DELHI PUBLIC SCHOOL
KAMPTEE ROAD, NAGPUR

PROMOTING MENTAL HEALTH AND WELLNESS AMONG STUDENTS

29TH OCTOBER, 2026

Delhi Public School Kamptee Road, Nagpur organised a one-day workshop on Promoting Mental Health and Wellness Among Students for the teaching fraternity. The workshop emphasised the importance of mental health and emotional well-being alongside academic excellence, highlighting the vital role of educators in creating a safe, supportive and nurturing environment where every student felt valued, understood and empowered to thrive.

The workshop featured two distinguished resource persons, Ms. Apurva Pande, Director and Principal of Channawar's e Vidya Mandir, Wardha and Ms. Smriti Fuley, PGT Biology and Head of the Biology Department at Bharati Krishna Vidya Vihar, Nagpur. Ms. Apurva Pande, an experienced educationist with 30 years of experience, including 16 years as a Principal, brought her expertise in school leadership, mentoring and teacher development. Mrs. Smriti Fuley, with 23 years of experience in the CBSE curriculum, shared her extensive background in science education, assessment practices, digital learning, innovative teaching methodologies and holistic student development.

The resource persons were warmly welcomed by the Principal Ms. Yogeeta Umalkar. Their rich experience in educational leadership, CBSE capacity-building programmes and teacher professional development added immense value to the workshop. The session provided an opportunity for the teachers to reflect on their practices and understand the significance of fostering emotional well-being and positive learning experiences among students.

The workshop brought in an enthusiastic spirit of learning, interaction and collaboration. It encouraged the teaching fraternity to reflect, share ideas and explore meaningful approaches that could transform classrooms into supportive spaces for happy learning and holistic development. The initiative reaffirmed the school's commitment to nurturing healthy minds and empowering educators to contribute towards the overall well-being of students.

DELHI PUBLIC SCHOOL
KAMPTEE ROAD, NAGPUR

LEARN | GROW | BELONG

Teachers' Workshop on Promoting Mental Health and Wellness Among Students

EMPATHY
KINDNESS
MINDFULNESS
WELLBEING

POSITIVE MINDS

LISTEN
SUPPORT
GUIDE
EMPOWER

HAPPY MINDS, HEALTHY CLASSROOMS!

Delhi Public School Kamptee Road, Nagpur, conducted a teachers' workshop on 'Promoting Mental Health and W lness Among Students'. Led by Ms. Apurva Pande and Ms. Smriti Fuley, the session emphasised empathy, emotional well-being and nurturing classroom environments that support every learner's growth.

HEALTHY HABITS
POSITIVE THINKING
BALANCE
RESILIENT STUDENT

A HAPPIER SCHOOL BRIGHTER TOMORROWS