



SIES School of Learning and Leadership Development (SIESLLD)

TRAINING NOTE (011/2024-25)

on

**Developing Sense of Wellness
Among Students**

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Backdrop:

Sense of Wellness is an important attribute that the students must develop. This is particularly true in the modern context in view of complex and stressful environment. The concept of wellness encompasses far more than just physical health; it stretches into mental, emotional, psychological, and financial realms. For students, maintaining a balanced sense of wellness in all these five dimensions is essential for academic success and personal development.

Physical Wellness:

Physical wellness involves maintaining a healthy body as a good health is corner stone of everything for success. For students, the demands of studying, attending classes, and participating in extracurricular activities can make physical wellness seem challenging.

Strategies:

Prioritize Sleep: Students should aim for at least 7-8 hours of sleep per night. This can enhance cognitive function, memory retention, and overall energy levels. Students should also avoid the habit of sleeping very late in night as that has a tendency to disturb the normal rhythm of life.

Exercise Regularly: Students must try to incorporate at least 30 minutes of physical activity in a day. Whether it is jogging, yoga, or a sport, exercise can boost mood and reduce stress.

Healthy Eating Habits: Choice of balanced meals that include proteins, whole grains, and plenty of fruits & vegetables is important. They should try to avoid excessive caffeine and junk food.

Mental Wellness:

Mental wellness pertains to how one thinks, learns, and grows intellectually. This is the core of “cognitive ability”. Academic pressures can be intense, leading to feelings of overwhelm or burnout.

Strategies:

Manage Time Effectively: Students should learn to organize assignments, deadlines, and study schedules. Prioritizing tasks can prevent last-minute stress.

Practice Mindfulness: Engaging in activities like meditation or deep breathing exercises may help clear mind and increase focus.

Stay Curious: Learning should be looked like an opportunity rather than an obligation. They should cultivate a mindset where they view challenges as growth opportunities.

Emotional Wellness:

Emotional wellness is the ability to understand and manage feelings. Students often face emotional challenges, such as homesickness, social pressure, or performance anxiety.

Strategies:

Connect with Supportive People: Students should build a circle of friends, family, or mentors they can talk to about feelings.

Set Boundaries: They should learn to say “no” to extra commitments to avoid feeling overwhelmed.

Engage in Self-Care: Dedication of time to activities that bring joy, whether it is reading a book, listening to music, or practicing a hobby is extremely important.

Psychological Wellness:

Psychological wellness is closely linked with emotional and mental health, but it also includes aspects of self-esteem, resilience, and coping strategies.

Strategies:

Positive Self-Talk: Replacing negative self-criticism with encouraging and constructive thoughts should help. They should always remember their past successes stories.

Develop Coping Skills: Life as a student can be unpredictable. Students should learn techniques to cope the stresses of life. A proper balanced time for both work and relaxation to prevent chronic stress and burnout will help.

Financial Wellness:

Financial concerns are common among students, whether due to tuition fees, living expenses, or even part-time work by the needy. Achieving financial wellness means managing one’s money wisely to reduce stress and plan for the future.

Strategies:

Budget Wisely: Students should learn to track income and expenses. Financial planning is important.

Save and Plan: Even small, regular savings can build a safety net over time.

Role of Academic Institutions:

The institutions have a great role to play in creating an enabling environment for fostering “wellness” among students. This is crucial in the process of “holistic development” of a student so that he / she is groomed to take up future challenges of life with full confidence. Some of the definite strategies in this regard include the following:

Creating a Student Friendly Environment: This is the starting point. Students must love each and every moment of their “experience” at the campus. All institutional leaders, teachers, and non-teaching staff have to work together to see that the students are happy and stress free in each walk of their stay at the campus.

Integrating Wellness in Curriculum: All the five pillars of wellness discussed above should be integrated in the teaching learning processes. The students should be taken through specific sessions by experts including dieticians, yoga & meditation facilitators, among others. One can think of having “one week in the year” dedicated to each of these “five wellness pillars”.

Effective Utilization of Services of Counsellors: The counsellors play an effective role particularly in the context of mental / psychological / emotional wellness. Not only that the institutions should have the counsellors on their roll, but it must also be ensured that they are utilized properly. This means there should be “interaction sessions” of the counsellors with students at large at periodic intervals.

Effective Mentoring: This can play a big role in creating an enabling environment where the mentees feel happy, confident through interaction with the role models (mentors) for future success and happiness. Each institution should, therefore, ensure proper development of “Mentoring” as a strong and effective process. The first step should be to put all teachers through a “mentoring orientation program”.

Moving Ahead:

Attaining a comprehensive sense of wellness as a student requires attention to physical, mental, emotional, psychological, and financial well-being. By implementing practical strategies in each of these areas, students can foster a healthier, more balanced lifestyle to become a better individual. Institutions have also a role to play. Sense of wellness is the core strength of an individual and an essential pre-condition to be effective in personal and professional life.
