

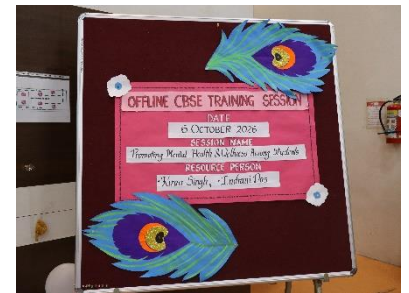
Promoting Mental Health and Wellness Among Students: The CBSE Training Session

Pune, Maharashtra | 6th October, 2026



S.B. Patil Public School organised an offline CBSE training session on “Promoting Mental Health & Wellness Among Students” on 6th October 2026 for approximately 60 faculty members. The session was conducted by resource persons Ms. Kiran Singh, principal, Shiva Valley School, and Ms. Indrani Das, vice principal, Indira National School, Pune.

The session began with a focus on self-awareness and understanding one's own emotional well-being. Through a reflective activity, faculty members were encouraged to examine their own feelings and experiences, setting the context for understanding the mental and emotional needs of students.



The training then explored the emotional and behavioural problems that may be observed in children. Faculty members discussed warning signs such as significant changes in interests and hobbies, difficulties in forming relationships, declining academic performance, physical symptoms related to mental health, frequent absences, substance use and self-harming behaviours.

An important part of the session focused on the teacher's role in supporting students. Active listening, empathy, appropriate communication and creating a safe environment for students to express themselves were highlighted as key approaches. The faculty also discussed when concerns should be referred to mental-health professionals rather than being handled solely within the classroom.



The participants were introduced to mental-health concerns including anxiety, eating disorders and schizophrenia, with activities designed to help them recognise associated symptoms and behaviours. Case studies involving social anxiety and depression further enabled the faculty to examine realistic student situations and consider suitable responses and support mechanisms.

The session also addressed the importance of developing a strong support system for students, healthy coping mechanisms and positive interventions. The resource material introduced the concept of a comprehensive school mental-health programme, covering mental-health promotion, psychosocial competence, prevention and intervention, along with the importance of assessing needs and monitoring the effectiveness of such programmes.





Through a combination of reflection, discussion, case studies and practical activities, the training equipped the faculty with greater awareness of student mental health and reinforced the importance of an empathetic, supportive and responsive school environment. The session served as a valuable professional-development opportunity, strengthening the educators' ability to recognise concerns early and contribute meaningfully to the mental health and overall well-being of their students.