांत रखते हैं।

अत्यधिक दबाव और तुलना से बचना जरूरी है।

उनकी रुचियों और क्षमताओं को पहचान कर प्रोत्साहित करना चाहिए।

सुरक्षित और सकारात्मक वातावरण उन्हें सही दिशा देता है।

मानसिक स्वास्थ्य की देखभाल से किशोर स्वस्थ, खुशहाल और आत्मनिर्भर बनते हैं।





G.GEETHARANI, TGT (SCIENCE), PM SHRI KV COIMBATORE

#### Reflection on Nurturing Adolescents' Mental Health and Wellbeing

This course has deepened my understanding of the unique challenges adolescents face during their physical, emotional, and social transitions. I realized the importance of creating safe, supportive, and inclusive environments where young people feel heard and valued. Key takeaways include the need to promote open communication, encourage resilience, recognize early signs of distress, and integrate life skills and mindfulness practices into daily routines. I also learned that collaboration between teachers, parents, and peers plays a vital role in safeguarding adolescents' wellbeing. Moving forward, I feel more confident and responsible to apply these strategies to nurture not only academic growth but also the overall mental health of adolescents



J.MUTHUKUMARI, TGT ENG , KV NO. 1 KALPAKKAM

Mental health is just not a simple topic but a powerful healing when we are happy the people around will be happy. Simple practices like mindfulness, regular exercise, creative hobbies, and meaningful conversations can bring peace to the mind.

Mental health teaches us how to cope with stress ,how to stay calm and find solutions to problems. Just as we visit a doctor when the body aches, we must care for the mind when it feels heavy. The five- day workshop is definitely going to bring a positive change in my own life because I believe I can do wonders if I am happy and peaceful.





V GOWRI ,PGT CHEMISTRY , PM SHRI KV NO1 ,MADURAI

Mental health is as important as Physical health. Adolescence is a critical phase of growth and development. Their mental health is the foundation for overall well being. But in adolescence age they face many mental health challenges in biological, psychological, social environments. Early identification, & addressing concerns, promoting various management techniques, supporting activities, collaborative effect of Parent, Teacher and School system can promote a healthy life style. This collective responsibility can empower Adolescents to have a resilient future and promote digital well-being.



NINU V JOY,PGT BIOLOGY,PM SHRI KV MAHE

Attending the five-day training program on "Nurturing Adolescents' Mental Health and Well-being" at ZIET Mysore has been a truly enriching and eye-opening experience for me. Learning more about how adolescence impacts behavior and learning has transformed the way I view my students. The discussions on learning disabilities and mental health first aid were particularly valuable, equipping me with practical tools to support my students more empathetically and effectively.

The hands-on activities and role plays made the training engaging and allowed me to reflect on real-life scenarios that I encounter in my classroom. Topics like handling bullying, aggression, and conflict resolution resonated deeply, reminding me how essential it is to create a safe and inclusive space for all learners. I felt empowered to recognize early signs of distress and respond with sensitivity rather than judgment. It was heartening to connect with fellow educators who share the same passion for student well-being.

I am committed to being a more mindful, compassionate, and supportive presence in my students' lives. I am deeply grateful to ZIET Mysore for this meaningful experience.







R SUGANTHI,PGT (CS), PM SHRI KV PERAMBALUR

The 5 days training on nurturing adolescents' mental health and wellbeing was insightful and empowering. It emphasized the importance of early intervention and highlighted the unique psychological challenges adolescents face during this critical stage of development. I learned the value of creating safe, non-judgmental spaces where young people feel heard and supported. Practical strategies for building resilience and coping mechanisms were particularly helpful. The training also stressed the importance of collaboration between parents, educators, and mental health professionals to provide holistic support. It shed light on the impact of social media and peer pressure, encouraging greater awareness and guidance in those areas. I found the emphasis on empathetic listening to be a powerful tool in connecting with adolescents. The focus on inclusivity and respect for diversity further enriched the discussion. Real-life case studies brought the concepts to life and offered practical guidance for handling complex situations. Overall, the training deepened my understanding and inspired me to take a more proactive, compassionate approach in supporting adolescents' mental health and wellbeing.



GEETHA LATHA , TGT ENGLISH, KV NO 1,SHIFT1 ,JIPMER CAMPUS, PONDICHERRY

The 5 day workshop on Nurturing adolescents Mental Health & Well being was indeed very educative and informative.

Fortunate to have attended this workshop It is an eye-opener. Most of the time we attend to the needs of others and ignore ourselves. This session made me realize that my mental health is my priority, which in turn extends to home, school and society. The inspiring videos and all sessions were mind-boggling.

I do have many takeaways from the sessions which I will implement to make my teaching- learning transactions enjoyable.

All the speakers made a deep impact on understanding the mental health of adolescents who face many issues, the flag signs to observe and provide conflict resolution. The knowledge & practical session has equipped me to handle the adolescents in a better way.



SHIVANGI SRIVASTAVA, PGT- BIOLOGY, PM SHRI KV THIRUVANNAMALAI

Attending the 5 day workshop was a very enriching experience for me. I understood the importance of recognizing emotions, managing moods, and supporting adolescents during their growing years. The session highlighted how mental health and well-being are as important as physical health, and how small steps like open communication, empathy, and self-care can make a big difference. The interactive activities made it easier to connect with the topic, and I am taking back practical strategies that I can apply in my daily life.



APPOLLO ARULRAJ,PGT ENGLISH ,PM SHRI KV VIJAYANARAYANAM

This five-day course was excellent and life-changing. The sessions were conducted effectively with practical strategies. It helped me understand the strategies better to support teenagers. I have learnt about mental health and gained confidence to be a key resource in my school. I now feel more prepared and inspired for this important work. The collaborative environment made my learning very effective.

RAJESWARI MANDALA,PGT BIOLOGY PM SHRI KV KADAPA

The five days workshop on - Nurturing Adolescents mental health and well-being - created a space for a lot of discussions on the problems and solutions for adolescents. The discussions are more informative, supportive and motivative that prioritize mental well-being. Through this workshop I realised the importance of listening to adolescents with empathy. I felt that every child in the class is unique and important and we have to take care of these young adolescents in all aspects of their development. I have learned how to inculcate values, life skills and coping mechanisms in the children. Overall the workshop has enhanced my knowledge, skills and perspectives.





V HARI KISHORE KUMAR GUPTA,PGT BIOLOGY,PM SHRI KV MACHILIPATNAM

The five-day training programme strengthened the capacity of the educators to promote adolescent mental health across school and community settings. Built on a rights-based, culturally responsive approach, the course combined short lectures, case discussions, role-plays and purposeful discussions. Core content covered adolescent development; common concerns such as anxiety, low mood, behavioural difficulties, bullying, body-image issues, and substance use; and the influence of social media, family dynamics, and academic pressure. Participants practised trauma-informed communication, active listening, and brief interventions including psychoeducation, problem-solving, and grounding and breathing techniques. Emphasis was placed on confidentiality, ethical boundaries, and safeguarding, with clear referral pathways to local mental-health services. Practical tools were introduced—warning-sign checklists, conversation starters, classroom climate strategies, and simple well-being routines (sleep hygiene, movement breaks, screen-time boundaries).

By the end of the programme. It's also drafted implementation plans for their institutions with roles, timelines, and indicators. Notable gains in confidence to recognise red flags, initiate sensitive conversations, and manage classroom escalations. Qualitative feedback highlighted the usefulness of role-plays, locally relevant scenarios, and take-home scripts.

The programme met its objectives, equipping participants with practical, scalable strategies to create safer, more supportive environments that protect adolescents' mental health and enable timely care.

The organizers are so kind and taken care of each and everything and made us comfortable throughout the course that made us so indebted to all of them.

N J SUDHIR KUMAR,PGT(BIOLOGY) ,PM SHRI KV MAHABUBNAGAR

This 5-days workshop on Nurturing adolescent's mental health and well being has enriched me with valuable insights into the challenges students face these days due to change in social dynamics and prevalent distractive factors. I learnt to recognize warning signs in students mental health status and respond with empathy and care. This training has highlighted the importance and need to





create a safe, joyful learning environment in classroom. This program has given me confidence to support in students mental health issues and seek expert help to resolve. This workshop has indicated that student's EQ is as important as IQ to be successful in life and contribute positively in society. As a teachers, I find these Ten words/ phrases very important: Listening, Empathy, Exercises, inclusion, deep breathing, mindfulness, Let go, 4Cs, set boundaries, & non- judgemental. The workshop is well structured, planned properly and conducted perfectly under the leadership of Honourable DC & Director, KVS ZIET, Mysuru; Revered Associated Course Director; learned Training associate, ZIET ; and Knowledgeable resource persons.



G SRINIVAS RAO ,PGT,PM SHRI KV NO 1 SRIVIJAYANAGAR

Attending the five-day workshop on “Nurturing Mental Health and Well-being of Adolescents” as a Master Trainer at ZIET Mysore has been an enriching and transformative experience. The sessions helped me to understand the vital role of mental health in the holistic development of students and deepened my awareness of the challenges adolescents face during their formative years.

The interactive activities, expert lectures, and group discussions enabled me to reflect on my own attitudes and approaches toward supporting young minds. I realized the importance of creating a safe, empathetic, and inclusive environment in schools where adolescents feel heard, valued, and supported. The strategies shared, such as active listening, stress management, and life-skills-based approaches, will not only strengthen my own teaching practices but also empower me to guide colleagues and students effectively.

As a Master Trainer, I now feel more confident to take forward the learnings from this workshop by conducting sessions, mentoring peers, and advocating for mental health awareness in my school community. This experience has also encouraged me to reflect on my personal well-being, reminding me that nurturing others begins with self-care and mindfulness.

Overall, the workshop has been a journey of self-awareness, professional growth, and commitment to building a culture of mental wellness in education





INDIRA R NAIR ,PGT(ENGLISH),PM SHRI KV WALTAIR

The five-day workshop on Nurturing Adolescent Mental Health and Well-being has been truly enriching and insightful. My key takeaway is the importance of creating a safe, empathetic, and supportive environment where adolescents feel heard and valued. I have learned practical strategies such as active listening, mindfulness practices, and building resilience through positive reinforcement and peer support. Moving forward, I intend to integrate these approaches into my classroom to help adolescents cope with the pressures of the 21st century—academic stress, peer influence, and emotional challenges—by fostering emotional intelligence, open communication, and a growth mindset.



RAJASHEKER DASARI,PGT BIOLOGY, PM SHRI KV WARANGAL

This workshop has been a truly enriching experience as it has enhanced individuals by encouraging the exchange of knowledge, where everyone's ideas and experiences added value to one another. I strongly feel that we can improve the mental health of students when we listen to them with empathy and give them the space to express themselves. The sessions have also exposed me to new teaching skills and innovative strategies that can be integrated into classroom practices to support both learning and emotional well-being. Overall, this workshop has broadened my perspective and equipped me with practical approaches to nurture the mental health of students while strengthening my own teaching methods."





AKHILESWARI K P,PGT BIOLOGY,PM SHRI KV KANHANGAD

The five-day training program was a meaningful journey that deepened my understanding of adolescent mental health and the importance of fostering well-being during this sensitive stage of life. This training provided valuable insights into supporting children with empathy, awareness, and practical strategies.

Each session highlighted key aspects such as recognizing early signs of stress, anxiety, or depression, promoting resilience, strengthening coping skills, and encouraging positive peer and family relationships. The training also emphasized the significance of safe spaces in schools and communities where adolescents feel heard and supported.

One of the most impactful parts of the program was the interactive discussions, role plays and activities, which helped me reflect on my own attitudes and approaches to handling adolescent concerns. I realized the importance of active listening, non-judgmental communication, and respecting the individuality of each student.

The training inspired me to integrate well-being practices into everyday interactions with adolescents. By focusing on preventive care, life skills education, and timely intervention, I feel better equipped to guide our students towards healthier choices and stronger emotional resilience. The training reminded me that nurturing well-being is not just about preventing illness, but about creating an environment where every adolescent can thrive with confidence, hope, and positivity.







PREETHI N, TGT HINDI, PM SHRI KV KELTRON NAGAR

किशोरावस्था जीवन का वह चरण है जब शारीरिक, मानसिक और भावनात्मक परिवर्तन बहुत तीव्र होते हैं। इस अवस्था में बच्चों को मार्गदर्शन, सहयोग और समझ की विशेष आवश्यकता होती है। आज के कार्यक्रम/सत्र ने यह स्पष्ट किया कि किशोरों के मानसिक स्वास्थ्य की देखभाल केवल उनकी भलाई के लिए ही नहीं, बल्कि उनके उज्ज्वल भविष्य के लिए भी अत्यंत महत्वपूर्ण है।

सत्र से यह समझ में आया कि

किशोरों में आत्मविश्वास, आत्म-नियंत्रण और सकारात्मक सोच को बढ़ावा देना ज़रूरी है।

संवाद (Communication) और संवेदनशीलता (Empathy) के माध्यम से उनकी भावनाओं को समझा जा सकता है।

तनाव प्रबंधन, समय प्रबंधन, और स्वस्थ जीवनशैली किशोरावस्था को संतुलित बनाने के मुख्य साधन हैं।



MRIDULA GOKULDAS ,PGT BIOLOGY ,PM SHRI KV NO.1 KOZHIKODE

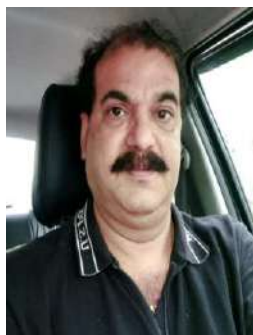
This course at ZIET is really a remarkable one. The course has taken us through a journey where our Course Director Ms Menaxi Jain gave us many eye openers with the unique mention of \*Failure is also a requirement of life\*, Associate Course Director Sri Rewantee Lal said \*Make a difference in the life of your student\*, and a lot of connections between our traditional knowledge and science



was given by our coordinator Mr. Dinesh Kumar. This was followed by guest lectures dealing with understanding adolescents, enhancing their mental health, role of peers, social media and identity, trauma and its affect, autism spectrum disorder, likes and self worth. Finally the great efforts taken by our resource persons Mrs Latha K & Mrs Bina Mathew who gave a remarkable insight into brain development, resilience and coping skills, mental health first aid for teachers and students, life skills, conflicts and aggression, problem solving and many more..., now that we are more equipped we can bounce back to our school to \*BE THE CHANGE.\*

Adolescent is a beautiful phase of life, where one is neither a child nor an adult. They are the nation builders of tomorrow, so it is very essential that they are nurtured properly. Their mental health well being is of utmost importance. Like a gardener they have to be well watered, provided with essential nutrients and weeds out the unwanted plants, so is the role of a teacher who is also a mother at school and a mentor. The teacher is to nourish the students with our value system and water it by frequent reinforcement. They have also to weed out the trauma for the students wellbeing.

If Ganga has to be cleaned it has to be cleaned from Gangotri. So this mental health well being has to be taken up from primary classes onwards



K SADANANDAN ,TGT SANSKRIT , PM SHRI KV MALAPPURAM

As a Sanskrit teacher, nurturing adolescent mental health and well-being is crucial in today's fast-paced world. Understanding Adolescent Mental Health

Adolescents face numerous challenges, including academic pressure, social media influence, and self-doubt. It's essential to recognize the signs of mental health issues, such as anxiety and depression, and provide support.

Incorporating mindfulness practices, rooted in ancient Indian traditions like yoga and meditation, can help adolescents manage stress and anxiety. These practices have shown therapeutic effects in reducing stress and improving emotional intelligence.





SINDHU K M,PGT ENGLISH ,PM SHRI KV KPA RAMAVARMAPURAM

Mental health is a dynamic spectrum, not a fixed state. It's about self-compassion, seeking support, and recognizing that it's okay not to be okay. Our struggles are valid, and healing is a continuous journey of growth and resilience.

The course made us reflect on our adolescence to deal with teenagers with compassion.

The World Health Organization (WHO) defines adolescent mental health as a state of well-being where an individual can realize their own abilities, cope with the normal stresses of life, work productively, and contribute to their community.

Adolescence is a time of increased vulnerability to mental health issues. Depression is common, characterized by persistent sadness, loss of interest in activities, and changes in sleep or appetite. Substance use disorders can begin in adolescence as a way to cope with underlying mental health issues or due to peer pressure.

Biological changes, including hormonal shifts and brain development, play a significant role. Psychological factors, such as self-esteem issues, body image concerns, and the search for identity, are also key. Social and environmental factors include family dynamics, such as conflict or a lack of support; peer relationships, including bullying or social pressure; and academic stress. The increasing use of social media also contributes to issues like cyberbullying, social comparison, and a distorted sense of reality, all of which can negatively affect self-worth.

Early recognition and intervention are crucial for positive long-term outcomes. Many mental health conditions in adulthood have their roots in adolescence. It's essential for parents, teachers, and caregivers to be aware of the warning signs, such as changes in behavior, mood swings, withdrawal from friends, or a drop in academic performance. Creating a supportive and open environment where adolescents feel comfortable discussing their feelings is vital. Promoting healthy coping mechanisms, such as regular exercise, mindfulness, and hobbies, can build resilience.

Seeking professional help is not a sign of weakness. Therapy can be very effective in helping adolescents manage their thoughts and feelings. In some cases, medication may also be recommended by a medical professional. Schools can play a significant role by providing counseling services, promoting mental health awareness, and fostering a positive and inclusive climate.







SMITHA S GOPAL,PGT ENGLISH,PM SHRI KV NO 1NAVAL BASE KOCHI

Adolescence is a delicate bridge between childhood and adulthood, where tender minds wrestle with questions of identity, belonging, social acceptance and purpose. It is a transformative phase shadowed by self-doubt, peer pressure, and silent struggles. Nurturing adolescent mental health demands more empathy, compassion, patience, listening, and rapport. When adults listen without judgment, they gift adolescents the courage to voice their fears and concerns. Empathetic guidance, holistic balance and empowering environment become anchors of resilience in this turbulent phase. Schools that promote empathy, inclusivity, and intellectual curiosity offer sanctuaries for emotional growth. Friendships rooted in kindness and acceptance empower young hearts to flourish without fear of rejection. Equipping adolescents with coping strategies, mindfulness and problem-solving skills allows them to face challenges with confidence. Each gesture of care plants seeds of self-worth that bloom into strength and stability. By safeguarding their well-being, we are not merely guiding adolescents but shaping compassionate leaders of tomorrow.



ARATHI BALAKRISHNAN, PGT(ENGLISH),PM SHRI KV NO 3, PORT TRUST, KOCHI

Adolescence is a fragile threshold between the innocence of childhood and the responsibilities of adulthood. It is a stage where young minds grapple with questions of self-identity, acceptance, and meaning. This journey is often clouded by insecurities, peer influence, and unspoken emotional battles. Supporting adolescents requires patience, compassion, and above all, a willingness to truly listen. Gentle guidance, emotional balance, and an encouraging environment serve as steady anchors during this turbulent phase of growth.



I have witnessed firsthand how transformative such initiatives can be. Listening to students express their silent struggles has deepened my understanding of the diverse challenges they face—ranging from academic pressure and self-doubt to friendship conflicts and family expectations. These interactions have shown me how even small gestures of empathy can bring immense relief to young hearts. Schools that cultivate respect, inclusivity, and curiosity become havens where adolescents feel supported. Friendships built on kindness empower them to grow without fear of rejection. Teaching coping mechanisms, mindfulness, and problem-solving equips them to navigate life with greater resilience.

Every experience in this journey has reinforced my belief that by safeguarding adolescent well-being, we are not only helping them overcome present struggles but also nurturing compassionate, confident, and responsible individuals for tomorrow.



PRABITHA P PGT BIOLOGY PM SHRI KV CHENNEERKARA

Adolescence is a vibrant yet vulnerable phase, brimming with energy, curiosity, and emotional complexity. The five-day offline workshop on Nurturing Adolescents' Mental Health and Well-being was eye-opening, equipping us with renewed purpose. It offered deep insights, actionable strategies, and a warm, collaborative space for reflection and growth. Ms. Menaxi Jain, DC and course director of the workshop, brought a rare blend of intellectual depth, heartfelt empathy, and an approachable attitude that deeply resonated with every participant. The sessions led by Mr. Rewantee Lal, Principal of KV No. 2, Hubli, were both inspiring and insightful, setting a motivating tone throughout the workshop. Our resource persons—Mrs. K. Latha, PGT Biology, KV AFS Avadi, and Mrs. Bina Mathew, PGT English, KV Dharmapuri—shared their knowledge with remarkable passion and commitment, enriching our understanding across diverse topics. The interactive activities fostered meaningful peer learning and broadened our perspectives. Mr. Dinesh Kumar, TA, added a lively spark with his humor and engaging style, keeping the energy high. This workshop not only deepened our knowledge but also reignited our drive to make a positive impact in nurturing adolescent well-being. The sessions enhanced our skills and renewed our passion for creating supportive environments for adolescents.





BIJU MOLE P CPGT BIOLOGY PM SHRI KV CRPF PALLIPURAM

Adolescence is a crucial stage of life marked by physical, emotional, and social changes, making mental health and wellbeing very important. Good mental health helps adolescents build confidence, resilience, and strong relationships, while challenges like academic stress, peer pressure, and social media influence can negatively affect them. Open communication with family, guidance from teachers, and support from friends play a vital role in maintaining wellbeing. Developing healthy habits such as proper sleep, exercise, and a balanced diet also strengthens mental health. Identifying early signs of distress and offering timely help ensures that adolescents feel valued, supported, and understood. Nurturing their mental health not only prevents long-term problems but also helps them grow into happy, responsible, and confident adults.



SREEJITH K V,PGT CS,PM SHRI KV PANGODE

As a computer science teacher, I've had the privilege of guiding adolescents through the ever-evolving world of technology. However, beyond coding and algorithms, I've come to realize the importance of nurturing their mental health and well-being.

Adolescents today are growing up in a world where technology is omnipresent. While they're naturally adept at navigating digital landscapes, they're also exposed to immense pressure to constantly perform, produce, and present a perfect online persona.

Social media platforms can foster comparison and self-doubt, leading to decreased self-esteem and increased anxiety.

