

St. Xavier's Institute of Education

2020-2021

Mental Health crucial for Mental Wellness – 12th May, 2021

Health Cell of the St. Xavier's Institute of Education, Healthy Hearts organized a talk on Mental Health Crucial for Mental Wellness

Resource Person : Dr Nirmala Almeida (Teacher, researcher, practitioner and counsellor trainer).



Visiting Faculty at the Xavier's Institute of Counselling Psychology, College of Social Work Nirmala Niketan, the Department of Comprehensive Education, SIES College and SVT College, SNDT University.

Objectives of the Session

Create awareness about mental health

Enable students to practice mental health

Learn simple ways to balance your mind and emotions\

Understand reasons for mental imbalance and signs of mental ill health in oneself

Realize the Importance of mental for well-being.

No of Students/Participants benefitted

Manager Fr. Blaise D'Souza s.j., Principal, Teaching Staff (Ms.Priti, Ms. Nishi) and 50 first year students attended the session through virtual mode.

Mode/Conduct of Class

Virtual Mode Health Cell google classroom
<https://meet.google.com/lookup/a46lie2gvr?authuser=1&hs=179> was used for the session

The session began by Ms. Priti Health Cell in-charge welcoming the Manager, Principla, staff and students and resource person for the session.

Resource person Dr. Nirmala Almeida was introduced by Ms. Priti Sivaramakrishnan

Manager Fr. Blaise D'Souza s.j. shared few thoughts on why mental health and set the stage for the Resource person for her session. Fr. Blaise spoke about the importance of being in harmony with all aspects of a oneself i.e mind, body and spirit for personal and professional development.

Resource person presented the session in a very interactive manner. The session began by giving a brief idea about the meaning of mental health. Case studies were used throughout the session where real-life examples with names changes was used to understand the occasions and reasons why one loses their mental imbalance. Case studies seems to be very useful as students could relate themselves in situations that matched theirs and reflect on their own behavior and how they respond to occasions when one is mentally imbalanced. Along with the case studies students were also taught the ways to fight the emotional imbalance. The most prominent strategies that students were taught were Gestalt therapy (Two chair technique). Students were also taught self-help techniques to talk good about oneself and overcome the situation in times of adversity. Suggestions were also provided by Dr. Nirmala Almeida on strategies to reduce stress addiction. Students were also guided on how to create an optimistic environment.

After the presentation by the resource person Dr. Nirmala Almeida conducted a quiz on the session to ensure that participants were not only attentive but also to ensure that they gained and benefitted from the session. During the last ten minutes Dr. Nirmala Almeida clarified the doubts of the first year students and faculty.

The session concluded with a vote of thanks proposed by one of the health cell member Ms. Daniella Pinto. Principal Dr. Sosamma Samuel too thanked the resource person Dr. Nirmala Almeida for the wonderful session.

Outcome of the Session


1. Importance of Mental Health
2. Strategies to be adopted for Mental Health
3. Increase one's emotional well – being
4. Realize that emotional well – being is essential for mental well-being

Nirmala Almeida is presenting

PowerPoint Slide Show - (Mental health)

Mental Health Crucial for Mental Wellness

Dr Nirmala Almeida



Meeting details

Turn on captions

Nirmala Almeida is presenting

Participants: You, Nirmala Almeida, Renita Oswald, Leona Victor R., MANISH RAM, Shreshth Dua, Daniela Denis, Cyrus William, Cliona Souza, Saarang Charl, Priti Sivaramak, Patrisia Lobo, Snovia WILSO, Sossamma Sa, Blaise D'Souza, Akshaya Prasanna Dhuri Dhuri.

Nirmala Almeida is presenting

PowerPoint Slide Show - (Mental health)

Changing Negative thoughts to Positive ones

Task Irrelevant Statements / Negative thoughts	Task Relevant Statements / Positive Thoughts
"I will not be able to answer the paper."	"I am prepared for at least 60 % of the paper, so I should be able to answer quite a few questions."
"I will not remember a single point."	"I will pause and try to remember the most essential points, and that will stimulate additional points"
"The paper will be so lengthy. I will not complete it."	"I know that this paper will be lengthy , so I will carefully time myself for each answer."

Meeting details

Turn on captions

Nirmala Almeida is presenting

Participants: You, Nirmala Almeida, Priti Sivaramakrishnan, Blaise D'Souza, Daniela Denis Pinto, Malvika Virendra Tiwari, Nakiya Mustafa Teliya, Abigail Gilroy Teixeira, Cyrus William Pereira.

Feedback of the Session

The session was rated excellent by the first year students. Students realized that they would be calm and composed in most situations. Students also were to inculcate few habits like forgive and forget. Students also realized that they would be more courageous and motivating, be practice and look at the positive aspect of the different situations that they face. Students also realized that they would prefer to tasks that they are capable of and take each step at a time.

Students learnt to be more positive and forgiving. Students also felt that we should complain less and be happy with GOD has given them. Students loved the empty chair technique. Students also felt that planning a schedule is very important. Students loved the empty chair technique and various examples and case studies shared. The case studies and examples were practical and related to daily life examples.

Report Compiled by : Health Cell Team (Daniella, Ronicam Cyrus, Manish, Malvika, Daris & Nakiya)

Staff in-charge: Priti Sivaramakrishnan