

SHIKSHA BHARATI GLOBAL SCHOOL

Workshop:- MENTAL HEALTH AND WELLBEING

MONTH:- JULY

“Mental health is as important as physical health”

The workshop on “Mental health and wellbeing” was organized by pre-primary teachers. This workshop aimed to foster an understanding of mental health issues and psychosocial wellbeing. This workshop was attended by all the tiny tots where teachers have shown them one documentary for their better understanding. It also featured interactive session; role play and presentation conducted by all the class teachers. The key objective of the workshop included raising awareness about the importance of mental health and building capacity to identify, access and address mental health issues. Students have done one activity as well where they enjoyed and expressed themselves.

The workshop concluded successfully with tiny tots reporting enhanced understanding of the particular topic. The workshop was well organized and effectively raised awareness.



