



Workshop on Health and Wellness

Activity- Mentoring the Mentor Program

Date- 24th June, 2024

Organised by – Sankalp Sahodaya

Venue- ITL Public School

Facilitators- Dr. Jitendra Nagpal (keynote Speaker), Ms. Shruti Pandey (Resource Person)

Attended by- Teachers of member schools of Sankalp Sahodaya

A comprehensive Health and Wellness workshop conducted at ITL Public School, on 24th June, 2024 marked the onset of the week long Mentoring the Mentors program.

The insightful event, organized by the CBSE Sankalp Sahodaya, was very interactive and edifying. Renowned health and wellness expert from Moolchand Medcity, **Dr. Jitendra Nagpal**, shared valuable inputs on promoting physical and mental well-being among the students and teachers.

As a keynote speaker, he highlighted the significance of balancing Emotional Quotient and Intelligence Quotient, and strategies to ensure comprehensive physical, mental, psychological and social health. The impact of vicarious trauma and role of cathartic group on mental health of educators was lucidly underlined.

The resource person, **Ms. Shruti Pandey**, Consultant Psychologist, shared valuable insights on fostering a safe healthy school environment while promoting emotional well-being and mental health. Her tips on gender sensitivity, ways of dealing with unhealthy relationships and substance abuse were key takeaways of the workshop.



