

B G Nagara: 571448, Nagamangala taluk, Mandya district, Karnataka

**Student Support Cell**

**Promotion of mental wellbeing through life skills approach - An activity**

"There is no health without mental health". According to World Health Organization, "Mental health is a state of emotional and social wellbeing in which the individual realizes his/her own abilities, copes with normal stresses of life, works productively and is able to make a contribution to the community". Hence class on "skills for positive mental health" through life skills approach was organized for the students by the student support cell in association with department of community medicine for 3 days on 12.3.2022, 19.03.2022 and 26.03.2022 between 8-11. am.

Around 17 students from 5rd term participated actively in the life skill class conducted by Dr Manuja, Coordinator/Assistant professor, Student Support cell and Dr Radha R, Professor, Dr Sheethal MP, Associate professor, Department of Community Medicine. All the staff were trained as master trainers for life skill classes from NIMHANS.

The class was conducted with the objective to encourage students to develop healthy life style and to make students understand the importance of taking care of mental/emotional health. On the first day, students were given introduction about the classes and the objectives were explained. Second session class was on "Understand feelings and emotions- what feelings do I have". Students were asked to fill the given copy and were invited to share their feelings and associated situations.

On the 2 nd day, Students were taught on the activity on "Empathy" - value and life skill for success - stepping into someone's else's shoes. This activity was conducted with the objective to make students understand the meaning of empathy and its importance in interpersonal relationship.

On the 3rd day, initially students were given plain white sheets and told to write their responses individually to the given statements like things I am proud of, things I do not like about myself/like about myself, things I would like to improve.... etc to engage class on self-esteem. After which they were asked to write poem on their strengths and weakness. Once they completed writing, volunteers presented what they have written to the class following which we summarized the activity on "Self-esteem" with the key messages at the end.