

# Let's have a conversation!

Monthly dialogue with parents of  
Bal Bhartians on student-centric issues



**Bal Bharati**  
PUBLIC SCHOOL

Dear Sir/Madam,

Every month, we seek views, ideas and suggestions from you, on various topics that are important for the progress and well-being of your child. Parents' inputs are invaluable in helping us shape the school's policies and practices to better serve the needs of our students.

Here we are featuring some of the thought-provoking responses to the topic of the month.

TOPIC

## How can the school and parents work together to promote mental health and self-care among students?



**Preety Rajput**

Mother of Jiyansh, Class Preschool  
BBPS Dwarka



I am appreciative of the school's role in providing a positive and healthy environment for all students, emphasising self-acceptance by supporting their interests and setting realistic goals, encouraging emotional expression and healthy relationships. By addressing concerns about screen time, maintaining a positive classroom environment, and providing valuable feedback and praise, the school contributes significantly to nurturing happy, healthy, and fulfilled lives for our children. These are also areas in which the school and parents should collaborate more, to promote students' mental health and wellbeing.

**Priyank Verma**

Father of Gargi Verma, Class VIII  
& Divyansh Verma, Class III  
BBPS Gadarwara



If parents and teachers make a joint effort, children will be able to contribute to the progress of the society by becoming good citizens. This will also result in ensuring good mental health and self-reliance in children. Some suggestions in this regard:

1. Instead of making children's mistakes public, explain the issue to them in private.
2. Publicly praise children for something good they have done.
3. Use rewards instead of punishments, to motivate them to improve.
4. Behave the way you expect children to behave, as they emulate what they see.
5. Develop talents of children according to their nature, not against their nature.

**J Ratna Sanyukta**

Mother of Smaran, Class Mont-II  
BBPS Khandwa



Being mentally healthy during childhood means reaching developmental and emotional milestones, as well as learning healthy social and problem solving skills. We can model self-care by acknowledging our own needs as parents. Self-care is not a selfish act, instead both we and the people in our life, benefit when we take time to look after our physical and emotional wellbeing. Both teachers and parents have unique areas of knowledge and skill. Parents are well-versed with their child's developmental history, interests and lifestyle. Teachers have the knowledge of teaching, assessment strategies and the child's school performance. Therefore, it is important that both should collaborate in the interest of the child.

**Dilawar Husain Fruitwala**

Father of Shish, Class IX  
BBPS Jhanor



The school has a big role in how students feel about themselves and how they experience the stress around them. The climate that school provides and the teacher interacting with students can create an atmosphere that allows students to either feel comfortable or stressed. If we are sensitive towards their mental health, then they would feel acknowledged and understood. Both the school and the parents should emphasise the importance of resilience and the ability to bounce back from challenges. It's also important to remember that when children see their parents prioritise their own mental wellbeing, they are more likely to understand its significance.

**Arvind Sharda**

Father of Anshul, Class X  
BBPS Manesar



During Covid, many of us got entangled in a web of stress and anxiety. Lockdowns led to stage fear, exam terror, and other mental complexities among students. As responsible parents and teachers, it is our duty to help our children to remain stress-free and healthy. As the saying goes, "It takes a village to raise a child." In this case, it takes both the school and parents to ensure that students are healthy and happy. I am happy to acknowledge the steps taken by BBPS Manesar to provide support to students through counsellors, and open conversations about mental health. I feel the school can also form student support groups, open up and guide conversations with families, and more.

**Rajdeep & Maya Pawar**

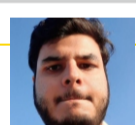
Parents of Vedika, Class VIII  
BBPS Khargone



Indian schools are recognising the critical importance of prioritising student mental health and wellness. This shift in perspective is a response to the rising concerns of stress, anxiety, and burnout among students. According to a survey carried out by the National Sample Survey Organisation, it was revealed that 10% of school-going children in India experience mental health challenges, with a significant portion of these challenges attributed to exam-related stress. Given that students spend almost half of their active time attending school, schools have the unique opportunity to address mental health concerns and provide the necessary support and resources to foster students' wellbeing. With this in view, NCERT has recommended that all schools establish a mental health advisory panel.

**Raghav Pandey**

Brother of Vaishnavi, Class XI  
BBPS Noida



As someone who was an adolescent till recently (I am 23 now), I draw from my experience of high school. I can attest that, as an adolescent, anxiety and mental issues are big sources of the shifting sense of identity that occurs in all students. Adolescents find themselves unable to depend on sources of comfort that they took for granted so far. A natural outcome is consolidation of solidarity among peers. It is important that this solidarity is secured for students, through gender sensitisation, sex education, social media literacy, and more. Since schools have access to both peers and parents, they are in a unique position to enable this, thereby creating a safe space for adolescents to grow in, and deal with their mental health in sensitive, scientific and holistic ways.

**Indu Sen**

Mother of Suryansh, Class XII  
BBPS Nishatpura



There are a number of ways schools could take the lead on this issue:

- Incorporate mental health education into the curriculum, teaching students about stress management, coping strategies, and emotional regulation.
- Regularly communicate with parents about the importance of mental health through workshops and PTMs.
- Establish a positive and inclusive atmosphere where students feel safe discussing their feelings. This includes having a designated counsellor as part of the staff.
- Integrate physical activities, hobbies, mindfulness exercises, and relaxation techniques into the daily routine to help students manage stress and anxiety.
- Collaborate with parents in identifying early signs of mental health issues in students, like changes in behaviour, academic performance, social interactions etc.

**Poorvi Khara**

Mother of Medhansh, Class X  
BBPS Rohini



I work with children as a counselling psychologist and a cognitive and behavioural therapist. Although the behaviour of teenagers has always been difficult to understand, nowadays we are watching our young ones, as young as 5-years-old, showing symptoms of depression, aggression, anxiety, self-harm, and other worrisome issues. One way to address this is by bringing children near nature, as nature is really therapeutic, it heals and calms. Allow children to dig, make their hands dirty, play with sand, and take care of insects, animals, plants. Take them for visit to an animal shelter, an environmental club, a farm (not a farmhouse). Besides this, teachers must give extra attention to students who seem to be awkward, quiet or hesitant. There have been instances when a caring teacher brings out the trauma, harassment, torture a child was going through, simply by being empathetic and sympathetic. Let us remember that a child needs a hand to hold, not a push - if we want a child to grow into a happy, energetic adult, make him or her walk slow, while enjoying the simple joys of life.

**Mansi Malik**

Mother of Saanvi, Class Pre Primary  
BBPS Pitampura



Parents and teachers can work together to identify the potential challenges and develop strategies to address them effectively. Besides general awareness creation and sensitisation programmes, personalised support plans can be jointly developed for students who require additional assistance. This involves setting goals, implementing strategies, and regularly reviewing progress.

TOPIC  
FOR THE  
NEXT MONTH

How can we create a positive learning environment that promotes a love of learning and knowledge-seeking among students?

Share with us your frank views about the topic. There is no correct or incorrect answer. All responses will help us in making the journey of our students more productive and joyful.