



ARMY INSTITUTE OF EDUCATION

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA
(Affiliated to GGSIP University, New Delhi)
NAAC ACCREDITED & ISO 9000:2015 CERTIFIED INSTITUTE

AIE OBSERVES WORLD MENTAL HEALTH DAY 2019

There are multitude factors that cause for high rate of stress and burnouts in educational institutions. Teacher education institutions need to concentrate on maintaining the mental health of teacher educators and student teachers because the prospective teachers should get the hygiene of maintaining mental health and they are supposed to hold the hands of their students as a teacher/ counsellor and a facilitator when they enter into the profession. Guidance Cell and Life Skills Club of Army Institute of Education, planned a mental hygiene activity on the occasion of World Mental Health Day 2019. The current year theme by WHO for the day was “Working together to prevent suicide”. As an alternative way of maintaining Holistic wellbeing through rhythmic movement a Zumba session was planned for all student teachers, staff and family of both the institutes AIE and AIMT.

The rationale behind selecting Zumba as the activity is its proven benefits across all age group in maintaining mental and physical health. Like all dance forms it helps to release endorphins that triggers positive feeling. It helps in physical fitness through muscle and motor movements and cardiac health. Zumba is a de-stressor and enhances all cognitive functions. Through the comfortable and rhythmic movement Zumba enhances coordination above all these it gives fun.

Trainers from Kalpana Dance Academy, Noida agreed to take the session. Formal Invitation was sent to the director, staff and family of AIMT and all members of AIE. Timing was decided as 5 PM to 6 PM. Principal AIE and Director AIMT inaugurated the event by unfolding a message. The instructors were welcomed with a token of appreciation. All participants enjoyed the session.



**Inaugural session.
Principal AIE& Director AIMT Inaugurating the event**



Director AIMT welcoming the guests



Instructors demonstrating



Complete Participation and Enjoyment

Ms. Kavitha N Karun (I/C Guidance Cell)

Mr.Rahul Kumar(I/C Life Skills Club)