

**CHRIST (Deemed to be University), Bangalore Central Campus
School of Education**

Activity Report

General Information

Type of Activity	Workshop
Title of the Activity	Mental Well-being
Date	June 4, 2025
Time	11:45 AM to 12:45 PM
Venue	Room 735, School of Education
Collaboration	N/A

Speaker Details

1.	Name	Dr Meera S Neelakantan
	Title/Position	Assistant Professor
	Organization	Department of Psychology, School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore Central Campus
	Title of Presentation	Mental Well-being

Participants profile

Type of Participants	Pre-service teachers of 3BEd
No. of Participants	70-90

Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none">1. The workshop began with an interactive “emotional weather check-in,” where participants reflected on their current mood and associated it with different types of weather. This activity encouraged self-awareness and helped participants understand the reasons behind their emotional states.
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	<p>2. Ms Meera Neelakanthan engaged participants in a “preparedness mapping” activity, where they imagined packing a bag for their classroom journey. Through this, students identified the mental and emotional tools they wished to carry, such as hope, confidence, energy, and optimism, while consciously letting go of overthinking, fear of judgement, and people-pleasing tendencies.</p>
Key Takeaways	<ol style="list-style-type: none"> 1. The session highlighted the importance of preparing oneself mentally and emotionally for teaching, while remaining flexible and open to adapting to situations moment by moment. 2. Participants learned the value of clarity, courage, kindness, positivity, and troubleshooting skills in managing classroom and personal challenges effectively.
Summary of the Activity	<p>The workshop on mental well-being, conducted by Ms Meera Neelakanthan for 3BEd students preparing for Internship Phase II, focused on strengthening social-emotional learning and personal resilience. Through reflective activities such as emotional check-ins, preparedness mapping, and priority-mapping exercises, participants were guided to examine their feelings, thought patterns, and life balance. The session encouraged future educators to develop self-awareness, emotional regulation, and healthy coping strategies, enabling them to maintain personal well-being while meeting professional responsibilities.</p> <p>Overall, the workshop equipped participants with practical tools to nurture both their mental health and teaching effectiveness.</p>
Follow-up plan	Debriefing

Report prepared by:

Name	Gabriya Merlin
Designation/Title	Student, 3BEd

Annexure:

1. Speaker Profile

Speaker	About
<p data-bbox="196 390 516 422">Dr Meera S Neelakantan</p>  A portrait of Dr. Meera S. Neelakantan, a woman with dark hair, wearing a blue saree with a red and white patterned blouse. She is smiling and looking towards the camera.	<p data-bbox="581 426 1414 961">Dr. Meera S. Neelakantan holds a Ph.D. in Psychology from Bharathiar University, Coimbatore. Her research focuses on school mental health, socio-emotional learning, and mindfulness. She has numerous publications to her credit. She actively participates in outreach programs, improving mental health and socio-emotional learning in schools. Along with the faculty team, Dr. Meera initiated AWAREnest, a lab dedicated to fostering mindful communities within the university. The AWAREnest initiative promotes mindfulness practices among students and faculty, fostering emotional resilience and well-being. Her work bridges research and practical application, with a focus on enhancing mental health through innovative programs and community involvement.</p>

2. Photos of the activity



3. Attendance list of participants

WORKSHOP ON MENTAL WELLBEING

SCHOOL OF EDUCATION II BEd

Reg.No.	Full Name	Sign
2432101	Aashna Raheja	
2432104	Alta Mariya Jills	
2432106	Amala Mary Thomas	
2432107	Anaswara KP	
2432108	Arun Surya E.S	
2432109	Athira B	
2432110	Brigito Venitia V.	
2432111	Celin C D	
2432113	Christina Oommen	
2432114	Christine Mirthy Lyngkhai	
2432115	Christine Varsha R	
2432116	Devi Nandana A	
2432117	Devika M S	
2432119	Gabriya Merlin	
2432120	Gitika Prakash	
2432121	Godson Babu	
2432122	Hima Poulouse	
2432123	Jobin Thomas	
2432124	Joyce Susan Thomas	
2432125	Julia Satwi Karre	
2432126	Kavin Kumar M	
2432127	Kavya S	
2432128	M N Kumud Vahini	
2432129	Manoj Ramani	
2432130	Maria Philip	
2432131	Meghana Shaiby	
2432133	Merlin K	
2432134	Nikkiitha Terasa	
2432135	Resham George	
2432136	Rohini Gangatkaar A M	
2432137	Sabna Ashok	
2432138	Sagaya Mariya	
2432139	Sara J	
2432140	Satnam Kaur	
2432141	Sherin Elizabeth Mathew	
2432142	Shreya S	
2432143	Sreejith P Kumar	
2432144	Sreelekshmi S	
2432145	Sruthi Onachan	
2432146	Tenzin Choeying	
2432147	Thejaswitha Biju	
2432148	Tia Peter	
2432149	Tina Ann Thomas	
2432150	Toms Joseph	
2432151	Anita Mona Lisa	
2432152	Ann Mary Ukken	
2432153	Promodini Toppo	
2432154	Ancy Antony P	
2432201	Amrita S.	
2432202	Angela Cherian	
2432203	Anjali Wilfred	

2432204	Ann Liz Charly	
2432205	Anusha B	Anusha B
2432206	Anusha Shalet D souza	Anusha B
2432207	Anusree J Nair	Anusree J Nair
2432208	Ardra Jose	Ardra Jose
2432209	Ashit Tigga	Ashit Tigga
2432210	Ashrifa M S	Ashrifa M S
2432211	Athira Ramprasad	Athira Ramprasad
2432212	Bipin Mathew	Bipin Mathew
2432213	Divya Ann Chacko	Divya Ann Chacko
2432214	Divya Darshan	Divya Darshan
2432215	Divya Susheela K	Divya Susheela K
2432216	Edwin Davis	Edwin Davis
2432217	Falguni Thapa	Falguni Thapa
2432218	G. Dhara	G. Dhara
2432219	Gauri Unnikrishnan	Gauri Unnikrishnan
2432220	Gladson Babu	Gladson Babu
2432221	Harsha Kumari	Harsha Kumari
2432222	Hrithik S	Hrithik S
2432223	Jahnavi P	Jahnavi P
2432224	Jane Carolin A	Jane Carolin A
2432225	Jeff Savio D'Cruz	Jeff Savio D'Cruz
2432226	Kalyanee Sahu	Kalyanee Sahu
2432227	Kimberley Muzeyi	Kimberley Muzeyi
2432228	Kripa Elsa Koshy	Kripa Elsa Koshy
2432229	Lalrinsangi	Lalrinsangi
2432230	Layana Christopher	Layana Christopher
2432231	Liya B Jacob	Liya B Jacob
2432232	Merlin Pious	Merlin Pious
2432233	Merlin Richa	Merlin Richa
2432234	Neeha Sooraj Chacko	Neeha Sooraj Chacko
2432235	Nishitha K	Nishitha K
2432236	P Shreiya Meenakshi	P Shreiya Meenakshi
2432237	Rakshita Kavaloor	present
2432238	Rani T Jose	Rani T Jose
2432239	Ritika Raj Kumar Sharma	Ritika Raj Kumar Sharma
2432240	Saranya K	Saranya K
2432241	Scaria Leo Thomas	Scaria Leo Thomas
2432242	Shruti Nair	Shruti Nair
2432243	Siamlalom	Siamlalom
2432244	Sneha Mary Sabu	Sneha Mary Sabu
2432245	Sona Joy	Sona Joy
2432246	Sripriya K S	Sripriya K S
2432247	Tresa Sebastian	Tresa Sebastian
2432248	Vanessa Luke	Vanessa Luke
2432249	Veeresh K R	Veeresh K R
2432250	Yashika Pascal	Yashika Pascal

4. Poster of the activity



SCHOOL OF EDUCATION
ORGANISES
A WORKSHOP ON

Mental Well-being

for second year B.Ed. students



by
Dr Meera S Neelakantan
Assistant Professor, School of Psychological Sciences,
CHRIST (Deemed to be University)
Bangalore Central Campus

4 June 2025 | 11:45 AM – 12:45 PM
Venue: Room 735, Block 2

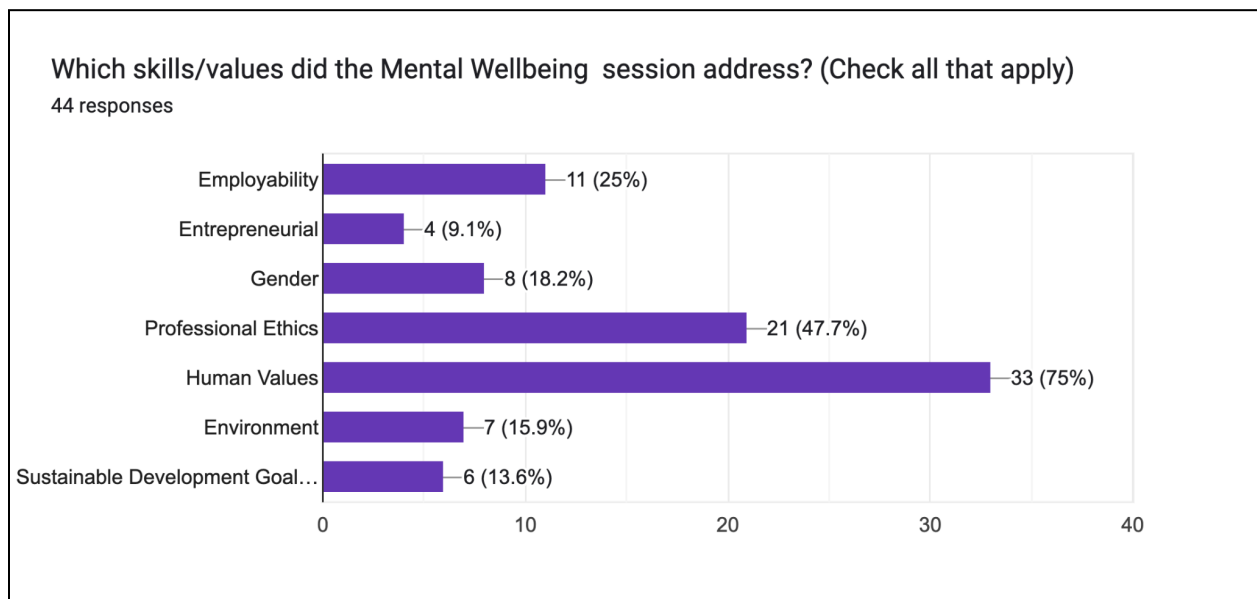
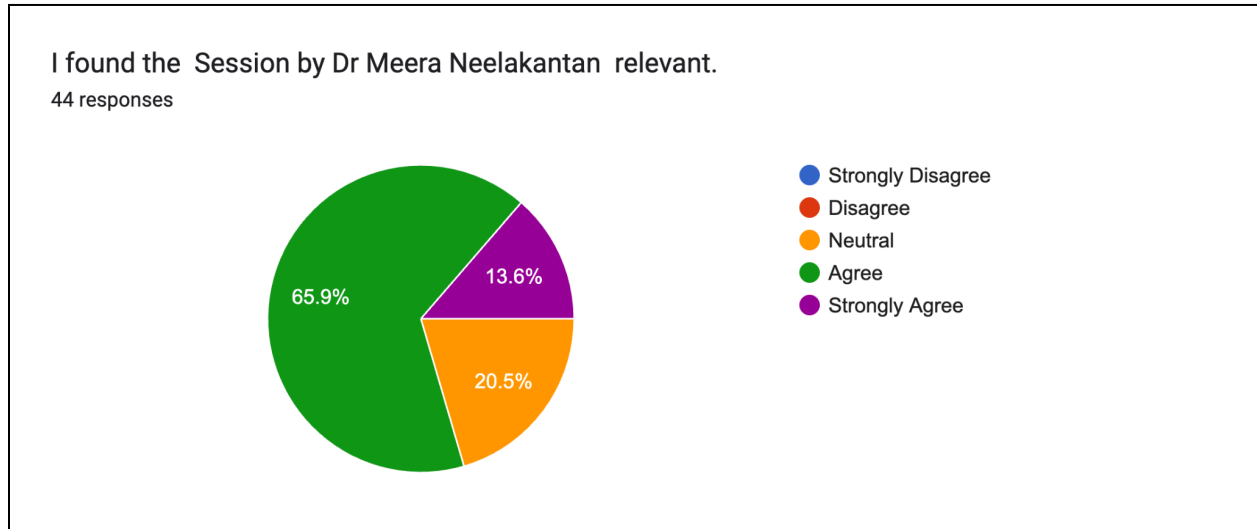
Dr Fr Sebastian Mathai
Director
School of Education

Dr Surekha Chukkali
Dean, School of Psychological
Sciences, Education and Social Work

Dr Greta D'Souza
Head of Department
School of Education

5. Feedback Summary

Feedback was collected through a Google Form consisting of rating-scale items, multiple-choice questions, and short open-ended responses.



- The session received an overall average rating of 4.0/5 based on relevance and application responses.
- Around 80% of participants found the session meaningful, relevant, and well-structured (majority marked *Agree* or *Strongly Agree*).
- Most participants identified Human Values, Professional Ethics, and Employability as the key skills/values addressed in the session.

Key Insights from Open-Ended Feedback

Participants shared that they could apply the session's insights by:

- Practising mindfulness and stress management techniques.
- Maintaining work-life balance.
- Managing burnout and emotional well-being.
- Developing healthier coping strategies in professional settings.

They appreciated:

- The practical guidance on mental well-being.
- The relevance of the topic to academic and personal life.
- The calm and supportive approach of the resource person.

Suggestions for Improvement:

- Some participants suggested making the session more relatable to current student challenges.
- A few recommended organising more such sessions for continued support and deeper engagement.

6. Impact Analysis

The Mental Well-being workshop had a significant positive impact on the participating pre-service teachers, as reflected in both quantitative and qualitative feedback. A majority of participants (around 80%) found the session meaningful, relevant, and well-structured, indicating strong engagement and perceived usefulness. The session enhanced their awareness of mental health, emotional regulation, and self-care practices, while emphasising the importance of mindfulness, work-life balance, and stress management. Through reflective activities and guided discussions, participants developed greater self-awareness and healthier coping strategies. Many reported feeling more confident in managing burnout and maintaining emotional stability in professional settings. Overall, the workshop strengthened participants' personal resilience and preparedness for the emotional demands of teaching, contributing positively to their holistic professional development.