



आत्मदीपो भव!

रामभाऊ म्हाळगी प्रबोधिनी

Rambhau Mhalgi Prabodhini



SUMAN
सु-मन

**Supporting
Programme for
Mental well being
of Students
And
Nurturing whole
campus concept**



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MANAGING COMMITTEE

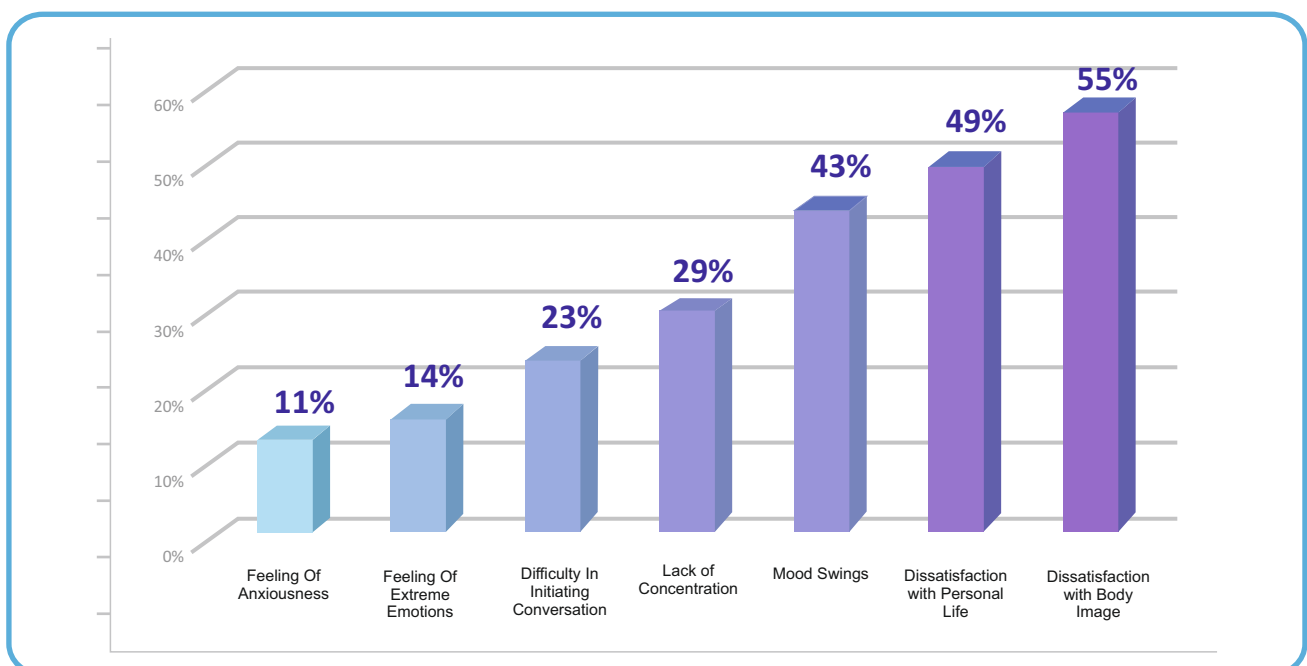
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Supporting programme for Mental well-being of students And Nurturing the whole-campus concept

Rambhau Mhalgi Prabodhini is a renowned voluntary organisation that conducts capacity-building and leadership training activities for various groups in society. Awareness, Training and Research are the three core values of the Prabodhini, and it has been awarded the 'NGO in Special Consultative Status' in South-east Asia by the United Nations. Prabodhini regularly undertakes initiatives in various domains such as good governance, education, personality development, institution-building, empowerment of women and other such socially significant issues. The different psychological problems that affect the students have become a key challenge for many educational institutions. Prabodhini has designed a programme that trains the participants to identify these problems, and to find the appropriate solutions.

Human beings are blessed with the capacity to use their intellectual skills, to experience and express emotions, to develop social bonds and ultimately, to lead fulfilling personal and social lives. In order to achieve this, one must possess strong mental health. The mental health of an individual or a society depends on numerous factors - social, economic, political, environmental, and is also affected by natural or human disasters. The positive factors nurture mental health, while the negative factors affect it. This negative impact can occur at any age in life, however, if it occurs in childhood or youth, it can have severe repercussions on the entire personality and life of the individual. Thus, there is an urgent need to take all the efforts necessary to ensure strong mental health among school and college students. This need has also been emphasised in the National Education Policy, 2020. The statistical analysis of the various mental and emotional issues faced by students, stated below, reveals the seriousness of the issue.



(Ref: Mental Health & Well-being of School Students, A Survey 2022 By Ministry of Education, Government of India)



Taking cognisance of the seriousness of this issue, Rambhau Mhalgi Prabodhini has resolved to work in the area of 'Mental Health of School and College Students'. These initiatives, which are crucial for the well-being of students, should naturally begin at the school level itself. Many schools have been putting in efforts for the personality development of their students. Prabodhini aims to contribute by empowering the schools to develop resilient mental health among their students. **Various experts agree that the mental health of children largely depends on whether the mental health of their adult caregivers is good.** To fulfil this goal, Prabodhini has designed a **two-day** training programme that will be effective for the different stakeholders of the educational institutions, like the teachers, non-teaching staff, Principals, Board Members and so on. We believe that the educational institution stakeholders who keep their own mental health strong and positive, will be able to actively contribute towards nurturing the mental health of their students.

Preparatory Initiatives:

A National Consultation on the theme 'Mental Well-being of School Going Children in India' was organised on 11th December 2023, under the joint aegis of the National Commission for the Protection of Child Rights (NCPCR), and Rambhau Mhalgi Prabodhini. The consultation was held at the Prabodhini's Knowledge Excellence Centre at Uttan. Education department officials, Management representatives of educational institutions, representatives of teachers, Principals, parents, researchers, mental health experts, counsellors, voluntary organisations working in the area of mental health participated in the consultation. Total 140 representatives including officials of apex Government bodies were part of this consultation. Along with the National Commission for the Protection of Child Rights (NCPCR), the National Council of Educational Research and Training (NCERT), and the National Council for Teacher Education (NCTE), also played significant roles in organising the consultation. The solutions suggested and discussed during the consultation have been incorporated into the training programme designed by Prabodhini.



Who can Avail the Training?

- Teachers (Standards I to XII)
- Teachers (UG colleges)
- School Management, Headmasters of Schools
- College Management, Principals of Colleges
- Administrative staff of schools and colleges
- Parents of school-going students



Training: Groups and Themes

Group 01: Teachers :

During the dialogue initiated by Prabodhini with teachers, it was found that the behavioural problems of students, and their academic problems are the two factors which have the deepest negative impact on the mental health of the teachers.

Teachers can offer solutions to students' problems, only if their own negative emotions are controlled and positive emotions are developed. Calm, stable and happy teachers can contribute to the development of their students. Thus, it is necessary to ensure that the emotions of the teachers are properly managed. As recommended in the NEP, if the teachers use innovative and experiential teaching methods, the students will face fewer academic problems. The themes in the training programme have been designed accordingly, as below:

- Behavioural problems of students: causes and solutions
- Emotion management of teachers - managing negative emotions like stress, anger, anxiety, depression, frustration, envy, fear, loneliness and grief.
- Strengthening positive emotions like gratitude, positive thinking, sensitivity, empathy, self-confidence and mental peace.
- Communication skills, inviting co-operation from the parents
- Creative teaching methodologies
- Use of new technology and educational tools for efficient teaching and learning process.
- Teaching-learning through promoting student engagement in extra-curricular activities



Group 02: Management members, Headmasters, Principals:

The Management Committee is the apex decision-making body for the fulfillment of the mission and vision of the educational institution. The Headmaster and Principal execute the mission and vision through the actual working of the institution. They also function as the crucial link between the various stakeholders like the Management, the teachers, parents and students. The 'work culture' of the institution depends on the leadership skills of the Management and the Headmaster or Principal. The mental health of all the stakeholders in the educational institution is a very important aspect of a healthy work culture. In order to nurture leadership qualities among the management members and the Principals / Headmasters, the following themes have been incorporated into the training programme:

- Role and responsibilities of the Trustees / Board Members
- Role and preparedness of the educational institution in the changing social context
- Fulfilment of vision-mission of the institute through team building
- Capacity building of teammates, understanding their limitations & strengths
- Building one's own leadership skills in order to lead and inspire the institution
- Techniques to maintain excellent physical, mental, emotional and intellectual well-being
- NEP - an opportunity, not a challenge !
- Financial Planning and Management for Institution-building

Group 03 - Administrative staff of schools / colleges:

Non-teaching staff are an important part of the administrative setup of any institution. The contribution of all the employees is necessary for creating a student-centered learning environment. Along with the rules and regulations of educational institutions, the training programme will include themes that are important for developing a positive work culture.

- Roles and responsibilities
- Self-appraisal through SWOT analysis
- Self-image development
- Communication skills
- Management of conflicts, mental stress and emotions
- Identifying and resolving students' problems
- Student-centric work culture



Group 04: Parents

The factor that has the maximum positive impact on the students' mental well-being, is a healthy dialogue with their parents. No initiative for mental capacity building of students can succeed without the involvement of the parents. The rapidly changing value systems and the wide access to information, enabled by technology, are the two factors about which the parents need to be aware and well-informed. This one-day training programme will include themes that underscore the nature and importance of this awareness.

- Personal, family and social problems faced by students: Causes and remedies
- Building trust and healthy dialogue in the family
- Values and ethics
- Communication among the wards, parents and the school

Special features of the training programme:

- Spacious training centre, equipped with the latest facilities, located in beautiful natural surroundings
- Use of Group discussions, presentations, question-answer sessions, games and audiovisual methods
- Need-based syllabus
- Pre-training questionnaire for participants
- Post-training online contact sessions with the participants
- Questionnaire-based assessment report of the participants



Projected outcomes of the training programme:

- Nurturing emotional management
- Emotional management resulting in stable and enriched thought processes, and overall personality
- Capacity building of school/ college representatives for handling mental health issues of the students
- Creating a joyful, student-centric and holistic learning environment through the
- communication and coordination among all the stakeholders

Every participant is expected to enroll for any one programme only, as per the requirement of their institution

Fees: Rs. 3000/- only per participant - inclusive of GST, accommodation, meals, tea and snacks, and training materials. 10% discount can be availed if the fees for the entire year are paid at one time.

Venue: Rambhau Mhalgi Prabodhini's Knowledge Excellence Centre, Keshav Srushti, Essel World Road, Uttan, Bhayander (West), District Thane 400106.

Appeal to educational institutions:

In the changing social scenario, with increasing competition, it is imperative to take special efforts to create a teaching learning environment that will nurture the mental health of students and promote their holistic personality development. The Trustees, Officials, teachers, professors, Headmasters, Principals, administrative staff, and parents should definitely become a part of this wholistic training programme.

Participants can enroll for the various training programmes for the various groups during the entire year (June 2024 to June 2025) as per their convenience, individually, or in groups. Further details of the training programme, including the calender & slots will be provided to the registered institute.



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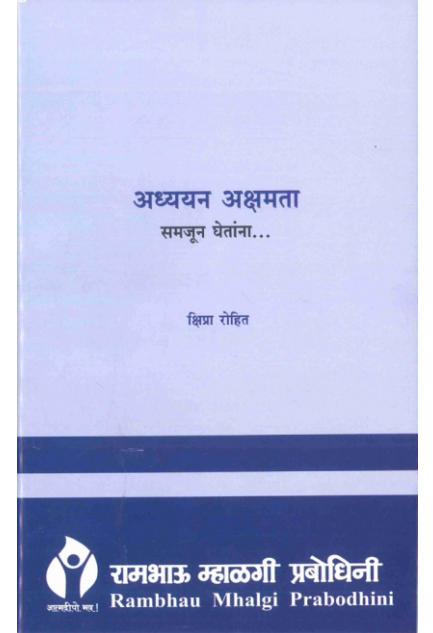
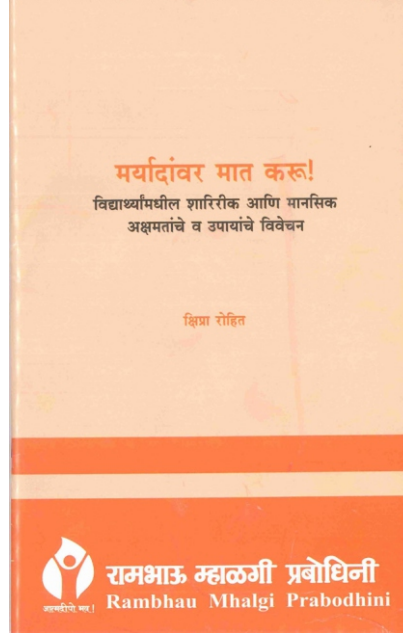
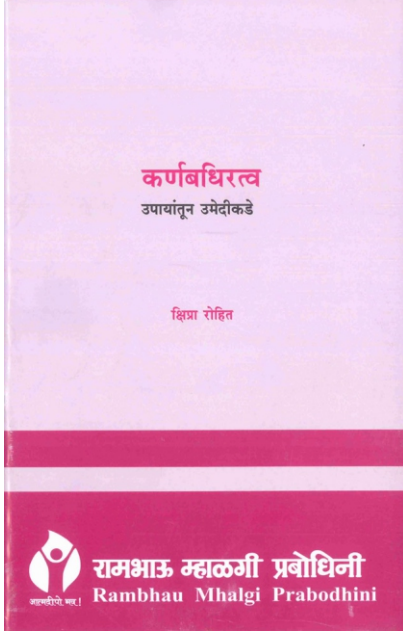
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