

Circular for Parents of Classes IX-XII

Session: 2021-22

SIS/OPS MAY 009/2021
May 19, 2021

Subject: Session on Mental Health

Dear Parent
Namaste

We hope this mail finds you and all members of your family safe and in good health.

During these challenging times, it is extremely important that we are all together and support each other in every possible way. While physical health is being taken care of on all fronts, mental health tends to be overlooked.

Research suggests that almost one-fifth of the children and adolescents experience mental health concerns like stress, anxiety, etc. A large number of students do not receive the attention and care they need because of the prevalent stigma associated with mental health. Therefore, it is important to address the mental health challenges faced by school students.

At Shishukunj, we realize that the ambit of mental health must encompass the emotional, behavioural, and social wellbeing of a child. In view of the same, we are happy to announce that a virtual session on Mental Health is being organized for our students in collaboration with Yi, Indore. The resource person is Ms. Shobhika Jaju, M.D. Clinical Psychology. She is a certified Rational Emotive and Cognitive Behaviour Therapist and will be dealing with issues like academic anxiety, coping with conflicts, understanding emotions and building relationships.

The details of the session are as under:

- Date : May 22, 2021
- Day : Saturday
- Time : 2.00-3.30 pm

The link for joining the webinar will be shared with you on May 21, 2021.

A flyer of this session is attached herewith for your reference.

Kindly ensure that your ward attends this session, it will surely help him /her adjust better in these very challenging and changing times.

Kind regards
Dr. Lalita Singh
Principal

YI INDORE PRESENTS SESSION ON MENTAL HEALTH

EXCLUSIVELY FOR



The Shishukunj
INTERNATIONAL SCHOOL
INDORE



MS. SHOBHIKA JAJU

MD, Clinical Psychology
Certified Rational Emotive &
Cognitive Behaviour Therapist

- ### KEY TAKEAWAYS
- Understanding and dealing with academic and career related anxiety
 - Understanding the impact of the changed social & personal circumstances
 - Coping strategies for dealing with family conflicts, peer relationship difficulties and anxiety
 - Identifying and naming prominent emotions felt during this time
 - Gender sensitisation as part of the larger context of adolescent mental health

**22nd MAY, SATURDAY
2 PM - 3:30 PM**

DESIGN : SHREYANSH