

## NATIONAL CONFERENCE

### “NEP – 2020 – Mental Health Concerns and Holistic Learning”

Date: 3.02.2023

Day: Friday

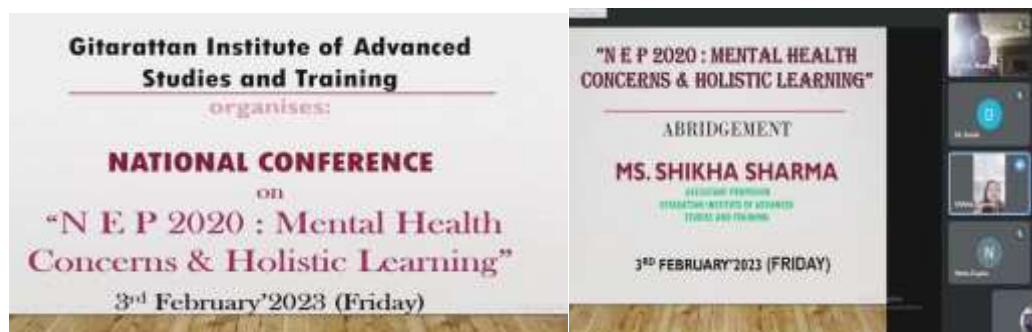
**"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." — *Albus Dumbledore***

Gitarattan Institute of Advanced Studies and Training, Rohini organized a National Conference on “NEP – 2020 – Mental Health Concerns and Holistic Learning” on a virtual platform on **3<sup>rd</sup> February’2022**.

The Lead speakers for the conference were Prof. Dhananjay Joshi (Vice Chancellor, Delhi Teachers Training), Dr S. K. Bhatia (former Associate Prof. C.I.E, DU) and Prof. Pankaj Arora, Head & Dean Department of Education CIE, University of Delhi.

Prof. Sonia Jindal, Principal, Gitarattan Institute of Advanced Studies and Training, was the leading light in the dynamic execution of National Conference and other faculty members and guests enriched the event with their remarkable presence.

Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies and Training gave the salutation for the programme. The conference was composed of three presenters from varied well-reputed institutions and was divided into two technical sessions.

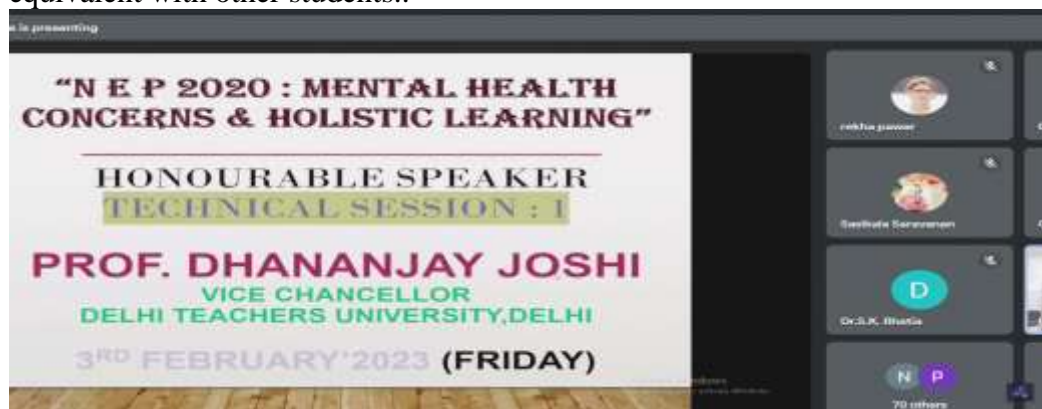


To carry over the proceedings of the National Conference, Dr. Aanchal Rana Assistant Professor, Gitarattan Institute of Advanced Studies and Training gave Prelude where she gave the introduction about the topic in a detailed manner. After it, Dr. S. K. Bhatia, former associate from CIE. He addressed the faculties and personalities from educational fraternity and shared his

words of wisdom. He also focused on different ways through which we can nurture our learners in a stress-free environment like Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to the nation. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes. The NEP – 2020 envisions the ‘aim of education will not only be cognitive development, but also building character and creating holistic and well – rounded individuals equipped with the key 21<sup>st</sup> century skills’ such as communication, cooperation, team work and resilience. The policy emphasizes students’ mental health and well-being in order to provide Holistic Development.

We say holistic learning. It deals with. The curriculum should be reduced in such a manner that student gets overall knowledge of the content as well as they can develop in their best manner also.

School curriculum shift contains. Values of a good course and also have values of good household i.e, Should be like a good family member. And if this is the aim, then. Mental sound should be good., Mental health. Is a state of well-being. In which the individual realizes his or her abilities., But there are many situations when teachers come across students who are not mentally stable need assistance. In order to be equivalent to other students. There are play the. Important role. For holistic learning. Best students should be given a chance in order to be equivalent with other students..



Such all questions were dealt with in Technical Session-1 by DR DHANJAY JOSHI, who is a teacher, researcher, poet, and environmentalist who has served as VICE CHANCELLOR in Delhi teachers University, New Delhi. Prof. Joshi is the gold medalist in B.ED, and M.ED in CIE and is guiding p.hd scholars since 2008. Professor has also received. Bharat Ratna., Apj Abdul Kalam award. National Youth Icon Award and many more.

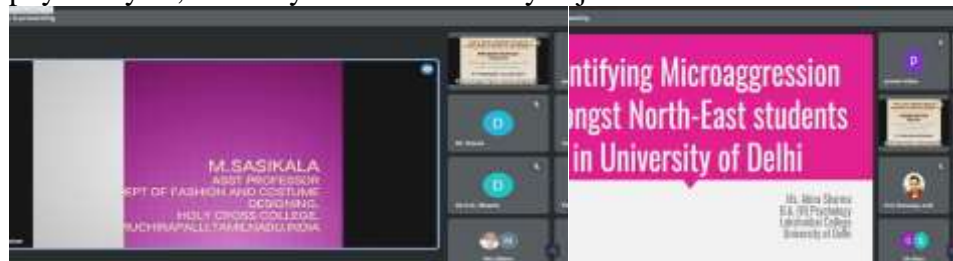
Professor believes that the topic is perfect as per the current time scenario, that is mental health concerns and holistic learning, Reason he gave during the period of 2 years when the COVID waves Took charge And made sure that none of the people could move out of the houses. The mental health issues increased in That's scenario. And COVID wave one when When people were unaware that the situation will go much worse, that they cannot even think of moving out of their houses, many of their near and dear ones were lost at that situation. But. Soon it came out when people took with precautions and could start working again, but when the situation Turned

again in Wave 2, many of the professors, nontechnical workers, and technical workers were lost during that. Many of the very excellent professors. Does their lives in such a situation?

So there was a very much loss of resources. Wave 2. Students were forced to attend online classes and they could not move out of their houses since continuous situations and there were no hopes that students could rejoin the schools in physically mode. So at this point, it was very much important in order to understand their mental health and make them work back as per the situation when it turns normal So the first time after March we thought about doing something for the children and we decided to have it. Show for them and it was the idea of through and not just a student but teachers to join for this which was carried on 10<sup>th</sup> of April actually we have started out a first workshop on mental and emotional bullying. But because zoom was not having a capacity of more than 100 students, so it was a great problem at that point of time. But soon they came out with a situation and Brought out to and solution.

In actual, the main problem is the mental health issues that students are facing the emotional you know kind of a lack of emotional kind of you know turbulence is so much that student face so many kinds of behavioral issues they are normal. Since this situation is not so easy and till date it has not been normalized till yet, It is expected that many more researchers will be considered, which will bring into many new considerations.n the world perspective.

What is the total health paradigm, how you will define your balance personality, physically fit, m support important physically fit tool definition says Somebody's sound is in a sound body. The second step is to be mentally alert. 3<sup>rd</sup> parameter for a balanced personality is you should be physically fit, mentally alert then socially adjusted.



After this paper presentation was taken forward by MSASIKALA, who explained how clothing affects ones mental wellbeing , for the same school maintain uniform where students are not differentiated on basis of their dressing sence.

Taking forward with session Ms Abira Sharma took forward with next important point that how micro aggression affects life of people. There is major difference in aggression level of different gender groups.

To end with session at last Joshi sir gave conclusion to all these mental health problems.

At the end of Technical Session I, Dr. Shikha Ranjan, Associate Professor, Gitarattan Institute of Advanced Studies and Training handed over the charge to execute the technical session II by Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies & Training.

Ms. Shikha Sharma, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, welcomed the honourable resource person for technical session II Professor Pankaj Arora Sir, Head & Dean, Department of Education CIE, University of Delhi.

Professor Pankaj Arora shared valuable ideas on the two sub-themes: Mental Health is not a destination, but a process of reaching the Destination and Teachers Role in identifying and filling up the Mental Health Gaps. Professor Pankaj Arora highlighted National Education Policy as a reformatory document with a robust vision which fills the gap of education from 3 to 8 years with Foundational Stage. Right to Education defines education for 6 to 14 years free and compulsory education. He focused on the Preamble of the Constitution of India strives for social, economic and political justice. The policy strongly recommends inclusion as the fundamental principle. He elaborated Inclusion in classroom and school duty to accept every child. Preventing exclusion of learner for reasons like difference in ability, gender, language, color, family income, disability, sexuality, religion ethnic origin. It is also important to promote inclusion at Curriculum level and Classroom environment level. He also emphasis how there are challenges in our day-to-day life with reference to drastic changes in cultural values across the globe, too much dependency on materialistic comfort and living in virtual world leading a life of isolation. Furthermore, recognizing, identifying and fostering the unique capabilities of each student and promoting multilingualism. Then he focused on the 5 Es of inclusive education as:

E – Equal Access

E – Embrace Culture

E – Equal Dignity

E – Equity

E – Effective Communication

He concluded with a remark that “Let us make committed effort to create an inclusive, tolerant and peaceful society”.

Professor Pankaj Arora engrossed the participants with her immense knowledge, the paper presenters from various institutions presented their ideas on the sub-themes in an interactive manner.

Dr. Savita Sharma (Assistant Professor) Department of Education, Manav Rachna University presented her views on Holistic Learning with reference to ancient learning about age milestone achieved by the students and it is pertinent to design activities for mindfulness.

The technical session-2 was followed by an Open Discussion, where participants were invited to put forward their queries and ideas with a concluding remark from Professor Pankaj Arora. The session came to its conclusion with expression of gratitude by Ms. Praveen Dabas, Assistant Professor, Gitarattan Institute of Advanced Studies and Training, on the behalf of Gitarattan family, she thanked the honorable resource persons for both the sessions for their valuable insights on the theme, to the presenters and participants for their active engagement throughout

the session and importantly she thanked the organizing committee and Principal ma'am Professor Sonia Jindal for being guiding force behind the National Conference.

The National Conference "NEP 2020: Mental Health Concerns and Holistic Learning" was a great success without any doubt as it surely contributed to the knowledge community.