



ARMY PUBLIC SCHOOL MIRAN SAHIB



DAY AND DATE: FRIDAY, 27 JUNE 2025

Manodarpan Live Interactive Webinar

Title: Strategies for Developing a Positive Learning Environment in Schools for Promoting the Mental Health and Wellbeing of Adolescent Students

Date: 27th June 2025

Time: 2:00 PM to 4:00 PM

Platform: Live Interactive Webinar (PARICHARCHA series)

Organised by: Manodarpan Cell, NCERT, New Delhi

As one of the Panelist : **Ms. Paramjeet Kour, PGT Psychology, APS Miran Sahib**

Key Highlights:

Psychosocial Support – A Necessity:

Adolescents today face immense pressures—academic stress, peer expectations, and identity confusion. Structured psychosocial support in schools helps them navigate these challenges and build resilience.

The Emotional Gap:

Many adolescents experience emotional disconnect due to digital overexposure, lack of meaningful conversations, and societal expectations. Addressing this gap is crucial for balanced development.

Everyday Situations Needing Support:

Students often struggle silently in situations such as exam pressure, peer conflict, social isolation, and adjusting to change. Proactive support mechanisms in schools can make a significant difference.

Real-Life Insights:

The session shared examples where timely emotional support helped students overcome challenges like anxiety, bullying, and adjustment issues—reinforcing the importance of early intervention.

Initiatives at APS Miran Sahib:

APS Miran Sahib has implemented several mental health and well-being initiatives to foster a positive and inclusive school environment:

Happy Hours: Designated time slots for recreational and therapeutic group activities.

Self-Help Groups: Peer-led circles encouraging shared experiences and coping strategies.

Buddy Benches: Safe spaces in the playground for students to signal the need for companionship or support.

Peer Support System: Trained student volunteers who act as emotional first responders.

Serene Chamber: A quiet, calming room available for students to relax, reflect, or seek counselling support.

MANODARPAN
An Initiative of Ministry of Education for Psychosocial Support and Mental Well-being of Students

Live Interactive Session
PARICHARCHA
Strategies for developing a Positive Learning Environment in Schools for Promoting the Mental Health and Wellbeing of Adolescent Students

Panelists

- Dr. Deepak Kumar Pradhan
- Prof. Swati Patra
- Ms. Malathi HD
- Mrs. Paramjeet Kour

Date: 27th June, 2025, Friday, Time: 2:30 PM to 4:00 PM
 Manodarpan National Tele Helpline: 1800440559 | IVRS Helpline VOYA Number: 1800440559
 Watch on PPTVidya Channels 6 and 11 | NCERT official YouTube Channel

DD Free Dish Channel Dish TV Channel #2027, #2032 | 880440559 | NCERT Official | @ncertofficial | Jio TV

NCERT // MANODARPAN

ive Learning Environment in Schools for Promoting the Mental Health and Wellbeing of Adolescent Students

MANODARPAN मनोदर्पण

"Care is the Curriculum"

- From home to school, from parents to staff — students carry more than just books and marks.
- Bolted every smile, from a bright smile to silent tears.
- They don't just need lessons — they need care. Every one of us, must be there.

Support is not a role — it's a responsibility.

NCERT // MANODARPAN

rch: Strategies for developing a Positive Learning Environment in Schools for Promoting the Mental Health and

MANODARPAN मनोदर्पण

The stories of failed students are not stories of inability — but of invisibility

- Bright minds dimmed by constant criticism.
- Sensitive hearts hardened by silence.
- Some Curious learners disengaged by discouragement.

I am (silent)

NCERT // MANODARPAN

students Youtube Channel :- "NCERT OFFICIAL" www.manodarpan.education.gov.in Official Facebook Pa

MANODARPAN मनोदर्पण

Psychosocial Support for Adolescent Mental Health

- Psychosocial support means helping people with both their emotional (psycho) and social needs. It involves caring for a person's feelings, thoughts, relationships, and overall mental well-being.
- For example, it includes:
 - Listening when someone is upset
 - Helping them deal with stress or sadness
 - Encouraging positive friendships
 - Creating a safe, supportive environment.

NCERT // MANODARPAN

NCERT OFFICIAL" www.manodarpan.education.gov.in Official Facebook Page:- National Council of Educati

MANODARPAN मनोदर्पण

Takeaway Strategies for Teachers

- 1. Use Positive Reinforcement to Encourage Progress
- 2. Use Active Learning to Engage Students
- 3. Use Differentiated Instruction to Meet Individual Needs
- 4. Use Formative Assessment to Monitor Learning

THANK YOU

Live chat
All messages 14

guard your privacy and abide by our Community Guidelines.
Learn more

- We are group everyone
- LOVE YOU ZINDAGI - 1982 LOVED THE CONCEPT OF Happy Hours
- Arti Pal - Arti Pal From Gyan Deep shiksha Bharti school, Govardhan Mathura
- Mukesh Sharma मुकेश शर्मा शोभनम्.....
- SuS Drawing OnE beautiful poem
- Miki Suchiang Good afternoon Madam
- Sandy Mandy Nicely explained
- LOVE YOU ZINDAGI - 1982 very nice idea

Chat...