



‘Happiness can be found even in the darkest of times, if one only remembers to turn on the light’

A Mental Well-being webinar by HASI was organized for the teachers of Junior school on 21st February, 2022. The resource person Ms. Alka Bakaya, a behaviour change expert, highlighted the current academic and behavioural issues that the children are facing post pandemic. Various positive remedial strategies for benchmarking performances were shared to help the teachers create a safe environment for the students. Break-out room activity was interesting and facilitated brainstorming ideas for reinventing new parameters and assessment indicators. The subsequent session of the webinar held on the 23rd February, 2022 highlighted the importance of Self Care and about the concept of ‘Amygdalla hijack’ which is a sudden onset of strong emotions. A few grounding techniques were practiced along with a few coping strategies to diffuse an anxious situation. Role play activity discussing the ISE techniques and helping us understand the parents’ and child’s perspective was conducted. Real life situations were very useful as it aided all the teachers on how to interact with parents.

