



Report

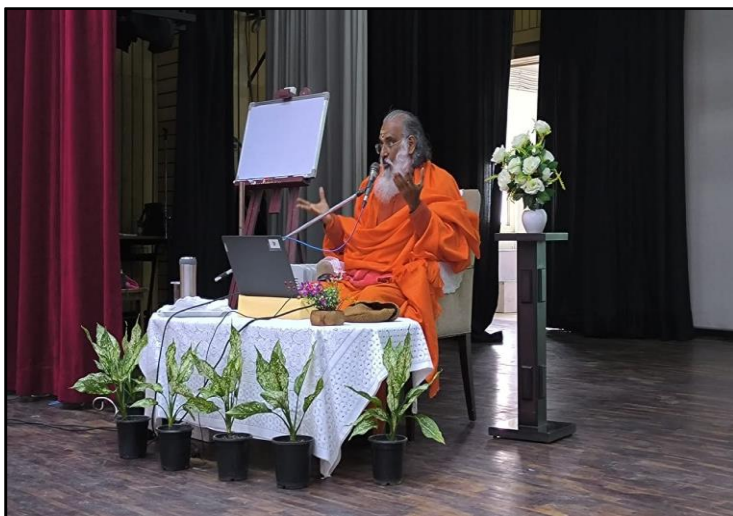
Workshop on Nurturing Minds- Fostering Awareness in Mental Well – Being

“When mental health is ultimately recognized as essential to physical health, not an extraneous element of it, then we will have access to true, complete, modern medicine.”

To earnestly address the importance of mental health, a workshop on “Nurturing Minds- Fostering Awareness in Mental Well - Being” was conducted at Bal Bharati Public School, Noida, on 20th January 2024, Saturday. It was graced by the motivational idealist Swami Chidrupananda Ji, Acharya Chinmaya Mission Noida, and Director North Zone All India Chinmaya Yuva Kendra. The session commenced at 10:15 am with an affable welcome by the School Principal, Mrs. Asha Prabhakar to Swami Chidrupananda ji, accompanied by a heartfelt token of gratitude.



Expressing Heartfelt Gratitude



Nourishing the mind, with one positive thought at a time

The overarching goal of the session was to illuminate the audience about the paramount importance of maintaining good mental health. A key emphasis was placed on fostering a mindset that is less reactive and more responsive. As educators, the session prompted the individuals to equip the children with the tools to handle depression and navigate the complexities of emotions.

Swami Ji delved into the complexities of the human psyche, recognizing how we often fall prey to our own minds, and distractions. The session encouraged embracing every life experience, good or bad, with a heightened sense of calmness. Therefore, the mantra of *"win the mind, win the world"* was given its due importance, positioning stress handling as a skill to be honed by individuals.



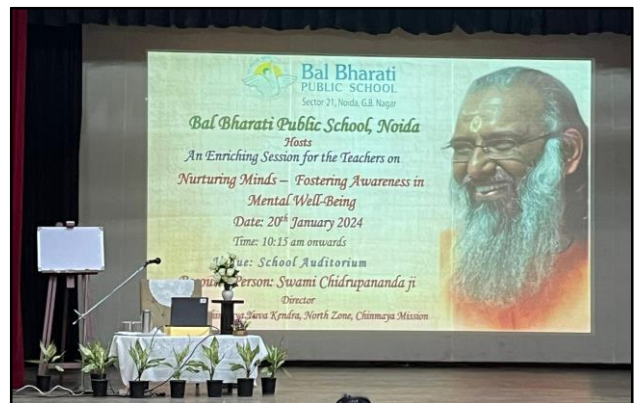
Fostering mindfulness in every moment



Swamiji elevating the spirits with his thoughtful words

Numerous beneficial habits for promoting mental well-being were highlighted and conveyed to the audience, underscoring the importance of incorporating these practices into their daily lives. These practices included treating the mind as a separate entity, coupled with nurturing approaches like cajoling, training, and periodic self-treatment.

The **MYOB** acronym (Mind Your Own Business) was introduced as a safeguard against unnecessary pitfalls. The workshop truly underscored the pivotal role of surrounding oneself with the right company and cultivating meaningful friendships for the preservation of one's mental well-being. The session provided a holistic and insightful exploration of mental well-being, leaving the audience with the practical tools to overcome stress by understanding the profound dynamics of the human mind.



Mental well being acting as the compass guiding towards balance

Report submitted by:
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