

#### NIRMALA NIKETAN INSTITUTE'S

## COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

AFFILIATED TO THE UNIVERSITY OF MUMBAI

NAAC Accredited 'A+' Grade

49, New Marine Lines, Churchgate, Mumbai – 400 020. Phone: 2207 6503 / 2200 7544 **E-mail:** principal@nnchsc.edu.in / office@nnchsc.edu.in Web: www.nirmalaniketan.com

Date: - 23<sup>rd</sup> January 2025

### Junior College

Type of Event: - Summit of School Principals

**Theme: -** "Protecting students "At -Risk" - Promoting Psychological Safety in

Schools"

**Duration: -** 8:30 am to 4:00pm

Venue: - Don Bosco High School, Matunga, Mumbai

**Date**: - January 22, 2025

#### Objective: -

- 1. To develop the understanding of at-risk students in schools
- 2. To equip participants with necessary skills to deal with students like an invisible therapist
- 3. To impart necessary knowledge and understanding of various behavior issues and concerns of adolescence in our school.
- 4. To help the participants develop an in-depth understanding of causes and consequences of psychological abuse, untapped students., substance abuse, sexual abuse, depression.
- 5. To help participants select right programs and practices for at-risk students.

Number of participants: - 180

**Outcome:** The participants will be able to enhance emotional well-being and mental health among their students in the school. Can develop stronger relationships and a sense of connectedness within the school community. Participants can help in reducing the cases of bully, poor performance and any kind of negative behavior on the part of students. It will enhance resilience and coping skills among students who may be experiencing mental health challenges or other difficulties.

Teacher representative

JC Coordiantor

Principal
PRINCIPAL
College of Home Science,
Nirmala Niketan
49 New Marine Lines,
Mumbai - 400020.



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Promoting Psychological Safety in Schools"

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#### Report: -

Summit of School Principal on "Protecting students "At -Risk"- Promoting Psychological Safety in Schools" was a joint initiative of Institute of counsellor training research and consultancy (ICTRC) and Don Bosco High School, Matunga, Mumbai. Ms Dipika Surve from Junior college department participated in the program. The program aimed at helping the educational and teaching professionals in profiling the "at-risk" students in school and to promote psychological safety for them. It was very intellectually enriching session with the dynamic speaker Mr Keshav Singh and Mr Aditya Nair. The most appealing key ideas/points were "Every student matters, learning is a function of engagement, eradicating unconscious bias, building humorous and theater skills among teachers, providing additional learning support, building behavioural skills labs and seeking help is not a sign of weakness".

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The participants will be able to enhance emotional well-being and mental health among their students in the school. Can develop stronger relationships and a sense of connectedness within the school community. Participants can help in reducing the cases of bully, poor



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Teacher representative

Stalekar



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