



KENDRIYA VIDYALAYA SANGATHAN
ZONAL INSTITUTE OF EDUCATION &
TRAINING MYSURU
FROM AUGUST 18th TO 22nd 2025

NURTURING ADOLESCENT'S 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

Mr. REEWANTEE LAL
PRINCIPAL, PM SHRI KAV NO 2
HUBBALI

RESOURCE PERSON



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

RESOURCE PERSON



Ms. BEENA MATHEW
PGT ENGLISH, PM SHRI K V DHARAMPURI

COURSE COORDINATOR



Mr. 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.

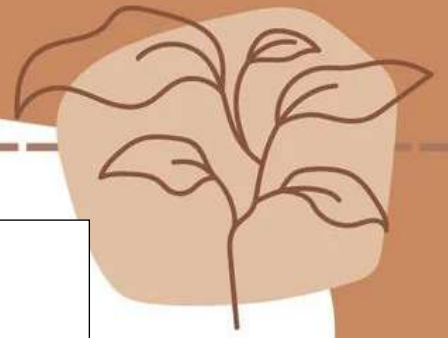
Adolescence is a crucial stage of growth marked by emotional, social, and cognitive transitions. It is during this phase that guidance, empathy, and constructive support play a defining role in shaping resilient and confident individuals. Recognizing this, the workshop was designed to empower Master 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



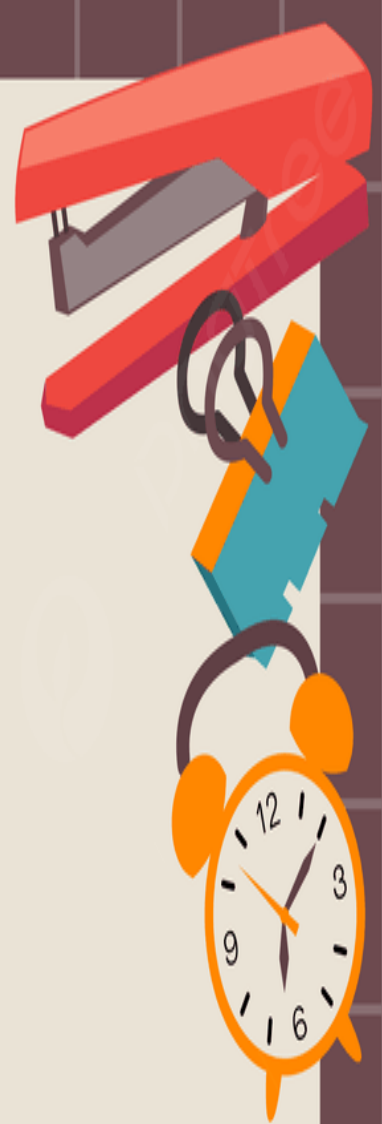
**MESSAGE FROM ASSOCIATE COURSE
DIRECTOR**

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 HUBBALLI



EDITORIAL BOARD

**Ms R SUGANTHI – PGT COMPUTER SCIENCE,
PM SHRI K V PERAMBALUR**

**Mr SREEJITH K V – PGT COMPUTER SCIENCE,
PM SHRI K V PANGODE**

**Ms SHIVANGI SRIVASTAVA – PGT BIOLOGY, PM
SHRI KV THIRUVANNAMALAI**

**Ms. SINDHU K M, PGT ENGLISH, PM SHRI KV
KPA RAMAVARMAPURAM**

**Ms. INDIRA R NAIR, PGT ENGLISH, PM SHRI K V
WALTAIR**

**Ms AKHILESHWARI K P, PGT BIOLOGY, PM SHRI
K V KANHANGAD**





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.

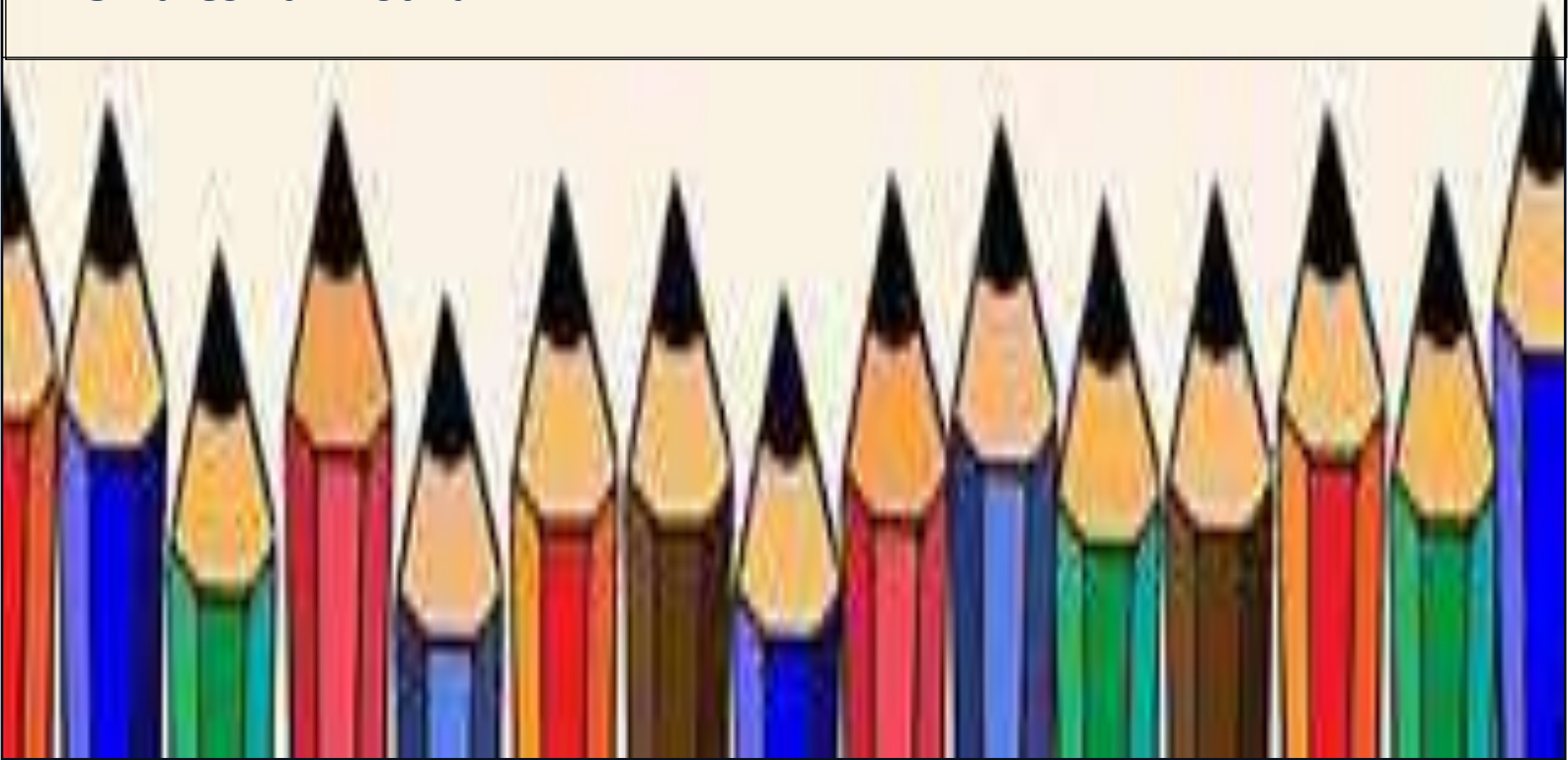
The journey of these five days has been enriching and transformative, reminding us that mental health is the foundation of true well-being.

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
1	SUBHA V	PGT ENGLISH	PM SHRI KV HASSAN	BENGALURU
2	MONICA MALHOTRA	PGT (BIO)	PM SHRI KV MEG & CENTRE	BENGALURU
3	SUMAN VERMA	PGT (BIO)	PM SHRI KV NO 1 AFS SAMBRA	BENGALURU
4	LEKHA ANANDAN	PGT BIOLOGY	PM SHRI KV DAVENGERE	BENGALURU
5	REENI PHILIP THOMAS	TGT ENGLISH	PM SHRI KV NO.1 AFS JALAHALLI WEST	BENGALURU
6	P.SUJATHA GUNESWARI	PGT- BIOLOGY	PM SHRI KV CRPF YELAHANKA,	BENGALURU
7	ALPANA DEY	TGT ENG	KV NAL BANGALORE	BENGALURU
8	POONAM	TGT(ENGLISH)	PM SHRI KV MG RAILWAY COLONY	BENGALURU
9	SHASHANK SAURABH SINGH	PGT (HINDI)	PM SHRI KV CLRI	CHENNAI
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
17	SHIVANGI SRIVASTAVA	PGT- BIOLOGY	PM SHRI KV THIRUVANNAMALAI	CHENNAI
18	APPOLLO ARULRAJ	PGT ENGLISH	PM SHRI KV VIJAYANARAYANAM	CHENNAI
19	RAJESWARI MANDALA	PGT BIOLOGY	PM SHRI KV KADAPA	HYDERABAD
20	V HARI KISHORE KUMAR GUPTA	PGT BIOLOGY	PM SHRI KV MACHILIPATNAM	HYDERABAD
21	N J SUDHIR KUMAR	PGT(BIOLOGY)	PM SHRI KV MAHABUBNAGAR	HYDERABAD
22	P RAMALAKSHMI	PGT ENGLISH	PM SHRI KV MALKAPURAM	HYDERABAD
23	RUNA	TGT -BIOLOGY	PM SHRI KV SRIKAKULAM	HYDERABAD
24	G SRINIVAS RAO	PGT ENG	PM SHRI KV NO 1 SRIVIJAYANAGAR	HYDERABAD
25	M LALITAMBA	PGT(BIO)	KV STEEL PLANT	HYDERABAD
26	INDIRA R NAIR	PGT(ENGLISH)	PM SHRI KV WALTAIR	HYDERABAD
27	RAJASHEKER DASARI	PGT BIOLOGY	PM SHRI KV WARANGAL	HYDERABAD
28	AKHILESWARI K P	PGT BIOLOGY	PM SHRI KV KANHANGAD	ERNAKULAM
29	PREETHI N	TGT HINDI	PM SHRI KV KELTRON NAGAR	ERNAKULAM
30	MRIDULA GOKULDAS	PGT BIOLOGY	PM SHRI KV NO.1 KOZHIKODE	ERNAKULAM
31	K SADANANDAN	TGT SANSKRIT	PM SHRI KV MALAPPURAM	ERNAKULAM
32	SINDHU K M	PGT ENGLISH	PM SHRI KV KPA RAMAVARMAPURAM	ERNAKULAM
33	SMITHA S GOPAL	PGT ENGLISH	PM SHRI KV NO 1 NAVAL BASE KOCHI	ERNAKULAM
34	ARATHI BALAKRISHNAN	PGT(ENGLISH)	PM SHRI KV NO 3, PORT TRUST, KOCHI	ERNAKULAM
35	PRABITHA P	PGT BIOLOGY	PM SHRI KV CHENNEERKARA	ERNAKULAM
36	BIJU MOLE P C	PGT BIOLOGY	PM SHRI KV CRPF PALLIPURAM	ERNAKULAM
37	SREEJITH K V	PGT CS	PM SHRI KV PANGODE	ERNAKULAM

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

EDITORIAL BOARD



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

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

3. MENTAL HEALTH FIRST AID

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

5. EMPOWERING TEACHERS CONFLICT RESOLUTION STRATEGIES

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

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

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

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

10. PRASHAST

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

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

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

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

15. UNDERSTANDING SPECIFIC LEARNING DISABILITY

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

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

https://docs.google.com/document/d/1YnBDfph76fn5wLVz7weXBzjykZhZNFOg/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

DAY - 1











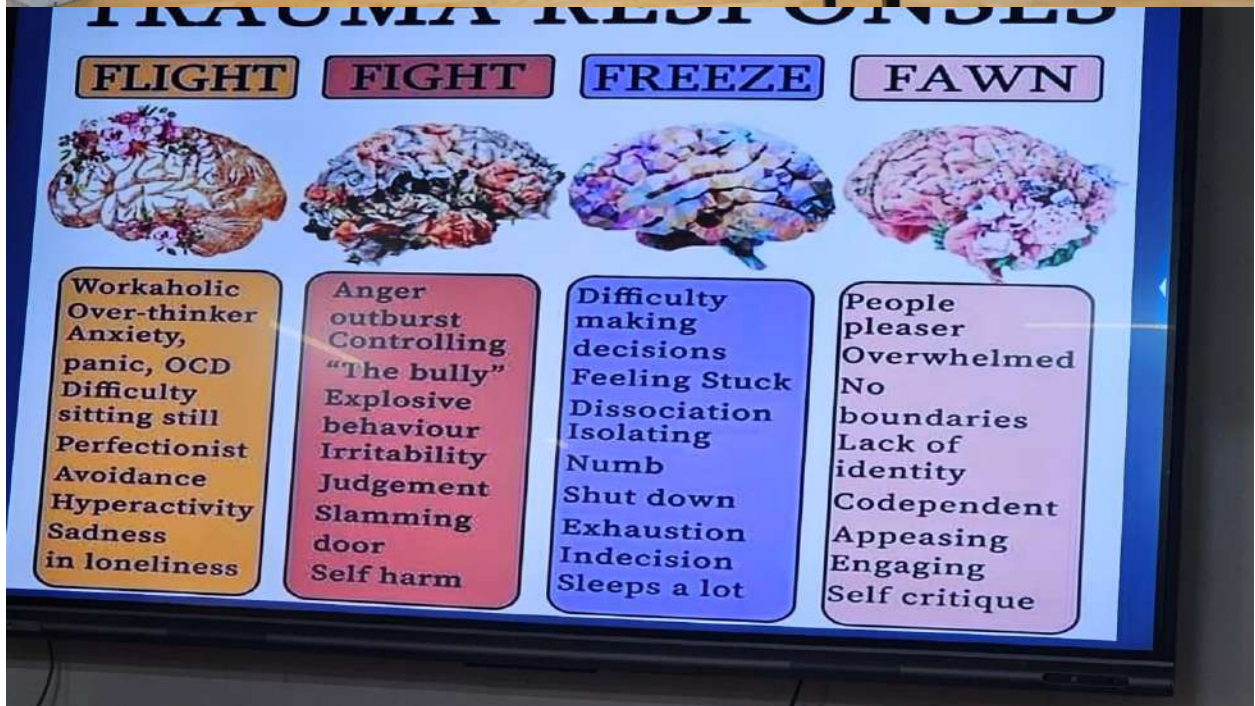




DAY – 2





















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**

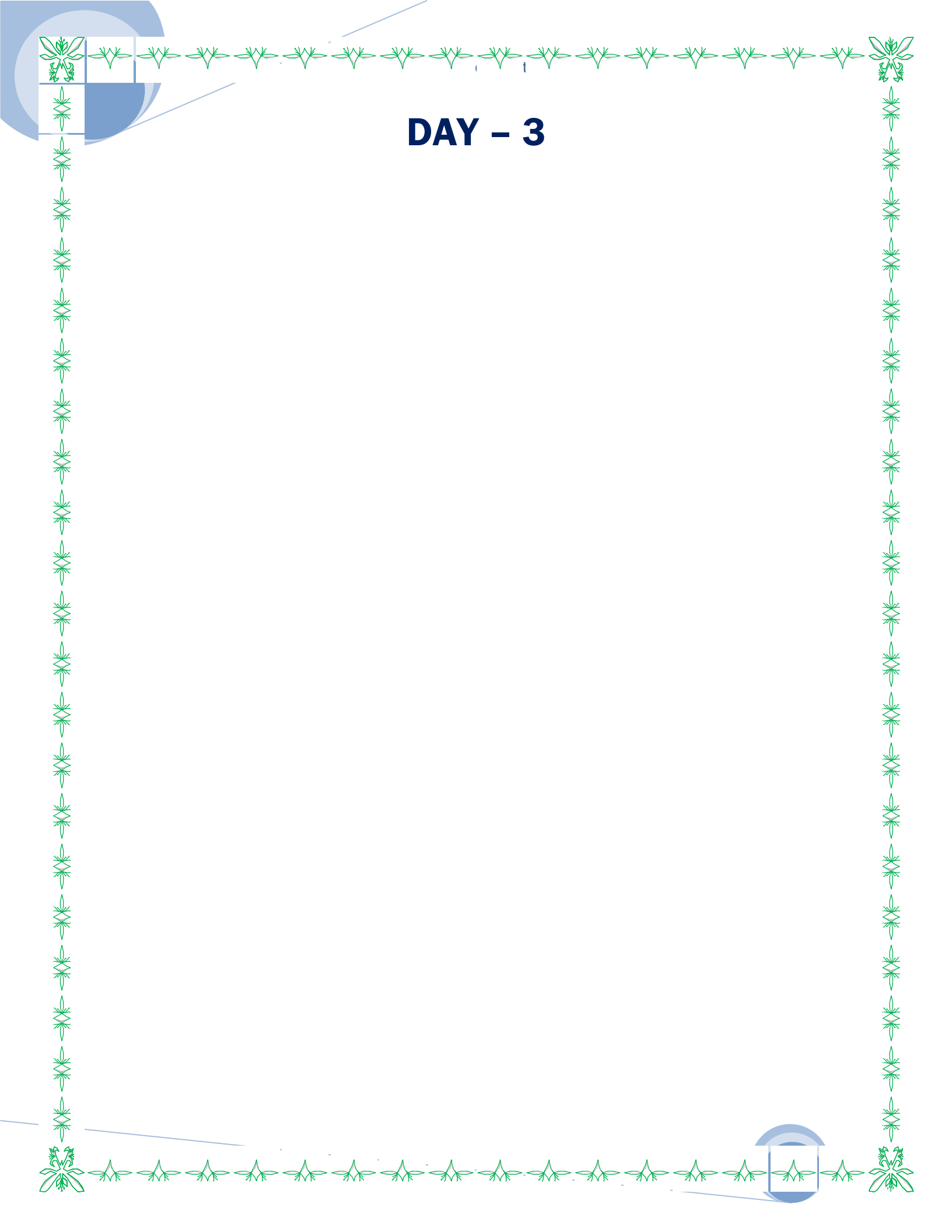












DAY – 3



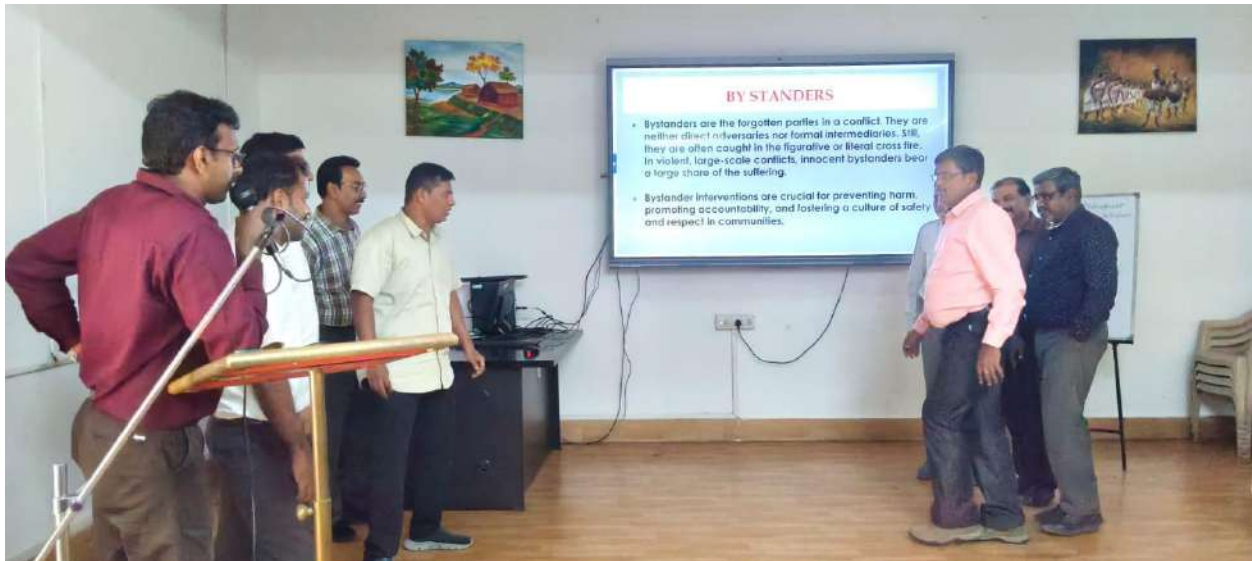








DAY – 4











DAY – 5













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

A teacher should be a good listener and a mental health care provider, offering first aid, who takes care of multiple developmental and behavioral 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 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 adolescent's mental health. It was truly a complete metamorphosis!





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

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 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 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.





AKHILESWARI K P, PGT BIOLOGY, PM SHRI KV KANHANGAD

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.

ALPANA DEY, TGT ENG, KV NAL BANGALURU

"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.



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

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.

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.



V GOWRI ,PGT CHEMISTRY , PM SHRI KV

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





NINU V JOY,PGT BIOLOGY,PM SHRI KV MAHE

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.

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.



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

RAJESWARI MANDALA,PGT BIOLOGY PM SHRI KV KADAPA

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.



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

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.**

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.



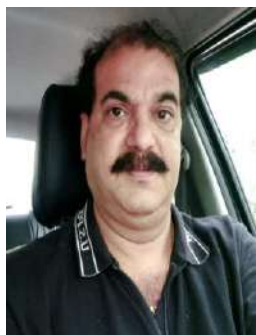


MRIDULA GOKULDAS ,PGT BIOLOGY ,PM SHRI KV NO.1 KOZHIKODE

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

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 gardner 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

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.

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.**





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 enhanced our skills and renewed our passion for creating supportive environments for adolescents.**

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.

