

THE PRESS

Our Head of Pedagogy and Professional Development, Sandhya Gatti was featured in the Education Times. Speaking on student mental health issues, Sandhya said that it is vital to train teachers at identifying symptoms and empower them with the skills and knowledge to approach each learner's mental health requirements better.

Why teachers must be mindful of students' mental health

Teachers trained in identifying symptoms of mental health among students will help them at the earliest

Proactive teachers

The biggest challenge among teachers is a lack of awareness about human developmental theories to proactively resolve mental health issues.



The gap is widened due to little training given to teachers to recognise symptoms of mental health problems among school students by observing their engagement in class or group activities. Training the teachers in issues related to mental health is a way to empower and equip teachers to systematically observe learners' behaviour patterns, recognise as well as document symptoms, and bring these to the attention of relevant specialists like counsellors or psychologists. Thus, bridging the gap is a necessity, so that immediate actions can be taken and made available to students.

SANDHYA GATTI,
HEAD (PEDAGOGY AND
PROFESSIONAL DEVELOPMENT),
CHAMAN BHARTIYA SCHOOL

blems. The training will enable them to follow caution while addressing the problem. On observing the symptoms, teachers should be quick enough to allow the intervention of a qualified psychologist. In the process, teachers will gain the qualities of an effective communicator to dispel the stigma associated with seeking help as it will pave the way for students, and parents, to approach them.

VIJAYALAKSHMIK,
HOD, STUDENT WELLNESS (DISHA),
NARAYANA GROUP OF
EDUCATIONAL INSTITUTIONS

Understanding the emotional needs

The quality of learning taking place among students cannot be achieved by ignoring their social or emotional needs. Teachers are primary caregivers for the students as they spend the most time with



till the time a mental health expert is involved to address the psychological-emotional needs of the students, teachers will be well-equipped to handle the situation with empathy in teaching and interactions.

SANDEEP GAUTAM,
CO-FOUNDER,
PEAKMIND



Observe the behaviour closely

The best way to ensure the good mental health of children in a classroom is by having mentally fit teachers. For students to experience mental well-being, a healthy environment must be created. A teacher who can take quick decisions in tough situations can handle emotional distress in students. These traits will enable them to mindfully respond to the students' bad behaviour with consideration instead of punishment. Such teachers will be constructive in their feedback to



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