

ARMY WELFARE EDUCATION SOCIETY (AWES) FDRC**TOPIC : CAPACITY BUILDING PROGRAMME ON MENTAL WELLBEING****FOR PRT APS WEB NO 10/2024-25****DURATION: 11 - 12 Sep 2024****ATTENDANCE: PRT APS**

Day & Date	0930-1045hrs	1045-1100 hrs	1100-1230hr	1230-1245hrs	1245-1415hrs (with ten minutes break in between)	
Wednesday 11 Sep 24	Learn techniques and practices for Maintaining physical, emotional, and mental health Prof. Dr. Tanu Shree Singh SME, Psychology	S H O R T B R E A K	Dealing with work-life balance Stress management Prof. Dr. Tanu Shree Singh SME, Psychology	T E A B R E A K	Develop wellbeing through physical activities, mindfulness and socio-emotional learning Prof. Dr. Tanu Shree Singh SME, Psychology	
Thursday 12 Sep 24	Promoting Social-Emotional Learning (SEL) in the Classroom Dr Jitendra Nagpal Psychiatrist, Mool Chand Hospital		Understanding the link between behaviour and underlying mental health issues Dr. Richa Singh, Neurologist & child Psychologist , Sir Ganga Ram Hospital		1245-1330	1330-1400
					Simple relaxation exercises that can be incorporated into the school day Manisha Verma Faculty IE	Closing Address By MD AWES