



ARMY INSTITUTE OF EDUCATION
Plot M-1, Pocket P-5, Sector Chi – 2, Greater Noida
Affiliated to GGSIP University, New Delhi
ISO 9001:2015 Certified, NAAC Accredited, NCTE & RCI Approved
Institute



Report of One Week Student and Faculty Development Program (SFDP)
on the Topic
“Mental Health and Emotional Wellbeing for Happy Living Among Teaching Learning
Fraternity”
From 01 May 2023 to 07 May 2023

Army Institute of Education, Greater Noida, organized one week Student and Faculty Development Program (SFDP) on the topic “Mental Health and Emotional Wellbeing for Happy Living Among Teaching Learning Fraternity” in blended mode. The list of participants included Students, Teachers of Schools & colleges from varying Institutes like Amity University, Noida, Samasara World School, Janhit Institute of Education, etc. & was a huge success in terms of reaching out to a wide area of Teaching learning Fraternity & familiarizing them with the ideas of Mental Health & Well-being.

Objectives

The SFDP aimed to achieve the following objectives:

- To enhance awareness and understanding of mental health and emotional well-being among the teaching-learning fraternity.
- To equip participants with practical strategies and techniques to promote mental health in educational settings.
- To foster a supportive and empathetic environment within the academic community.
- To facilitate the exchange of knowledge and experiences among participants.

Renowned experts in the field of mental health and psychology delivered informative sessions on various topics such as stress management, emotional intelligence, resilience building, and self-care techniques. Few of the resource persons who graced the SFDP were Ms. Vibha (Initiator of “Muskan”, “TaraSri Foundation” and “VibhaSpace”, Dr. Abhilasha Gautam, Principal, Army Institute of Education, Dr. Aparana (Prof., Lady Irwin College, DU), Dr. Pratibha A. Singh, Director & Consultant Clinical Psychologist, Dr. Sangeet Sharma Associate Professor, LLDIMS, Dr. Parul Maheshwari (Principal, Maa Saraswati Shiksha Samiti, M.P.), Ms. Juhi Bidhuri, Asst. Prof. AIE & Mental Health Advocate, , Dr. Kavitha N Karun, Principal, SPSS, Mrs. Priyanka Kaul, Counsellor and Career Guide, Batchet Foundation. The sessions were interactive and encouraged participants to ask questions and share their experiences. Participants actively participated in workshops and group activities designed to enhance their practical skills in promoting mental health and emotional well-being. Participants were also given opportunities to share their experiences, challenges, and success stories related to mental health and emotional

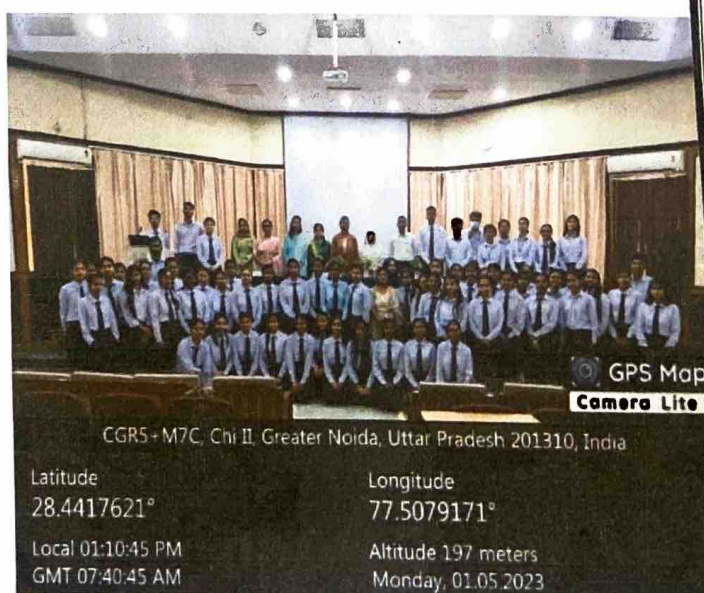


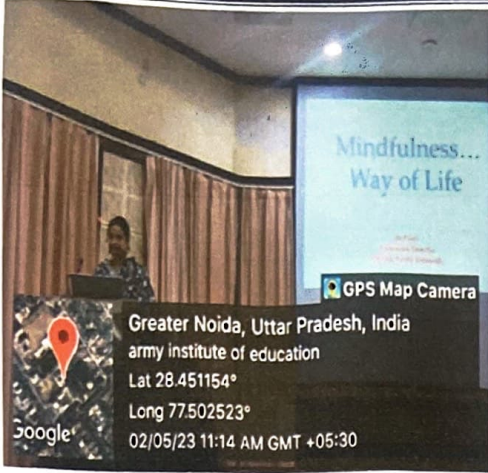
well-being. This exchange of experiences fostered a sense of camaraderie and inspired participants to implement innovative approaches in their respective institutions.

The SFDP concluded with report reading of the 1 week SFDP sessions by Ms. Juhi Bidhuri, Convenor SFDP along with a heartfelt Vote of Thanks extended by Dr. Abhilasha Gautam, Principal, Army Institute of Education who expressed her gratitude to the participants, experts, and collaborating institutions for their valuable contributions.

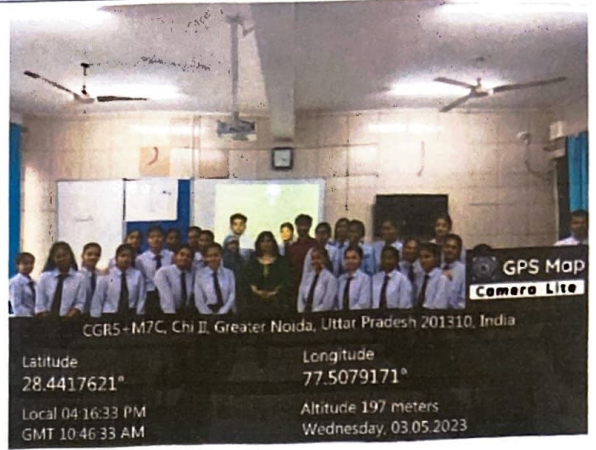
Outcomes and Impact

- *Enhanced Awareness:* The SFDP successfully increased awareness and understanding of mental health and emotional well-being among the teaching-learning fraternity. Participants gained valuable insights into identifying signs of mental health concerns and the importance of early intervention.
- *Practical Skills:* Through workshops and activities, participants acquired practical skills and strategies to promote mental health and emotional well-being in educational settings. They learned effective stress management techniques and approaches to fostering a positive learning environment.
- *Collaborative Network:* The program facilitated the creation of a collaborative network among participants from different institutions. This network serves as a platform for ongoing discussions, sharing resources, and implementing mental health initiatives in their respective institutions.
- *Implementation of Best Practices:* Participants were encouraged to implement the best practices and techniques learned during the SFDP in their teaching and administrative roles. This will contribute to the overall improvement of the mental health and emotional well-being of students and faculty members.

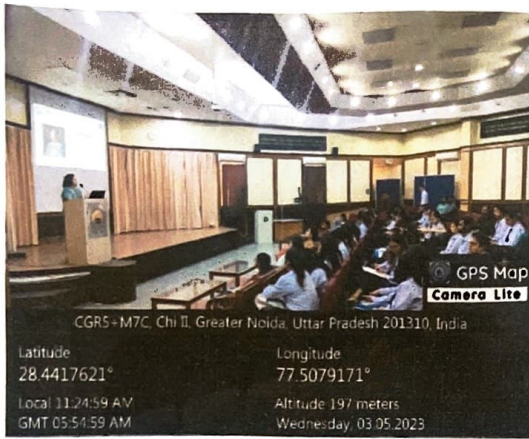




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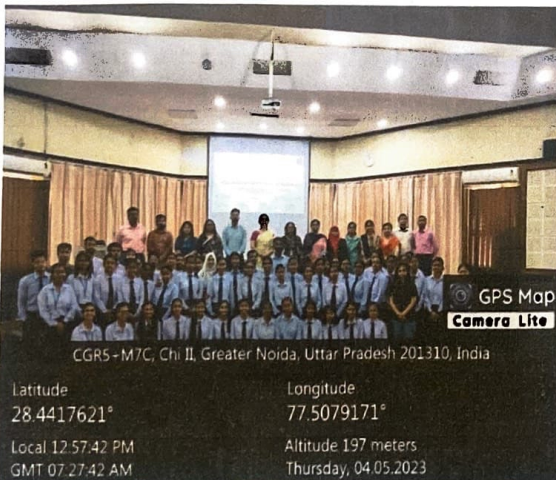
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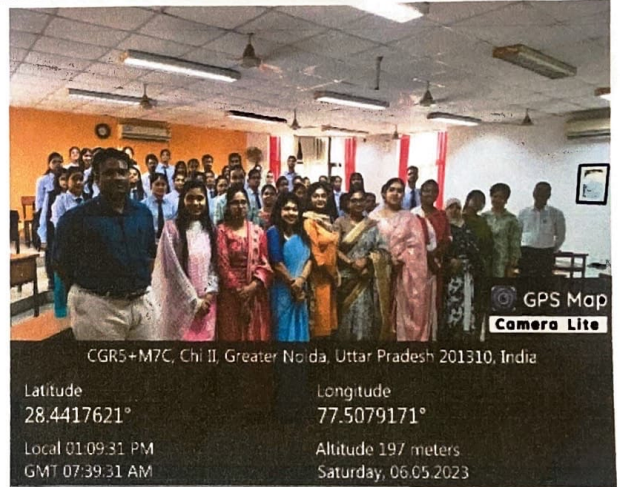
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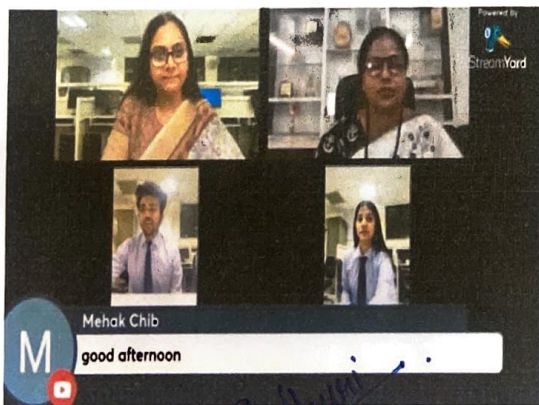
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 Ms. Juhi Bidhuri YOGESH KUMAR (Asst.Prof. AIE)
 Abhilasha Gautam Divyanshu



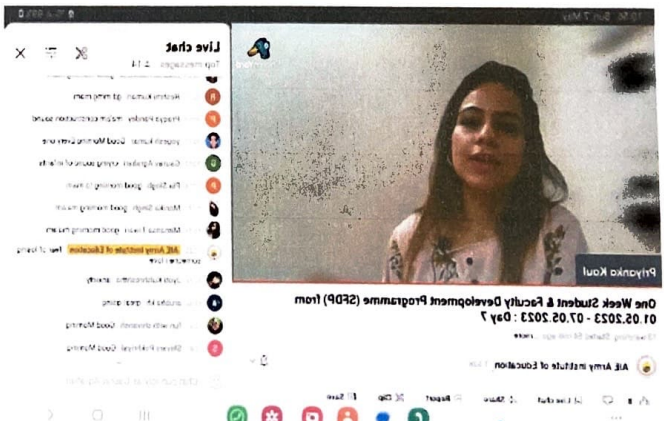
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 Mehak Chib
 good afternoon



Ms. Juhi Bidhuri
 (Convenor SFDP)

Juhi Bidhuri
 Army Institute of Education
 Greater Noida

Abhilasha Gautam
 Dr. Abhilasha Gautam
 Principal
 Army Institute of Education
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