



DECCAN EDUCATION SOCIETY'S
Shri. Navalmal Firodia Law College, Pune

(Permanently Affiliated to Savitribai Phule Pune University ID No.PU/PN/LAW/207/2004)
Recognised u/s "2 (f) & 12 (B) of UGC Act 1956 "
(Approved by Bar Council of India) NAAC Accredited : B++ ,ISO 9001:2015 certified

Workshop on Mental Wellness – “For Me and the Teacher in Me”

REPORT

- Date: 31st January 2026, Saturday
- Time: 11:00 a.m. to 1:00 p.m.
- Venue: LC XI, DES SNFLC
- Resource Person: Smt. Shilpa Joshi, Institute for Psychological Health (IPH), Pune

DES Shri. Navalmal Firodia Law College, Pune successfully organised a Mental Wellness Workshop titled “Mental Wellness – For Me and the Teacher in Me” for faculty members from various units of Deccan Education Society. The programme aimed at promoting awareness about mental wellbeing among teachers and sensitising them towards understanding mental health issues of students.

The workshop focused on mental fitness, emotional resilience, stress management, early identification of mental health issues in students, and the importance of professional counselling support. The programme created a reflective and supportive platform for educators to understand their own mental wellbeing as well as their role in supporting students' psychological health.

The session was conducted by Smt. Shilpa Joshi, Counsellor and Corporate Liaison, Institute for Psychological Health (IPH), Pune. She was assisted by Smt. Ashwini Marathe from IPH, Pune. Both brought rich professional experience and practical insights into the field of counselling and mental health.

The workshop was highly interactive, engaging, and practical in nature. To begin with, Smt. Shilpa Joshi and Smt. Ashwini Marathe conducted two small role plays to effectively demonstrate the need and importance of professional counselling and the role of trained

Ashwini

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counsellors in handling emotional and psychological issues. These role plays helped the participants clearly understand the difference between informal emotional support and structured professional counselling.

Smt. Shilpa Joshi emphasised that regulation of emotions is more important than merely controlling emotions. She explained that healthy emotional regulation involves understanding, processing, and responding to emotions in a balanced manner rather than suppressing them.

She also explained the three key parameters to decide when professional counselling support is required, namely: Intensity of the emotional problem, Duration of the problem and Frequency of occurrence. These parameters were explained with practical examples, helping faculty members understand when it becomes necessary to seek professional help instead of trying to manage issues informally.

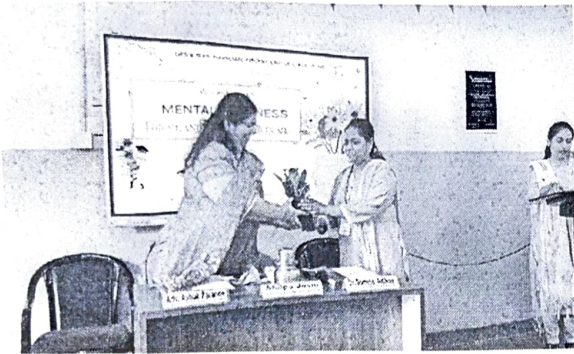
The session also focused on recognising early symptoms of mental health issues in students. The resource person sensitised teachers to observe behavioural and emotional changes in students with empathy and understanding. She strongly advised faculty members not to label students using terms such as “inattentive”, “panic-prone”, or “problematic”, and instead approach such situations with sensitivity and awareness. She also advised teachers not to attempt to counsel students themselves in serious mental health matters, but should refer students to trained professional counsellors whenever required. This was emphasised as an ethical and responsible approach for the wellbeing of students. She also guided how teachers should respond in situations of panic attack of students

The workshop was highly interactive. Faculty members actively participated in discussions, asked questions, shared experiences, and expressed their views on mental health challenges faced by teachers and students. The open dialogue created a safe and reflective learning environment.

Approximately 35 to 40 faculty members from various units of Deccan Education Society attended the workshop, making it a successful inter-unit academic and wellness initiative.

The Mental Wellness Workshop successfully fulfilled its objective of creating awareness, building sensitivity, and enhancing understanding of mental health among educators. The session empowered teachers with practical knowledge, emotional insight, and ethical awareness regarding professional counselling support. The programme not only focused on the mental wellbeing of teachers but also strengthened their role as emotionally sensitive and

responsible educators who can identify early warning signs in students and respond with care, empathy, and appropriate professional referral.




Dr. Sunita Adhav
Principal

