

MCT
MANJARA CHARITABLE TRUST
COLLEGE OF EDUCATION & RESEARCH (B.Ed.)
SDV Complex, Sector-4, Airoli, Navi Mumbai - 400 708

Report of Mental Health Awareness Week

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘**Mental health is a universal human right**’ to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.

Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights.

WHO continues to work with its partners to ensure mental health is valued, promoted, and protected, and that urgent action is taken so that everyone can exercise their human rights and access the quality mental health care they need. Join the World Mental Health Day 2023 campaign to learn more about your basic right to mental health as well as how to protect the rights of others.

Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is ‘Mental health is a universal human right’.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. First Year & Second Year students of MCT College of Education & Research Celebrated the Mental Health Awareness week from **9th October to 14th October 2023**.



The image contains a vertical poster on the left and a horizontal activity schedule on the right. The poster features a green ribbon at the top left, the text 'WORLD MENTAL HEALTH DAY' in a green box, 'OCTOBER 10TH 2023', and 'MENTAL HEALTH AWARENESS WEEK' written vertically. It also mentions the dates '9th October to 14th October' and the theme 'Theme for 2023 - Mental Health is a Universal Human Right'. The bottom of the poster shows a white rose. The activity schedule is titled 'MCT COLLEGE OF EDUCATION AND RESEARCH, AIROLI' and 'FY,BED & SY,BED, TRAINEE TEACHERS ORGANISES'. It lists activities for each day from the 9th to the 14th of October, including gratitude giving, drawing competitions, quote-making, presentations, poster-making, yoga sessions, and arts & crafts workshops. A note at the bottom states that presentations will be done through video or scene from a movie/drama/serial.

WORLD MENTAL HEALTH DAY
OCTOBER 10TH 2023

MENTAL HEALTH AWARENESS WEEK

9th October to 14th October

Theme for 2023 - Mental Health is a Universal Human Right.

MCT COLLEGE OF EDUCATION AND RESEARCH, AIROLI
FY,BED & SY,BED, TRAINEE TEACHERS ORGANISES

ACTIVITIES

9th October
Gratitude giving Activity

10th October
Drawing Competition- Theme Happy Home- Happy School

11th October
Positive Quotes making Competition

12th October
Presentations on Emotional wellbeing of Teachers
Poster making - Mental Health Awareness

13th October
Presentations on Emotional wellbeing of Students ,
Yoga Session

14th October
Presentations on Universal Human Rights
Workshop on Arts & Crafts

*Presentation will be done according to the mentoring groups through a video or a Scene from a movie or drama or Serial .

Following activities were conducted in the Internship Schools as well as in the College Campus.

Following three Internship Schools were selected to conduct the activities.

1. Vishwabharati School & Jr. College Koperkhairane
2. Sushila Devi Deshmukh Vidlaya , Airoli
3. Shreeram High School Airoli

9th October 2023 Gratitude Giving Activity

Gratitude Improves Self-Esteem. Gratitude has been shown to reduce social comparisons, improve athletic and social confidence, and appreciate and celebrate the accomplishments of others. A grateful child exhibits these actions and attitudes which lead to improved self-esteem overall. The students conducted this activity in the internship schools by engaging them Greeting card making, slogans writing. The response of the students was overwhelmed.

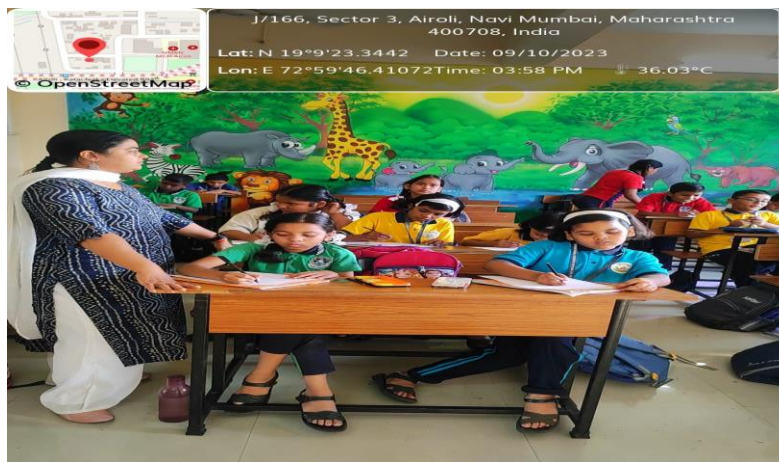
SDV School ,Airoli



Vishwabharti School Koperkhairane



Shreeram School Airoli



10th October 2023 Drawing Competition

Drawing can be a way of unplugging your mind and focusing on something more relaxing. By releasing your stress, you are also helping to improve your mental health. Drawing Competition was conducted in the Internship Schools. The theme for the Drawing Competition was **Happy Home / Happy School**.

Drawing Competition organised in SDV English Medium School Airoli



Drawing Competition in Vishwabharti School & Jr. College Koperkhairane



Drawing Competition in Shreeram School Airoli



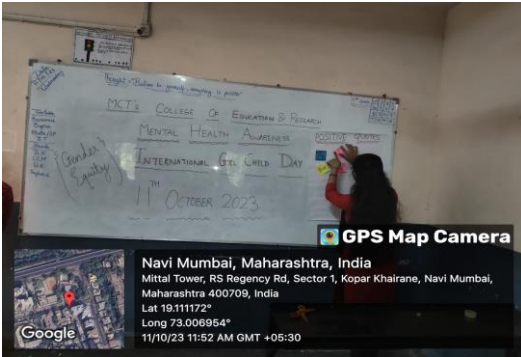
11th October

Positive Quote making

Theme: Gender Equity

Great things happen to those who don't stop believing, trying, learning, and being grateful. The more you feed your mind with positive thoughts, the more you can attract great things into your life. Positive quotes are just one tool we can use to improve our mood and mental health. Positive quote making was organised on the occasion of **International Girls Child Day**. The theme of International Day of the Girl 2023 is "Invest in Girls' Rights: Our Leadership, Our Well-being"

Vishwabharti School Koperkhairane



SDV School ,Airoli



Shreeram School Airoli



12th October
Presentations on Emotional wellbeing of Teachers
&
Poster making on Mental Health Awareness

Mental health is an important aspect of overall well-being and often overlooked in the teaching profession. While teachers play a crucial role in shaping the future of the next generation, they often experience high levels of stress and burnout due to long working hours, large class sizes, and high expectations from students, parents, and administrators. Therefore, we have organised the group presentation on Emotional wellbeing of Teachers. The Presentation was done by the students of mentoring group 5.



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4

UNDERSTANDING STRESS

- What is stress?
- Stress is a natural human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When you experience changes or challenges (stressors), your body produces physical and mental responses. That's stress.
- Stress responses help your body respond to stressors by activating, keeping us alert, motivated and ready to avoid danger. For example, if you have an important test coming up, a stress response might help your body work faster and stay awake longer. But stress becomes a problem when stressors continue without relief or periods of relaxation.
- What happens to the body during stress?
- The body's autonomic nervous system controls your heart rate, how it stresses response, the "fight-or-flight response,"



5

When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional and behavioral symptoms develop.

Physical symptoms of stress include:

- Aches and pains.
 - Chest pain or a feeling like your heart is racing.
 - Fatigue or trouble sleeping.
 - Headaches, dizziness or dizziness.
 - High blood pressure.
 - Irritable bladder or jaw clenching.
 - Stomach or digestive problems.
 - Tiredness lasting long.
 - Weak immune system.
- Stress can lead to emotional and mental symptoms like:
- Anxiety or irritability.
 - Depression.

6

Living Stress

How is stress diagnosed?

Stress itself isn't a medical diagnosis. Only the person experiencing it can determine whether it's present and how severe it feels. A healthcare provider may use questionnaires to understand your stress and how it affects your life.

If you have chronic stress, your healthcare provider may evaluate symptoms that result from stress. For example, high blood pressure can be diagnosed and treated.

What are some strategies for stress relief?

You can't avoid stress, but you can stop it from becoming overwhelming by practicing some daily strategies.

•Exercise whenever possible. Symptoms of stress can be eased by exercise. Even a short walk can boost your mood.

•Write and/or talk about your stress. Writing about what you're experiencing -- not what you didn't get done.

•Take your time. Don't rush. Slowing down your pace will help you feel more in control of the moment and long-term tasks.

•Consider talking to a therapist or your healthcare provider about your worries.

What are some ways to prevent stress?

Many daily strategies can help you keep stress at bay.

•Try relaxation activities, such as meditation, yoga, tai chi, breathing exercises and muscle relaxation. Programs are available online, in newspapers, apps, and at yoga gyms and community centers.

•Take good care of your body each day. Eating right, exercising and getting enough sleep help your body handle stress more easily.

•Take regular and/or extra breaks. Take breaks for the good of your day.

•Take regular and/or extra breaks. Take breaks for the good of your day.

7

Remember that you can't control everything. Find ways to let go of worry about situations you cannot change.

•Learn to say "no" to additional responsibilities when you are already busy or stressed.

•Stay connected with people who keep you calm, make you happy, provide emotional support and help you with your problems. A friend, family member or neighbor can become a great listener or share responsibilities so that stress doesn't become overwhelming.

•Don't forget to eat!

Stress can be a decision issue or a long-term problem, depending on what changes in your life. Regularly using stress management techniques can help you avoid most physical, emotional and behavioral symptoms of stress.

•If you're struggling to make a decision, ask for help.

•You should seek medical attention if you're experiencing stress, if you are using drugs or alcohol to cope, or if you have thoughts about hurting yourself. Your primary care provider can help by offering advice, prescribing medication or referring you to a therapist.



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STRESS

- Let's be real: teaching is a rewarding career. It's inspiring to be able to shape the lives of young people and set them up for success. But as a caring profession, it can also be taxing -- emotionally, mentally and physically.
- Sadly, this means burnout is all too common among teachers. But what exactly is it?
- While most of us get stressed at some point in our careers, burnout is the result of chronic work stress over an extended period of time. It can manifest as long-term physical, emotional and mental exhaustion, and can lead to a decline in mental health, increased career dissatisfaction, and even to the decision to leave the profession altogether.

10

- When it comes to teaching, there are many factors at play, ranging from the personal to the professional. There are staffing shortages to contend with, curriculum and lesson plans to design, students with complex needs to cater for, a range of mandatory training to tick, and, of course, the sheer amount of administrative work to be done outside of the core business of teaching.
- It's no wonder that, even before the pandemic, high rates of teacher occupational stress were reported globally. Australian teachers have also reported the following factors as contributing to burnout: excessive workload, lack of resources, deadlines, student behaviour and workplace culture.

11

- Burnout goes further than having the occasional stressful day in the classroom. It can present itself in a range of ways in both your personal and professional life. Some of the key signs to look out for include:
- feeling like passion or motivation to be a teacher
- feeling easily emotionally dysregulated (irritability, anger, sadness)
- withdrawing emotionally from co-workers, students, friends and family
- finding it harder to perform regular or basic tasks (e.g. preparing a lesson plan)
- nervous or a lack of motivation
- difficulty sleeping
- performance issues (lack of productivity related to feelings of apathy, lack of self-worth, low self-confidence, hopelessness)
- These symptoms overlap with the symptoms of depression and other mental health concerns. If you're worried, it's best to see a GP. Some employees also have an Employee Assistance Program (EAP) that can offer support.

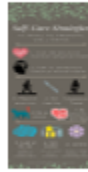
12

Creating a supportive school environment

- Provide an open door discussion where people can share their problems without fearing about others' judgments and thinking.
- Conducting regular mental health awareness programs to spread awareness.
- Timely mental health counselling is required where early diagnosis is done and further treatments can be recommended.
- Senior teaching staff should have a friendly relationship with others so that others can be open about their family and mental health issues.
- The teaching-learning environment should not be rigid it should allow teachers to be flexible and explore their way of teaching as sometimes rigid environments put pressure on teachers as well as students to be in a certain way and if someone is already suffering such environments can be harmful for them on the other hand a flexible environment will help them to overcome their trauma and issues in a way that may like.

13

Self Care Strategies



Self-care involves conscious participation in activities that promote health, functioning and enhance a person's well-being and quality of life. It helps reduce stress, boost self-confidence, and improve overall happiness.

From a teacher's perspective, supporting their own mental health is essential to effectively support students.

Self-Care Strategies:
Time Management
Delegate When Possible
Connect with Colleagues
Mindfulness and Stress Reduction
Healthy Work-Life Balance
Advocate for Yourself/Yourself
Self-Compassion
<http://youtu.be/OAfrhuwRk?si=Q8ioT7GfJ82F8kN>

14

Movie Scene



15



16

In conclusion, teachers' emotional well-being is closely tied to their ability to provide quality education. Understanding and managing stress, recognizing burnout, practicing self-care, maintaining work-life balance, and fostering a supportive school environment are key factors that contribute to the emotional well-being of teachers. This, in turn, benefits both educators and their students.

17

THANK YOU.....

18



13th October Presentations on Emotional wellbeing of Students & Yoga Session



Stronger mental health for students means they can learn better and be more likely to realize the full potential of their abilities. Students' mental health in school is a crucial part of the education system. Ultimately, students with positive mental health can build relationships more effectively, make decisions, and work together. These positive effects support the individual student and their larger community as they enter adulthood. The Presentation was done by the students of mentoring group 1.

MCT's College of Education and Research, (Airoli)

13th October 2023

Theme : Emotional Well Being of Students

Mentor - Dr. Jyotirmayee Nayak

S.Y.B.Ed 2022-2024

Name of Students

1. Namrata Chiplunkar
2. Farheen Farooqui
3. Debonmita Baineerjee
4. Mohini Atpadkar
5. Jyoti Bakshi
6. Sakshi Dube
7. Shivani Darvesh
8. Jyoti Barude
9. Pratik Devkar
10. Komal Gaikwad

PROJECT ON EMOTIONAL WELL BEING

HAPPY CLASS

SAD CLASS

What is Emotional Well Being

Emotional well-being is the ability to produce positive emotions, moods, thoughts, and feelings, and adaptively to confront with adversity and stressful situations. One of its foundations is resilience, which allows you to overcome challenging life events. Think of resilience like a "muscle" that grows and develops the more you use it. Resilience impacts how you face challenges and how you think about the challenges you face.

Emotional well-being is an important part of holistic wellness, as it can impact your outlook on life, your relationships, and your health.

Taking care of your emotional well-being matters. When you're emotionally healthy you manage the various stresses of your life and work with a range of emotions, without losing control. You bounce back.

We're all more aware of it right now, coming off of a year that triggered more intense emotions for many people. But attending to your emotional well-being is always a good investment, in good times or bad.

Life presents events that challenge you, but when you know how to face these obstacles with a resilient mindset, your confidence in your ability to get through any circumstance is strengthened.

Why is emotional well-being important?

Your resilience grows when you recognize the emotions that trigger you and express them in a constructive manner to yourself and others.

To transform that adversity, begin by observing and managing your thoughts, feelings, and behaviors. That helps determine the actions you take and completely changes the way you handle stressful situations and make decisions. As you place more emphasis on your emotional well-being, you're able to:

- Receive and offer feedback with a healthy perspective.
- Have discussions and difficult conversations with anyone.
- Establish stronger relationships.

That's because your level of understanding, empathy, humor, and compassion increases. You view yourself and others with less judgment.

Session on Sahaj Yoga

The word “yoga” comes from the Sanskrit word “Yuj” which means to unite. The practice of yoga is known to bring about a perfect harmony between mind and body and this unity plays a great role in the overall stability. Not only does it translate into better academic outcomes, but also improved holistic growth and development. Yoga has also become the best way for physical and mental fitness and has been accepted as the best way to embrace positivity in life. Members of Sahaj Yoga center Mumbai conducted the session for the students. The session was conducted wonderfully and everyone enjoyed the session. The interaction session was very informative.

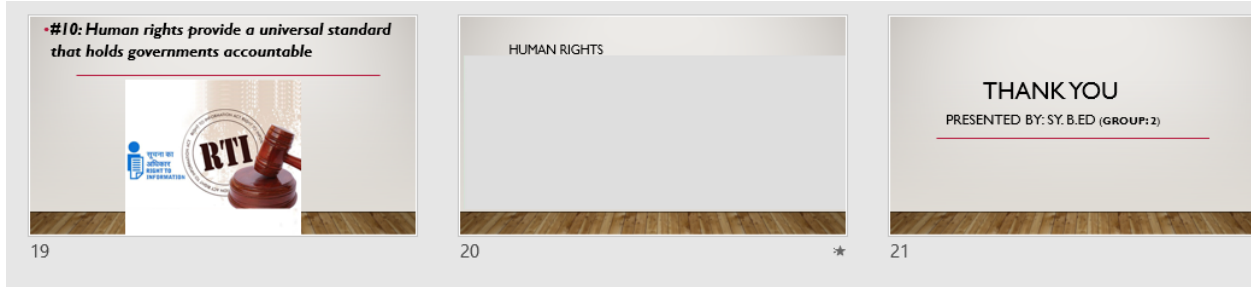




14th October
Universal Human Rights
&
Workshop on Arts & Crafts

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community. In view of the above the students of Group 3 did presentation on Universal Human Right,





Workshop on Arts & Crafts

Arts & Crafts play a vital role in enhancing creativity, expressing emotions, and improving cognitive functions. They not only foster individual expression but also contribute to mental well-being and cultural understanding. Engaging in artistic activities can also enhance problem-solving skills, fine motor skills, and boost self-esteem. The workshop was organized for the Students of B.Ed. First Year & Second Year. Certified trainer from Pedilite Mrs. Vidya Angholkar conducted the workshop.



