



Activity Report

**Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib
(An Autonomous College)**

**Mental Health and Wellness Cell in Collaboration of Nucleus of Learning and
Development Organised**

**Online National One Week Faculty Development Programme
on**

**Addressing Mental Health Concerns In Classrooms: An Educator's Approach for
Managing Psychological Well-Being of the Students"**

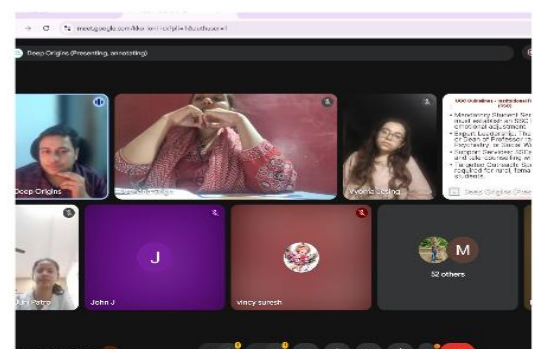
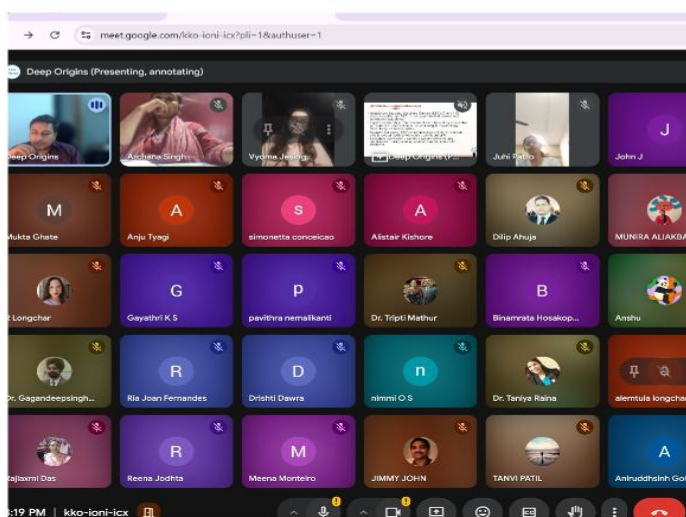
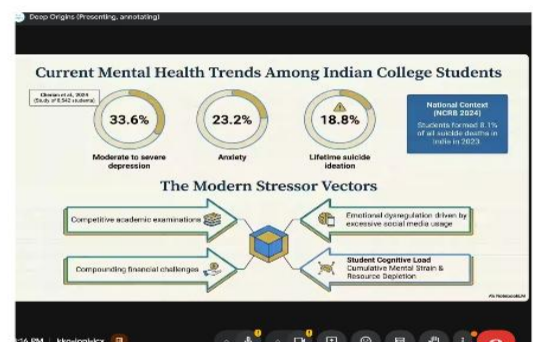
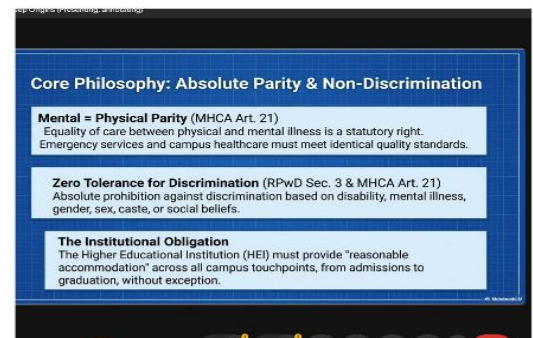
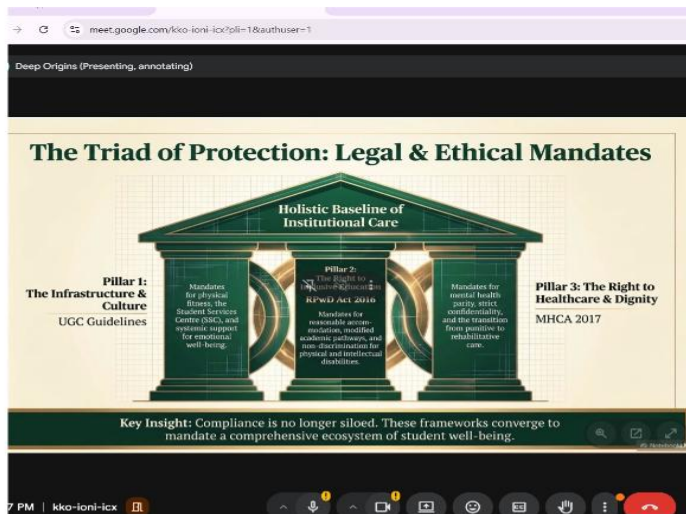
The Mental Health and Wellness Cell of Sri Guru Teg Bahadur Khalsa College organized a Online One-Week Faculty Development Programme (FDP) on "**Addressing Mental Health Concerns in Classrooms: An Educator's Approach for Managing Psychological Well-Being of the Students**" from **28 May to 3 June, 2026**. The programme aimed to sensitize educators to the growing mental health concerns among students and equip them with practical strategies to promote psychological well-being, inclusivity, and emotional resilience in classroom settings.

The session commenced with a warm welcome address delivered by Prof. Ramneet Kaur. She highlighted the importance of mental health awareness in educational institutions & emphasized the role of teachers in creating a supportive learning environment for students.

The coordinator of the programme introduced the three resource persons Mr. Mansoor Jamshed(Clinical Psychologist and Founder of Deep Origins), Ms. Vyoma Jesing and Ms. Juhi Patro (Associate Psychologist, Deep Origins) and shared their professional achievements and areas of expertise with the participants. The introduction provided valuable insight into the objectives and significance of the FDP sessions.

The FDP commenced with sessions by **Mr. Mansoor Jamshed**, who provided valuable insights into mental health awareness and student well-being. He discussed common psychological challenges faced by students, such as stress, anxiety, depression, and emotional distress, while guiding faculty members on identifying early signs of mental health concerns and responding with empathy. He also explained the significance of the **Rights of Persons with Disabilities (RPwD) Act, 2016** and the **Mental Healthcare Act (MHCA), 2017**, emphasizing the role of educators in creating inclusive and mentally healthy learning environments. On the **second day**, **Ms. Vyoma Jesing** focused on understanding students' emotional needs, fostering empathetic communication, and building strong teacher-student relationships through active listening, emotional validation, and psychologically safe

classroom practices. The remaining sessions were conducted by **Ms. Juhi Patro**, who addressed practical strategies for promoting students' psychological well-being, including stress management, emotional regulation, resilience building, classroom interventions, and self-care for educators. Through case studies, group activities, reflective exercises, and interactive discussions, participants gained practical skills to support students effectively while promoting openness, reducing mental health stigma, and fostering a compassionate academic environment.



Dr. Jasvir Singh, Principal of the college, appreciated the initiative and emphasized the importance of mental health awareness among educators and students. Dr. Gurpreet Kaur, Activity Coordinator, appreciated the enthusiastic participation of the attendees and highlighted the need for promoting psychological well-being in educational institutions.