

## Workshop on Mental and Emotional Well-being held at Sat Paul Mittal School



A workshop on Mental and Emotional Well-being was conducted by Dr. Vaneet Kaur, Mother of Prisha Kaur of Class VIII-A, for the students of classes VI and VIII at Sat Paul Mittal School on 28<sup>th</sup> January 2025. The insightful session focused on equipping students with essential skills and strategies to maintain a balanced mental and emotional state in today's fast-paced digital age. This workshop was organized under parent engagement program of the school.

Dr. Vaneet Kaur began the session by addressing the challenges faced by digital natives, where self-comparison and the constant need for external validation have become prevalent due to the overuse of social media. She emphasized how such practices often lead to a loss of focus on personal goals and real-life connections.

The workshop highlighted the problem of focusing and concentration among students and discussed the link between good mental health and physical health, reinforcing the importance of a holistic approach to well-being. Dr. Vaneet shared several practical strategies to improve emotional health, including Recognizing emotions and triggers, Understanding and acknowledging one's emotions to manage them better, physical activity, staying active as a way to release stress and boost mental health, creating and using a support network, building a circle of trusted friends, family, and mentors for emotional support, social media detox that includes taking regular breaks from social media to focus on the present and reduce feelings of self-comparison. She also suggested on practicing gratitude, focusing on positive aspects of life to improve overall emotional well-being and community work by participating in activities that contribute to society to foster a sense of purpose and connection.

The session was highly engaging, with students actively participating in discussions and sharing their experiences. The workshop provided valuable insights and actionable steps to help students lead healthier and more fulfilling lives. The school community appreciated Dr. Vaneet Kaur's efforts in addressing such a critical topic and fostering awareness among students.