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Press Release

JMI organizes workshop “Life Skills for a Healthier You” to commemorate World Mental Health Day

The Department of Educational Studies organized a workshop on Emotional health and mental wellness to commemorate World Mental Health day observed every year on 10th October. Students from the Masters of Education, Early Childhood Development, Education Planning and Administration Programmes actively participated in the workshop. The Head of the Department Prof. Arshad Ikram Ahmad briefed on the importance of mental health for young teacher educators and for the teaching profession. Insights on psychology and the model of preventive mental illnesses was shared by Ms Dilpreet and Ms Priyamvada from the course of Applied psychology from JMI.

Mr Joshua and Ms Parul Julka, scholars at the Department of Educational Studies and also representatives of SPHL- an upcoming venture in mental health and positive psychology, helped in execution of mental health surveys with the participating students. It was a collaborative effort to work towards accessible mental wellness for all.

The workshop was organized for an insightful journey into understanding and enhancing emotional intelligence. The keynote speaker was Mr. Kapil Gupta, CEO and founder of Solh Wellness. Speaking for “life skills for a healthier you”, Mr. Gupta spoke about the need of tools for managing stress and emotions, solutions to build empathy and social skills and how to make mental health and wellness a global priority for all which was very much in line with the theme for this year’s Mental Health day, “Mental health is a universal human right”.

Solh Wellness is a preventive mental health platform that is helping people increase their psychological capital by empowering them with the tools, vocabulary and framework that they need on their journey to mental wellness.

Simultaneously a campaign to make people aware of self-control and emotional wellness was carried out by scholars of M.A EPA. It was led by Ms Suchitra who made wristbands with positive messages to be tied on the wrists.








