

NPSC- Nurturing Minds: Fostering Mental Health and Wellbeing' Report

NPSC organised its 51st Annual Conference, with the theme, 'Nurturing Minds: Fostering Mental Health and Wellbeing' on February 20th and 21st, 2024.

Leading global educationists discussed creating mindful schools, empowering educators, harmony through expression, armchair dialogue, education for resilience and well-being, and unified strength.

The session on 'Harmony through the expression: Integrating Performing Arts for Mental Expression' was moderated by the Director Principal, Delhi Public School, Sector-45, Ms Aditi Misra.

The conference was attended by Dean of Student Welfare- Ms Sapna Dhawan and PGT Economics- Ms Harmeet Kaur.

The highlights of the six stimulating sessions are as follows -

Session 1- Creating Mindful Schools: Spaces and curricula for focus and Emotional Wellbeing.

In the session, the panellists explored the vital theme of establishing mindful schools, highlighting the significance of both physical spaces and curriculum in cultivating focus and emotional well-being. They specifically addressed concerns surrounding the anxiety induced by the Joint Entrance Examination (JEE) ranking system. Additionally, the panel shared valuable insights derived from Vipassana teaching methods and underscored the teachings of Vivekananda as a progressive approach to integrating mindfulness into the educational framework. The session encompassed a comprehensive discussion on creating an environment that fosters not only academic excellence but also emotional resilience and well-being.

Session 2- Empowering Educators - Harnessing AI for Emotional Enhancement

The focal point of the session was the pivotal theme of empowering educators through the utilisation of Artificial Intelligence (AI) for emotional enhancement. It emphasised the profound significance of technology, especially AI, in the contemporary era. The session advocated for a transformative shift, urging educators to transition from being consumers of technology to becoming creators, particularly within the evolving landscape of AI. Furthermore, it encouraged educators to empower students, fostering their active participation in the creation and innovation driven by AI, thereby shaping a collaborative and forward-thinking educational environment.

Session 3- Report on Harmony through expression: Integrating performing arts for mental expression.

The speakers highlighted the transformative power of performing arts like music, dance, and theatre in fostering emotional release and self-expression. They emphasised that learning through art is akin to a fairy tale, and theatre teachers play a crucial role in integrating these forms for a harmonious mental expression.

Session 4- Armchair Dialogue: Exploring the influence of lifestyle on the development of mental wellness

The armchair dialogue delved into the intricate connection between lifestyle choices and mental wellness. Panellists discussed how factors such as diet, exercise, sleep, and social interaction significantly influence mental well-being. The consensus was that physical wellness plays a pivotal role in shaping mental health, emphasising the holistic nature of overall well-being.

Session 5- Education for resilience and wellbeing: Inclusion and integration in schools.

The report highlighted the theme of "Education for Resilience and Wellbeing" with a focus on inclusion and integration in schools. Emphasising the crucial role of teachers, it underlined their responsibility in identifying children's problems, stressing that this is a collective effort. The idea of partnership in well-being beyond just health was discussed, noting that the happiness of teachers is intertwined with the responsibility for children. The report concluded with the notion that happy teachers contribute to the creation of happy students, fostering an all-rounded personality and a unified common goal of well-being in the educational setting.

Session 6- Unified Strength: Sports, Teamwork, and Mental Resilience in Education

The session focuses on essential principles for personal and academic development, emphasising the critical role of self-belief, promoting a positive mind set, and encouraging the evaluation of actions rather than individuals for a supportive atmosphere. Consistency is highlighted as a key to lasting success, and the divine relationship between teachers and students is acknowledged for a harmonious learning experience. The session advocates for a relaxed environment prioritizing the learning process, empowers students with control over their preparation, and encourages a positive view of failures as opportunities for growth, fostering a holistic approach to education and personal development.

