

MENTAL HEALTH WELLBEING REPORT

SPRING SEMESTER 2023

Compiled by Woodstock's
Personal Counseling Department



MENTAL HEALTH & WELLBEING CONFERENCE



India's first International School Mental Health Conference, presented by Woodstock's Personal Counselling Department and conducted with 14 schools including students and administrators from Adelaide, Australia and Peru, South America, highlighted the department's accomplishments this semester. Keynote speakers Dr Dheeraj Kattula (addictions management expert, CMC, Vellore) and Dr Raja Paulraj (psychiatrist in residence at Landour Community Hospital) interactively addressed various addiction and mental health challenges among today's youth, including substance use/abuse, peer pressure, self-harm, stress and anxiety, and other topics. They brought the point across that behavioral health (mental health and substance use disorder) is no different from physical health when it comes to recognition, treatment, and recovery and that everyone must take responsibility for their own mental health and wellbeing.



CYBER DETOX DAY

Our Wellbeing Ambassadors organized a Cyber Detox Day in March that encouraged students to put their gadgets aside for a set period of time and instead focus on quality time with their peers. The day started with an assembly presentation from Woodstock Alumni Dr Raveena Gill (Class of 2010) focusing on digital wellbeing and the importance of taking a break from technology. Various school departments set up stalls in the Quad with interesting activities such as math problems to solve, quizzes, art and painting, languages, and science experiments. The Library Department's "reading corner" offered quiet reading time to students. Students enjoyed food stalls, played "Emotions Hopscotch," and created customized letters to send home with the help of a "Snail Mail" booth created by the Centre for Imagination. Students also signed a "cyber pledge" to be responsible digital citizens. The day's events succeeded in helping students work in a collaborative learning environment and create meaningful relationships in the real world and beyond the digital realm.



ACCOLADES

The academic year's activity concluded on a very high note, with Woodstock School for the first time being named a finalist in this year's Boarding School Association (BSA) Supporting Excellence Awards in the category of "Wellbeing and Mental Health Initiative." BSA's mission is to support excellence in boarding, safeguarding, inclusion, and health education. BSA represents member boarding schools from 39 countries. It is an honor for Woodstock School to be the only Indian school finalist among 145 entrants worldwide.

