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PCK in the Process of
Re-Engineering
Teacher Education

Challenging the Challenges of
Self-Finance TEI

Teacher Education glimpse of
NEP 2020

Gamification-A Transformative
Approach to Developing
21st Century Skills

Innovative Strategies for
Supporting Children with ADHD

Managing Teachers'
Mental Health

Challenges in teaching
Out-of-Field

Well Being of Teachers

Responsibility of Institutions
towards Teachers' Mental Health

Promoting Teacher
Emotional Wellness

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through Education

Empowering Teachers to
Design Learning Activities



PRINCIPAL
ST. XAVIER'S COLLEGE OF EDUCATION
(AUTONOMOUS)
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Dear Readers,

Greetings from the members of Editorial Board!

The National Education Policy (NEP) aims to improve early childhood care, restructure the regulatory structure in the education system, raise the bar for effective teacher preparation, and alter the current testing procedure. Additionally, the NEP demonstrates remarkable promise for assisting and developing educators at the local level. Training for teachers will have an impact even in the most remote regions if there is ongoing support and vital nurturing activities. The training plan includes professional development programmes, classroom activities, recruitment, and preparation.

In teacher training efforts, the NEP presents the idea of Continuous Professional Development (CPD), which frames teaching as a lifetime learning path. The policy places a strong emphasis on the necessity of ongoing professional development opportunities, workshops, and training programmes for educators to stay abreast of changes in the field, technology, and pedagogy. The NEP's collaborative nature is seen in its advocacy for collaboration among education boards, teacher education institutions, and federal and state governments. These elements are demonstrated by programmes such as the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching of the UGC.

The NEP outlines numerous programmes designed to assist in teachers' capacity building and promote a shared learning culture. Participatory capacity-building techniques aid in identifying and fostering the growth of each teaching professional's prospective skill sets and building blocks. Training sessions, assessments, observations, evaluations, capacity development responses, assessments of needs and assets, and stakeholder involvement are some of the initiatives.

By 2030, multidisciplinary colleges and universities will incorporate teacher education. The NEP 2020 suggests that four years of integrated B.Ed. study be implemented as a dual-major holistic bachelor's degree provided in multidisciplinary institutions, combining education with a specialised field. In addition, the policy recommends a 1-year B.Ed. programme for candidates with a 4-year undergraduate degree in a specialised subject or a postgraduate degree in a school subject, who aspire to become subject-specific teachers, and a 2-year programme for students who have already completed a Bachelor's degree in a specialised subject.

Our college hosted a nationwide conference on "Re-engineering Teacher Education," in response to the NEP's emphasis on programme adjustments. The experts shared their expertise on NEP, technology, and teacher education research. The conference papers that have been chosen for publication in this issue will broaden your understanding of re-engineering teacher preparation.

With regards
Editorial Board.



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STRATEGIES FOR MANAGING TEACHERS' MENTAL HEALTH: A COMPREHENSIVE OVERVIEW

Article

ABSTRACT

The teaching profession provides the groundwork for people to be prepared for all other professions. It requires the professional attributes of practitioners as well as a genuine commitment to improving humankind. Teaching meets the requirements for having an educationally communicable technique because it emphasizes intellectual competency, or the capacity to carry out all the tasks necessary for modern society to continue operating. A teacher who is in good mental health can interact with the students in a way that maximizes their efficacy and happiness. A teacher with good mental health can adjust their approach to the classroom based on what the scenario calls for, know when to switch up their delivery of the lesson and balance their classroom without outside intervention. In this article significance of mental health for teachers' professional lives and suggested strategies for managing mental health in the teaching-learning process.

Keywords: Teacher, Mental Health, Teaching Profession

Introduction

Digitalization has caused several problems in all professions that have harmed people's physical and mental health and, consequently, reduced production and productivity in those domains. People are interested in the consequences of physical health, but regrettably, mental and psychological health have been neglected. Mental health is the cornerstone of an individual's entire health since it influences and is influenced by other forms of health. The balance between the physical, spiritual, emotional, and communal aspects of life is maintained. It plays a crucial part in our overall health since it affects how one responds to one's surroundings and makes decisions in life. Since it is a well-known fact that teaching is an extremely difficult specialized profession in terms of its framework, not everyone finds it enjoyable.

Teacher and Mental Health

Although teachers are the backbone of the community, they do not currently receive the standards that the teachers' and students' associations would want to see. To create an atmosphere in the classroom where students feel joy and love in all interactions that take the shape of different teaching and learning activities, a teacher needs to be in good mental health. To manage student difficulties, teachers must have a positive attitude towards teaching and

be emotionally stable. This means that mental health is crucial to their understanding of basic human behaviour concepts. In addition, teachers ought to show concern for the well-being of the students. When interacting with the students, one ought to act as a friend, mentor, and philosopher. Furthermore, one endeavours to cultivate a constructive social atmosphere within the establishment and the educational setting.

Factors Influencing Teachers' Mental Health

The challenges that teachers face in managing their work-life balance are numerous and include heavy workloads, limited resources, stressed professional relationships with colleagues, low salaries, high teacher-student ratios, inadequate physical school conditions, difficult parent-teacher relationships, disruptive student behaviour, and unreasonable expectations from the

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management and colleagues, so the sizable proportion of teachers describes the work as stressful.

Among the other issues that have plagued educators for a very long time are overcrowded classrooms, insufficient resources, conflicts with administrative directives, disjointed lesson plans, and unfavourable management comments. These conditions significantly diminish its effectiveness and ultimately have a detrimental influence on students' achievements, both academically and cognitively, causing lower grades.

Teachers who lack mental stability have the potential to cause harm to the country by offering substandard instruction and guidance to their students. It is a well-established fact that educators who exhibit symptoms of poor mental health, such as frustration or neurotic tendencies, can only educate students who share those inclinations. A teacher must ensure that all of the students in the classroom have the same knowledge and skills without any exceptions because the classroom is a diverse place in terms of student diversity.

Healthy teacher fosters the growth of classroom cultures that promote constructive interactions amongst students with different cognitive abilities, which in turn motivates everyone to direct their efforts and goals toward realizing their goals. Having a mentally healthy teacher is a requirement for having a mentally healthy students. The teacher with mental health issues teaches one's interpretation of one's troubles through bias, disinterest, inconsistent behaviour, or lack of appreciation in the same manner that one teaches anything in the field of competence.

Strategies to manage teachers' Mental Health and Well-being

1. Practicing Mindfulness

By practicing mindfulness, one can train oneself to pay attention to the present moment through exercises like yoga, breathing, guided imagery, and meditation. It makes one's thoughts and feelings more conscious so that one can better control oneself rather than letting others control.

2. Spend time with close friends and family

Converse with an amiable person. Speaking with a trusted person about the concerns, worries, and troubles is one of the finest ways to unwind and reduce tension. On

the other hand, there are circumstances in which listening to others in a safe and supportive setting can help one see things from a wider perspective. It is essential that both people feel comfortable enough to share and hear each other's opinions.

Article

3. Find the purpose and importance of life

Work and play in a way that helps one to feel valuable. Always invest in one's relationships and make time for the people in one's life. Volunteering can improve one's quality of life and make one happier. Seek opportunities to assist others; this can be a tough but gratifying endeavour. Consider performing one kind act or gesture every day. Think of one good deed or gesture to do each day.

4. Professional Development

Reduce the stress related to job performance by offering opportunities for ongoing professional development to enhance teaching skills and confidence. Foster a sense of success and fulfilment while promoting advancement and professional development.

5. Training in Mental Health

Training on stress management techniques and the identification of warning indicators of mental health problems should be given. Make resources easily accessible, such as Employee Assistance Programs (EAPs) and counselling services. Providing counselling services for teachers is crucial for their well-being and effectiveness in the classroom. Teachers often face high levels of pressure, workload, and expectations. Provide strategies for stress management, time management, and coping mechanisms.

6. Encourage a Positive Work Environment

Encourage an environment in the school where cooperation, respect, and empathy are valued. To keep the workplace safe, take swift action to resolve any bullying or unfavourable behaviour.

7. Programs for expressing gratitude and acknowledgment

Programs for expressing gratitude and acknowledgment are essential for developing a pleasant workplace culture, raising spirits, and enhancing employee engagement. Choose an Employee of the Month or Quarter

to honour exceptional work. In the workplace, publicly display their accomplishments and give a small prize or recognition. Make personalized awards that express the institution's beliefs and culture.

8. Social Events and Team Building

Social events and team-building activities are essential components of fostering a positive and collaborative work environment. They contribute to building strong relationships among team members, boosting morale, and enhancing overall productivity.

9. Crisis intervention

Crisis intervention for teachers is a crucial skill set as educators often find themselves in situations where students may be facing personal, emotional, or behavioural crises.

10. Evaluating and follow up

Evaluating and follow up on teachers' mental health is crucial for creating a supportive work environment and ensuring their overall well-being. There are some approaches for evaluation and follow-up such as mental health workshops, peer support groups, performance reviews, etc.

Conclusion

Mental health is an essential component of total well-being and the teaching profession needs to prioritize and pay attention to it appropriately. Teachers, like any other professionals, are susceptible to stress, burnout, and mental health challenges. So, teachers who prioritize mental health can see improvements in their work-life balance, effectiveness as teachers, resilience, job satisfaction, support for student's mental health, reduction in sick leave and absence, professional development, long-term career sustainability, positive school climate, and inclusivity. It is the need of the hour that educators and administrators understand the value of mental health and offer tools and assistance to support educators in maintaining their well-being.

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