



# ONGC PUBLIC SCHOOL NERAVY - KARAIKAL



An orientation programme for our teachers was conducted. Dr Sidharthan M.S., F.MAS., EFIAGES, General & Laparoscopic Surgeon was the resource person. He gave a talk on mental health of the teachers and its importance. He emphasized, as teachers, we give so much thought to other people—the students, the school management, the parents, fellow teachers, throughout the day.



However, we are so fogged by the day-to-day grind of planning and preparing, that we forget to focus on our own mental well-being. Teachers tend to ignore their stress and anxiety levels in lieu of their unconditional love for education and teaching children.



But the gratification from teaching can sometimes come with pressure and performance management that's always looming in a teacher's mind. It is important that we remember that teachers are indispensable in our entire education system and so is their mental health and well-being.