

St. Joseph's Academy
Savita Vihar, Delhi
Capacity Building Program by CBSE (Jan-2026)

Date: - 03/01/2026

Topic: - Mental Health and wellness among students

Resource Persons

1. Dr. Arti Chopra, Principal, Amity International School, Sector 46, Gurugram. ACBSE Awardee, and a dedicated educationist with over 30 years of experience as a teacher, mentor, trainer, planner, skill developer and a tireless worker for the cause of children. She has been bestowed with honours like ATL Leader, Microsoft Innovative Educator Expert & Fellow and ADOBE Education Leader. Her thought provoking book MI SKILLS FOR MY LIFE is designed for enhancing students' life skills.
2. Mrs. Chaya Gupta An experienced Counselling Psychologist with more than ten years of dedicated service National Victor Public School, Patparganj, Delhi. She heads multiple committees in her school including Counselling, POCSO, Anti-Bullying, and Substance Abuse, and actively contributes to student well-being through counselling, awareness programs, and guidance initiatives.

Summary

1. Introduction to Mental Health

- Meaning of mental health and well-being
- Difference between mental health and mental illness
- Why mental health is as important as physical health
- Common myths and facts

2. Importance of Mental Well-Being

- Impact on daily life, relationships, and productivity
- Connection between mental health, physical health, and academic/work performance
- Mental well-being across different age groups

3. Common Mental Health Challenges

- Stress, anxiety, and depression
- Academic/work pressure and burnout
- Social media influence and comparison
- Loneliness and emotional struggles
- Post-pandemic mental health concerns

4. Signs and Symptoms to Watch For

- Emotional signs (sadness, irritability, mood swings)
- Behavioral changes (withdrawal, lack of interest, sleep issues)
- Physical symptoms (fatigue, headaches, appetite changes)
- When stress becomes unhealthy

5. Factors Affecting Mental Health

- Family, school/work environment
- Peer pressure and expectations
- Lifestyle habits (sleep, diet, exercise)

- Trauma, loss, and major life changes

6. Building Mental Well-Being

- Healthy coping strategies
- Stress management techniques
- Importance of routine and balance
- Developing emotional intelligence and self-awareness
- Practicing gratitude and positive thinking

7. Self-Care Strategies

- Physical self-care (sleep, exercise, nutrition)
- Emotional self-care (journaling, talking, relaxation)
- Digital detox and mindful use of technology
- Hobbies, creativity, and leisure time

8. Seeking Help and Support

- Importance of talking openly
- Role of parents, teachers, friends, and mentors
- Professional help: counselors, psychologists, helplines
- Breaking stigma around mental health

9. Creating a Supportive Environment

- Empathy and active listening
- Encouraging open conversations
- Mental health awareness in schools/workplaces
- Peer support and community involvement

10. Conclusion & Takeaway Message

- Mental health is everyone's responsibility
- Seeking help is a sign of strength, not weakness
- Small steps can make a big difference
- "It's okay to not be okay"

