

Report- Outreach Action Program

Mental Wellness Session at Government School Gandhi Nagar (Hindi medium)

To address the mental health challenges of children, the Resource Institute of Human Rights (RIHR) aims to make a positive impact on well-being through its outreach action program for school-going and out-of-school children.

The One Stop Crisis Management Centre for Children (OSCMCC), “Sneh Angan” also aims to empower children and adolescents to become more resilient, emotionally aware, and mentally equipped to face life’s challenges. It also organizes awareness sessions with school going adolescents as a part of its outreach programs.

On 19th February 2024, a session was organized for 30 students of NSS at Government School Gandhi Nagar by Ms. Yuthika Chatterji, Project Associate. The session emphasized on meaning of mental health, which is described as a state of well-being encompassing emotional, psychological, and social aspects.

Group Activity:- To make the discussion more relatable, the participants were divided into three small groups namely- emotional, psychological, and social. Encouraged everyone to share examples related to their assigned element of mental health. The girls shared their experiences, both positive and negative, regarding their relationships with family and friends. Some expressed feeling empowered and safe when they come to school, highlighting the importance of a supportive environment. However, others opened up about their insecurities, loneliness, and moments of weakness, where they doubted their abilities to make good decisions or felt unsure about their career paths. The discussion went deeper into topics such as self-esteem, understanding our strengths, and navigating relationships. By addressing these issues openly and compassionately, the session provided a safe space for girls to share their struggles and seek support from their peers and mentors. The activity helped us to understand the connection between our thoughts, feelings, and actions. By recognizing how these elements intertwine, we can better manage our mental well-being.



Communication and Setting Boundaries in Relationships:- Girls were taught the importance of communication in relationships. This means expressing thoughts, feelings, and their needs openly and honestly. Healthy communication helps in understanding each other better and resolving conflicts peacefully. Additionally, setting boundaries means knowing and communicating what is acceptable or not in a relationship and it protects personal space, feelings, and values. By setting healthy boundaries, girls can maintain respect, trust, and mutual understanding in their relationships.

Self and Recognizing Strengths:-

Understanding oneself involves knowing one's thoughts, feelings, values, and interests, thus girls were encouraged to reflect on their own experiences, preferences, and goals. Recognizing strengths means identifying personal qualities or abilities that make them unique and capable. This could be anything from being good at sports to



being empathetic or creative. Understanding and appreciating these strengths boosts self-confidence and helps in making informed choices about personal and academic pursuits.

Self-Esteem:- The concept of self-esteem refers to how much we value ourselves and believe in our abilities was discussed. Having healthy self-esteem means feeling confident and worthy, while low self-esteem involves doubting oneself and feeling inadequate. Factors that can influence self-esteem include experiences, relationships, achievements, and self-perception. Positive influences, like supportive relationships and accomplishments, can boost self-esteem, while negative experiences, criticism, or unrealistic standards can lower them.

Impact of Self-Esteem on Decision Making:- Self-esteem plays a crucial role in decision making. The high self-esteem is more likely to make decisions based on their values, preferences, and abilities. High self-esteem provides choices and are less influenced by external pressures or fears of failure. Conversely, low self-esteem may lead to indecision, seeking validation from others, or making choices based on fear or insecurity. Building healthy self-esteem empowers girls to make positive decisions that align with their goals and aspirations.

By understanding these concepts and practicing related skills, girls can nurture healthier relationships, enhance self-awareness, and make more confident decisions in various aspects of their lives.

