

SALWAN PUBLIC SCHOOL, MAYUR VIHAR

Academic Session: 2024-2025

Report on 'Enhancing Mental Health Support in Educational Settings through Collaboration and Leadership'

Day & Date : Friday, 04 October 2024

Organiser : CBSE

Presenter : Dr Jitendar Nagpal, Psychiatrist at Moolchand hospital

Dr Nishant Goyal, Professor at Central Institute of Psychiatry, Ranchi

Astha Sharma, Clinical Psychologist, Lucknow

Participants: All teachers

On 04 October 2024, CBSE organised a virtual Conclave on 'Enhancing Mental Health Support in Educational Settings through Collaboration and Leadership'. The session's objective was to empower school leaders and counsellors to address students' psychosocial needs effectively. Mental health challenges among students are increasingly recognized as critical issues that impact academic performance and overall well-being. This panel discussion sought to explore how collaborative efforts and strong leadership can enhance mental health support within educational environments.



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- ▶ There was no history of food allergy or motion sickness. She reported of having no voluntary control over the act, vomiting was effortful & associated with watering of eyes. Her menstrual cycles were regular & there was no pre-menstrual exacerbation. h/o fever /head injury were ruled out.
- ▶ Started noticing difficulty in understanding Business subject merely from the notes provided for self study in spite of devoting more time on the subject & hence had begun to worry regarding her exam performance. This coincided with her symptom onset.
- ▶ she also revealed of having no close friends ; parents going through separation, not allowed to pursue dancing which she loved.

▶ *her symptoms were a cry for help*

The panel began with a presentation of a case study involving a 17-year-old student who presented with psychogenic vomiting, a condition often linked to psychological stressors rather than physical illness. This case highlighted the need for timely intervention and a supportive school environment. The student's symptoms were exacerbated by academic pressure and social anxiety, underscoring the importance of understanding individual experiences

in mental health support. The panellists also shared findings from a recent survey conducted among students, parents, and educators regarding mental health perceptions and needs in schools. A significant portion of students reported feeling overwhelmed by academic expectations.

The panellists emphasised the importance of integrating research-based practices, focusing on the 5T's (Talking, Training, Teaching, Tools and Teacher) and 3C's (Care, Compassion and Communication). By integrating the 5T's and 3C's frameworks into school policies and practices, educational institutions can create an environment that prioritises mental health, thereby improving student outcomes and overall school culture.

