

DECCAN EDUCATION SOCIETY - Since 1884

**DES PUNE
UNIVERSITY**

सु-मन (SUMAN)

**Supporting Mental Well-being
And Nurturing Leadership**



**सम्यक
SAMYAK**

**समाज अध्ययन आणि क्षमता संवर्धन केंद्र
Centre for Social Studies and Leadership Development**

SAMYAK – Centre for Social Studies and Capacity Building is a dynamic initiative of the School of Education that connects the University with society through research, training, and outreach. Guided by its vision of fostering an equitable and well-governed society, SAMYAK undertakes field-based studies, builds leadership and institutional capacities, promotes public awareness, and provides evidence-based policy recommendations. Rooted in values of integrity, collaboration, governance, and innovation, its approach moves from understanding stakeholder needs, to creating awareness, delivering targeted capacity-building programmes, and finally presenting impact-driven policy insights to government and institutions for meaningful systemic improvement.

A unique training programme designed for:

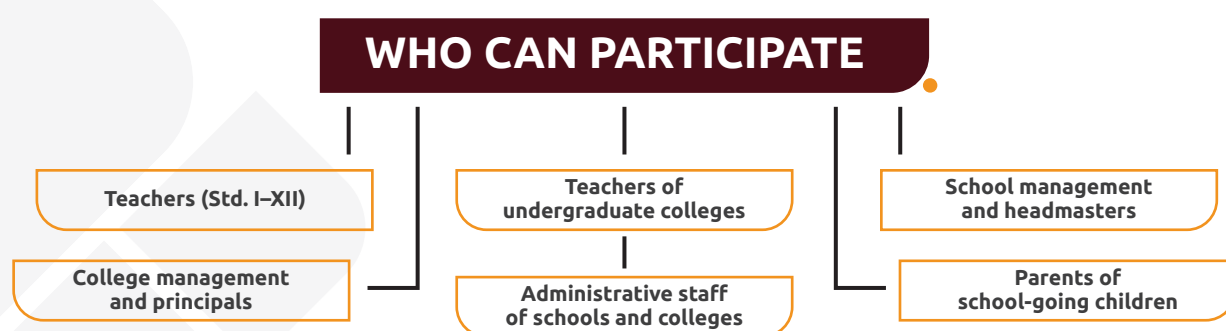
Management, Principals, Teachers, Administrative Staff, and Parents of Educational Institutions

Human beings have the innate ability to think, feel, connect socially, and lead meaningful lives. For this, strong mental health is essential. Mental well-being is influenced by multiple social, economic, political, and environmental factors. Negative influences—especially during childhood or youth—can have long-lasting effects.

NEP 2020 has highlighted the urgency of strengthening the emotional and psychological well-being of students. Statistical evidence from schools and colleges points to growing mental and emotional challenges faced by learners.

Recognising this, the School of Education at DESPU has resolved to work intensively in the area of student mental health. Its SAMYAK Centre aims to empower schools and colleges to build emotional resilience among students. Experts unanimously agree that children's mental health is deeply linked to the mental well-being of the adults around them.

To achieve this, SAMYAK has designed a comprehensive two-day training programme for all key stakeholders—teachers, administrators, principals, management committees, and parents.



TRAINING GROUPS AND THEMES

01

Teachers

Teachers reported that student behavioural and academic issues significantly affect their own mental health.

Module Focus

- Understanding and addressing students' behavioral challenges
- Managing negative emotions—stress, anger, anxiety, depression, frustration, envy, fear, loneliness, grief
- Cultivating positive motions—gratitude, sensitivity, empathy, confidence, inner peace
- Communication and parent engagement
- Creative and experiential teaching methodologies using technology and educational tools effectively
- Enhancing teaching-learning through extracurricular engagement

02

Management Members, Headmasters, Principals

With leadership playing a pivotal role in shaping institutional culture.

Module Focus

- Roles and responsibilities of trustees and board members
- Institutional readiness in a rapidly changing society
- Achieving institutional vision and mission through team building
- Developing leadership qualities and inspiring teams
- Capacity building through understanding strengths and limitations of staff
- Techniques for physical, mental, emotional, and intellectual well-being
- NEP 2020 as an opportunity for transformation
- Financial planning and institutional management

03

Administrative Staff

Non-teaching staff form the backbone of institutional functioning.

Module Focus

- Roles and responsibilities
- SWOT-based self-appraisal
- Building a strong self-image
- Effective communication
- Managing conflict, stress, and emotions
- Identifying and addressing student issues
- Creating a student-centric work culture

04

Parents

Parents play the most influential role in a child's emotional well-being.

Module Focus

- Personal, family, and social challenges faced by students
- Building trust and healthy communication within the family
- Values and ethics in contemporary society
- Strengthening communication among parents, students, and schools

Special Features

- ✓ Modern, well-equipped training centre at the DESPU Campus, Pune
- ✓ Interactive methods: group discussions, presentations, Q&A, games, audio-visual tools
- ✓ Need-based curriculum
- ✓ Pre-training questionnaire
- ✓ Post-training online follow-up sessions
- ✓ Questionnaire-based assessment report

**Training
Duration:**
2 Days

Venue:
DES Pune
University

Fees :

₹2000/-
(Per participant)
(Includes meals,
tea, snacks, and
training materials)

Expected Outcomes

- ✓ Strengthened emotional management
- ✓ Enhanced mental stability, clarity, and overall personality
- ✓ Improved ability of school/college representatives to address student mental health issues
- ✓ A joyful, student-centred, holistic learning environment through better coordination among stakeholders



Appeal to Educational Institutions

In a rapidly changing and highly competitive world, it is crucial to create a learning environment that nurtures students' mental well-being and supports their holistic development. Trustees, officials, teachers, professors, headmasters, principals, administrative staff, and parents are strongly encouraged to join this comprehensive, meaningful, and transformative training programme.

SAMYAK : Centre for Social Studies and Capacity Building.
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