



ANGELS

PUBLIC SR. SEC. SCHOOL, SHAHDARA

SCHOOL NEWSLETTER

30 APRIL 2026

SPECIAL REPORT

TEACHERS EMPOWERED THROUGH MENTAL HEALTH AWARENESS PROGRAMME

Angels Public Sr. Sec. School, Shahdara, under the able guidance and supervision of Principal Ms. Savita Raghave, organized a Capacity Building Programme on the topic 'Promoting Mental Health Awareness' on 30th April 2026.

The session was conducted by the esteemed resource person, Ms. Anupama Srivastava, a renowned Psychologist and Counsellor.

Around 40 teachers enthusiastically participated in the session, making it highly interactive and impactful.

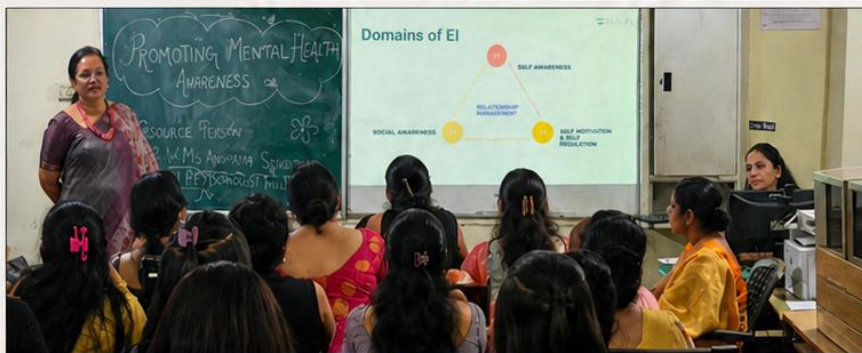
The programme aimed to sensitize educators towards the importance of mental health and equip them with effective strategies to support students' emotional and psychological well-being.



Principal Ms. Savita Raghave with Resource Person Ms. Anupama Srivastava

KEY HIGHLIGHTS

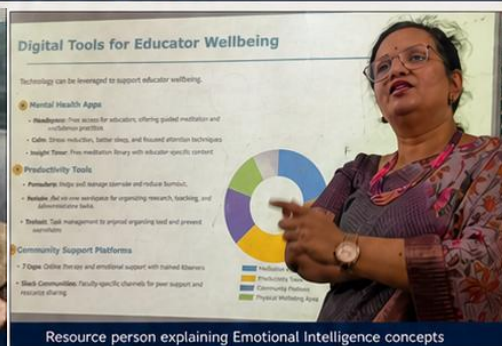
- Understanding Emotional Intelligence (EI) and its domains
- Identifying early signs of stress, anxiety and mental health concerns in students
- Techniques to maintain a positive and balanced classroom environment
- Effective ways to handle stress, behavioural issues and student challenges
- Importance of teacher well-being and self-care



Teachers attending the Capacity Building Programme



Teachers participating in fun-based interactive activity



Resource person explaining Emotional Intelligence concepts



INTERACTIVE & ENGAGING SESSION

The session included group discussions, real-life case studies and practical demonstrations. Teachers shared their experiences and concerns, which were addressed with valuable strategies and expert guidance.



SCHOOL'S COMMITMENT

The programme reflects our school's commitment towards continuous professional development, creating a supportive and inclusive environment, and promoting mental well-being in education.

“ When we nurture the well-being of educators, we nurture the future of our students. ”