Catering the needs of Students' Mental Health
Rationale & Objectives of Mindfulness in SRP - A Necessary Innovation

Baseline research conducted under Safe School Reopening Pilot (SRP) has shown that the mental and psycho social health of the school population has largely been affected by frequent school closures as it has not only confined them to their homes, disrupting their daily routines, social support and learning processes but the uncertainty, fear and anxiety associated with it also increased.

FACTS

- 26.2% of the students reported frequent headaches
- 24-31% of the students either feel tired
- 37% students ‘don’t want to talk to others.
- COVID-19 anxiety has been noted in 38% students and in 28% teachers
- 33% of non-teaching staff observed with mood swings
**Goal:** To promote self-health, relaxation, inner fulfillment and improving overall wellbeing, better focus and cognitive functioning at school, leading to improved academic achievement.

**Objective:** to ensure physical activities through creative stress relief techniques (age specific) in order to help to return to daily school routines by aiding to restore the mental health of students and teachers.

**Outcomes**

Target students and teachers in intervention schools are confident and encouraged to practice adaptive resilience techniques:
- Physical flexibility, strength, coordination, and body awareness by stretching and breathing exercises
- Improved concentration and sense of calmness and relaxation through cleansing and relaxation techniques, meditation and daily journaling
- Empathy games, listening games, sharing games building healthy rituals (Yogi Says, Yoga Dance ‘n’ Freeze and Mindful hand washing) to encounter emotional, social, and physical challenges
Training on Mindfulness and Yoga Techniques
4-day virtual training of Master Trainers was conducted via Zoom, organized separately for male & female teachers.

- 70% headteachers/school reps. acknowledged the effectiveness of Mindfulness and Yoga – low cost high impact intervention
Both are very useful and must be a mandatory part of school activities, these have helped students to get physically active and mentally focused” (Principal of School 20).

"Mindfulness techniques is very useful, it refreshes students' mental health” (Principal of School 02).

"It is very important and proved to be helpful in keeping us physically fit and keeps us away from mental stress, it should be continued” (Principal of School 12).
Integration of Yoga and Mindfulness Classes in Schools’ timetable

**GENERAL FITNESS AND YOGA CLASSES**

<table>
<thead>
<tr>
<th>DAYS</th>
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<th>TIMING</th>
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<tr>
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<tr>
<td>SATURDAY</td>
<td>8(^{th}) B</td>
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Telehealth Services through Sehat Kahani Application

• The nascent success of the availability of SK app may be attributed to the fact that one of the students’ (himself) accessed the mental health services and also took a follow-up consultation with the psychologist.
• This reflects the understanding and confidence of the students on tele health services for improving mental health.

### Opinion regarding "Sehat Kahani": Response by Principals/Teachers

- 44.4% Easy access to online consultation with qualified doctors
- 35.6% Digitalization benefits
- 13.3% Free of cost
- 6.7% Increased awareness

![Sehat Kahani Corporate](image)
Thank you