

**CBP (Capacity Building Program)**  
**Training on Promoting Mental Health and Wellbeing among Students**

**Overview**

This program aims at equipping educators and school staff with the knowledge, skills and strategies to support students' mental health as well as their well-being in the classroom and similar situations.

The workshop was held on Saturday, 28 June 2025 at GYAN MANDIR PUBLIC SCHOOL, NARAINA VIHAR, DELHI. The resource persons were Ms. Jyotsna Grover and Ms. Sukhdeep Kaur who enlightened the workshop with their benign presence and presentation. They were graciously welcomed by the respected Principal Madam Ms. Rajesh Banopreeya and the School Coordinator Mr. DS Rawat as guests of honour.

The session commenced at 9 am by filling up Handout-1 by the educators which talked about 'Understanding Yourself' wherein the staff members ticked the most likable options that they had been through during their previous month.

**Key Features**

1. Understanding mental health: Participants gained a deeper understanding of mental health, its importance, and the impact on students' well-being and academic performance.
2. Identifying signs and symptoms: Educators learned to recognize early warning signs of mental health issues, such as anxiety, depression, and trauma.
3. A supportive environment: Participants explored ways to foster a positive and inclusive school culture, promoting social-emotional learning, and reducing stigma around mental health.
4. Strategies and support: Educators acquired practical strategies to support students' mental health, including active listening, empathy and referrals to resources.
5. Collaboration and resource sharing: Participants networked with peer colleagues, shared resources and discussed ways to collaborate, co-ordinate and brought out excellent responses with a better experience.

**Learning Outcomes and Conclusion**

1. Early identification and intervention: Educators will be able to identify potential issues earlier by providing timely support and referrals.
2. Improved school culture: Schools can create a more supportive and inclusive environment, promoting students' social-emotional learning and well-being.
3. Enhanced educator-student relationships: Educators can build stronger and more supportive relationships with students by fostering trust and understanding.

Overall, the workshop was not only interactive, but also packed with certain activities, resourceful as well as informative. Moreover, the participants were awarded with a certificate of participation. The workshop concluded with a group photo including the school Principal, School Coordinator and the Teaching staff.

### **Glimpses of the Training program**









