

MAHAVEER PUBLIC SCHOOL

The Ministry of Education, Govt. of India has undertaken 'MANODARPAN' initiative, covering a wide range of activities, to provide psychosocial support to students, teachers and families for their Mental Health and Emotional well-being during COVID-19. On the occasion of World Mental Health Day on 10 Oct 20 an activity of story telling was conducted for middle wing by **Mrs Santosh Solanki**. Before the narration of the story concept of mental health was introduced to the students. Definition of Health, Mental and Physical Health and components of Mental Health were presented to the students. Four components of Mental Health were introduced which are as follows:-

1. Healthy Sense of Self
2. Thinking Pattern (perspective)
3. Psychological Flexibility
4. Daily Maintenance

STORY

“ FAMILY TOUR ”

Name of Characters:-

1.Mrs Agarwal

2.Mrs Shalini

3.Manoj

4.Swati

5.Nitin

6.Ravi

Mrs Agarwal and Mrs shalini both are good neighbours.Mrs agarwal’s family is a joint family and last month they went for a family tour and place was Manali.When they came back Shalini went to meet Mrs agarwal and asked her about her tour.

Mrs Shalini:- How was your trip to Manali?

Mrs Agarwal:-It was too much enjoying, we enjoyed a lot and it’s a beautiful place, side views are so beautiful and its local market is awesome but shalini I am literally tensed for our kids. They are four and I tell u all are totally different.

Mrs Shalini:- Its ok Mrs Agarwal, its natural.

Mrs Agarwal:- No I have observed something which I really want to share with u.

Mrs Shalini:- Yeah please.

Mrs Agarwal:- You know Manoj is the eldest child among these children and he has a very good and healthy concept for himself, his thinking is very nice, always positive and confident and you know he resolves problems in a very smart manner but he can't do any adjustment with his comfort e.g if he wants to take window seat then he will be very stubborn with this demand, I mean to say that his adjustment level is very low.

Mrs Shalini:- Yeah its really problematic. I hope u don't have any complain with Swati.

Mrs Agarwal:- Yeah she is a very sweet girl and you know shalini she pampers herself a lot,she has clicked so many beautiful pictures in manali. She is very much adjusting but she can't tolerate even a very small stress or tensed situation.I tell you one incidence of hotel as we were ready for outing, so we came out of the room and she locked the room and kept that key with herself.she said mom I will keep it safely then I said ok fine.When we came back to the hotel she didn't get key in her purse after that she was so stressed out and started crying, I told her stop crying its ok we will take second key from reception but she didn't listen anything.

Mrs Shalini:- Hmm I know about Nitin he is very naughty.

Mrs Agarwal:-Nitin oh my God he is a problematic child,he thinks that we are so partial with him and no one loves him, so he is always complaining, neither he enjoyed himself nor let others to enjoy. He is too much aggressive and stubborn.

Mrs Shalini:- What about your little Prince Ravi

Mrs Agarwal:-I tell you he is really a happy go lucky child,always happy,confident,positive about life and he is very much adjusting.His sense of humor is superb.

Mrs Shalini:- So what do u think about the solution of these problems.

Mrs. Agarwal:-I think I should discuss their behavioural problems with their class teachers during PTM and then they will refer me to the school counsellor, so that I can take some guidance to enhance and improve our children's Mental Health. I can go for their moral teachings and life skills session at home .

Questions:-

1. Whose mental health sounds good?
2. Whose mental health is getting worse day by day?
3. What do u think about Manoj's and Swati's mental health?
4. What strategies can be used to improve their Mental Health?

We all are striving to have good mental health because no one in this world is perfect. Mental well –being is what allows us to create a quality life. We take care of things in our lives: cars,bicylces ,our homes ,our gadgets and many more. It's vital that we take even better care of ourselves and all the components of our mental well-being.