

Health Education Programme Report

Adolescent Mental Health

Date: 16.02.2024

Time: 11 AM – 12 PM

Venue: Govt High School, Somanahalli, Maddur Tq

Audience: High school students (around 120) & teachers (6)

Faculty: Dr Amulya N, Ms Chandini, Mr Aaradhya & FMGs

Introduction:

The mental health education session for school students was conducted with the aim of raising awareness about mental health, promoting a positive and supportive environment, and providing students with essential tools to manage their mental well-being. The session targeted 8th to 10th grade students and covered a range of topics related to mental health.

Objectives:

The primary objectives of the mental health education session were as follows:

1. Increase awareness about mental health and its importance.
2. Destigmatize mental health issues and encourage open conversations.
3. Equip students with coping mechanisms and stress management techniques.
4. Promote a supportive school environment.

Content and Activities:

a. Introduction to Mental Health:

Definition of mental health.

Importance of mental well-being in overall health.

Common misconceptions and stereotypes.

b. Mental Health Disorders:

Overview of common mental health disorders (e.g., anxiety, depression).

Dispelling myths and providing accurate information.

c. Stress Management Techniques:

Breathing exercises and mindfulness.

Time management tips.

Healthy lifestyle choices (nutrition, exercise, sleep).

d. Identifying Signs and Seeking Help:

Signs of mental health issues in oneself and others.

Encouraging students to reach out to trusted adults.

e. Interactive Discussions and Q&A:

Facilitated open discussions on mental health.
Addressing students' questions and concerns.

f. Promoting a Supportive Environment:

Encouraging empathy and kindness.
Peer support initiatives.

Materials Used:

PowerPoint presentation with visuals and infographics.

Feedback and Observations:

- The session received positive feedback from both students and teachers.
- Students actively participated in discussions and demonstrated interest in the topic.
- Some students shared personal experiences, indicating a level of comfort in the environment created.

Conclusion:

The mental health education session successfully achieved its objectives by fostering awareness, dispelling myths, and equipping students with practical tools for managing their mental well-being. Continued efforts in this area will contribute to creating a supportive and informed school community.