

## Webinar on Mental Health by Mr. Shridhar Maheshwari, Counselling Psychologist



**“Feelings are much like waves, we can’t stop them from coming but we can choose which ones to surf.”**

A webinar on the Mental Health for the Teachers was organized by Sat Paul Mittal School on 20<sup>th</sup> March, 2021. The Resource Person of the day Mr. Shridhar Maheshwari is a well-known Counselling Psychologist in Noida. He is a renowned Psychologist who has impacted thousands of lives using his expertise that comes from his rich experience of counselling. He currently works at Shridhar Life School and is the Co-Founder of the School as well.

**“Your relationship with yourself sets the tone for every other relationship you have or will have.”**

Mr. Shridhar emphasized that the emotional well-being of the teachers is very important as they don the role of not only a teacher but also a daughter, a wife, a mother and a homemaker. They should learn to overcome their inhibitions and obstacles if they want to propel themselves to success.

A paradigm shift is required for the teachers to strike a balance between their work life and their inner self. He also apprised them about the techniques of mastering the art of freeing themselves from the pressures of the world. He emphasised them to prioritise things and simplifying their work and life. He communicated to them to find contentment and happiness in everyday small chores and achievement of targets.

The way he communicated was extremely smooth and easy to comprehend. Also, the workshop really helped the teachers to realise the deeper impact they have made on the lives of people. So, the meaning behind any job is of utmost importance and teachers should feel satisfied and content with what they are doing for the world. They should understand and reiterate the fact that the teachers have a larger than life impact on people’s life as they teach other humans on how the world works.



He helped the teachers to tackle the anxiety issues and face the situations confidently. The teachers had an interactive session where he engaged them to eliminate the fruitless activities and avoiding duplication of work to save time and in enhancing their mental health.

He defined 'Emotional and Mental Wellbeing' as a sustainable state of positive mood of attitude, resilience and satisfaction with self, relationships and experiences at school. The workshop highlighted important points like how to make classrooms happier, to develop socio-emotional skills and empathy among teachers and children. Higher levels of well-being bring better mental health and it creates better positive and healthy environment, also a better learning environment leads to pro-social behaviour. It also focused that Socio-emotional intrusion will develop social environment competence, academic achievement will increase and will reduce the emotional distress. Hence, the teachers should take time to discuss and understand the basic emotional needs of self and the children in their respective classrooms.

The workshop was an initiative of school PSC to ensure the physical and mental wellbeing of the teachers.



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