



Sankalp: Sampoorna Swasthya

Date – 10 October 2023

Venue- ITL Public School

Conducted by – Indian Academy of Paediatrics

Resource Person- Dr. Upendra Kinjawadekar, Dr. Rekha Harish

On the occasion of **Mental Health Week (4 – 10 Oct 23)**, **ITL Public School** in collaboration with **Indian Academy of Pediatrics (IAP)** organized a workshop on **Sankalp: Sampoorna Swasthya (SSS)** for the students and teachers on **10 October 2023**.

A team of paediatrics conducted a workshop for the students of junior and senior classes to highlight the significance of mental health and wellbeing in our lives. A workshop named “Train the Trainer” (TOT) was also conducted for the mentors of the host school and nearby schools. The motto is to empower them to run the SSS workshop for the remaining teachers and students of their respective schools. The resource persons for the event were **Dr. Upendra Kinjawadekar** (Chairperson, Steering Committee) along with **Dr. Rekha Harish** (National Scientific Convener, SSS Program). The event was also graced by **Prof. Dr. Anurag Agarwal** (President, IAP Delhi), our PTA member **Dr. Mukesh Verma** (Hony. Secretary, IAP Delhi) and **Dr. Sudha Acharya** (Principal, ITL Public School).

Dr. Rekha Harish in her heart to heart chat session with junior school students acquainted them about the components and importance of balanced diet, physical activity, impacts of increased screen time and appropriate sleep time required for good health.

Dr. Upendra Kinjawadekar showed various samples of beverages and drinks available in market, which are highly consumed by this age group and emphasized on the need of reading labels to know about the amount of calories/sugar content in each drink, which served as an eye opener for them. His main area of discussion was the impact of physical activity, screen time, sleep time on physical and mental health. It was beautifully explained by fitness fun wherein many students along with doctors performed various yoga asana, stretching exercises, jumping jacks. The impact of digital wellness and how screen time can be converted to green time was discussed upon. Real life situations were quoted to explain how to happyfy yourself for nurturing mental health, mastering your emotions, mind workout, 6 minutes pause and vajrasana was shared with students as a validated tool to control anger. He also focused on substance abuse: saying “NO” to addictions through role play. In the TOT program coordinators and teachers from various schools were trained on ways to promote health in schools. The trainers were guided about prerequisites and operational guidelines for skill stations, a guided tour of SSS website and ways to propose workshop, drawing plans for presentations. It was an enriching workshop which will help teachers to run this programme effectively in their schools and contribute to enhancement of overall health of the students.

#mentalhealthmatters

#healthandwellness

#mentalhealthawarenessatITL

#lifestyle

#Sankalpsampoornaswasthya





