

March
26th,
2021

Express with Ease: Mental Health Matters: Students Perspective.

Main
Takeaway

Three factors affect a child's mentality - parents, teachers, and friends. It's mostly the latter that really converse owing to the same age group.

Introduction

What comes to mind when you hear the words mental illness? Stigma, frustration, depression. These are just a few answers stated by most students who choose to discuss this once reserved topic. Mental illnesses are growing at an alarming rate in this day and age, especially on school campuses. Mental illness can control a student's life. Of course, those struggling still have to go to school in most cases, and this poses a challenge. But how long before the break? What pushes students over the edge in terms of mental challenges? We will discuss this and more in our latest Express with Ease episode, "Mental Health Matters: Students Perspective" with Ms. Rithi Varsha, Mr. Rithik Dhandapani, Ms. Nivedha Baskaran, and Mr. Shakthi Viviyn from The Indian Public School, Cambridge International Campus, Erode on the 26th of March at 5:00 PM.

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Express With Ease

Mental Health Matters: Students Perspective

Ms. Nivedha Baskaran | Ms. Rithi Varsha | Mr. Rithik Dhandapani | Mr. Shakthi Viviyn

The Indian Public School, Cambridge International Campus, Erode

In conversation with

Ms. Kritika Padode Bhandari
Advocate, Founding Team Member
Vijaybhoomi University

Friday, March 26th
5:00 PM

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Takeaway **Learnings**

- Often, the mental health of students is left out. Pressure for academic achievements only take place after 9th grade.
- Anxiety and depression affect young adolescents. Numbers have reached new heights from the lockdown due to social isolation stifled at home.
- Social media is a wired comparison. Eating and sleeping disorders arise from it.
- The period between ages 15-19 is a critical stage. Innumerable issues plaque student's productivity and quality of life.
- At a student level, they are always judged for marks, dreams, etc. The stigma around mental health mounts pressure.
- Teachers must be open and receptive to students' feedback. Schools are a second home for children and often a respite from abusive homes.
- Parents need to build trust and have open conversations. Two-way communication systems support flourishing mental health.
- Parents and Teachers Meeting (PTMs) is a time where all the stakeholders of education, viz. Parents, teachers, and students can focus on the academics and emotional well-being of the child.
- Activities focusing on the energy within help in coping with stressful events.

Speakers

Ms. Kritika Padode Bhandari,

Advocate, Founding Team Member, Vijaybhoomi University.

([Kritika Padode Bhandari - Member - FICCI Higher Education Committee | LinkedIn](#))

Ms. Rithi Varsha,

The Indian Public School, Cambridge International Campus, Erode.

Mr. Rithik Dhandapani,

The Indian Public School, Cambridge International Campus, Erode.

Ms. Nivedha Baskaran,

The Indian Public School, Cambridge International Campus, Erode.

Mr. Shakthi Viviyn,

The Indian Public School, Cambridge International Campus, Erode.

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