

St. Cecilia's Public School
Capacity Building Programme
Promoting Mental Health and Wellness among Students



On 07.02.2026, a Capacity Building Programme on the topic “Promoting Mental Health and Wellness Among Students” was organised under the aegis of CBSE to sensitise teachers towards the growing mental health needs of students and to strengthen their ability to provide timely and effective support.

The workshop was conducted by eminent resource persons Ms. Sukhdeep Kaur, a Teacher Educator and Mathematics Mentor at Army Public School, Shankar Vihar and Mr. Jithin S. George, an experienced educator and a CBSE Resource Person. They brought valuable expertise and practical insights to the session. The programme aimed at early identification of student concerns, and adopting supportive strategies within the school environment.

The resource persons elaborated on the importance of emotional well-being in schools and highlighted the crucial role of teachers in creating a safe, inclusive, and empathetic learning space. The session covered early warning signs of mental health issues and addressed common concerns such as social anxiety, ADHD, autism, schizophrenia, behavioural challenges, and examination stress.

A major highlight of the workshop was an interactive group activity. Participants were divided into groups and provided with case studies depicting children facing various psychological and behavioural challenges. Each group enacted the given scenario, identified the core issue, and proposed suitable interventions. Suggested strategies included classroom management techniques, positive reinforcement, parental involvement, and referrals to counsellors or mental health professionals.

The workshop strongly emphasised empathetic interaction, reduction of stigma, and the need for a school-wide support system to promote students' mental health and overall well-being.

Teachers were grateful to Madam Principal for offering them the opportunity to attend a highly enriching and insightful workshop; significantly strengthening teachers' capacity to nurture a mentally healthy, supportive, and child-friendly school environment.