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**MENTAL WELL-BEING DURING AND AFTER COVID 19 OUTBREAK
SUB THEME - ROLE OF COUNSELORS AND TEACHERS IN STUDENTS'
MENTAL HEALTH**

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INTRODUCTION

Education is an instrument that can stir our feeling of wellbeing, discipline, discipline, lowliness, agreement, enthusiasm and administration and feed information and qualities and abilities. From the earliest starting point of the instruction, training isn't formal however dependent on experience based movement. Researchers of science, arithmetic, stargazing, science, medication, design, strategy, religion and so on used to go from house to house and got full training in these subjects just from useful and experience, yet today our schools are focuses of formal instruction, giving training, information and data there. Yet, they can't create abilities. While 100 percent of the youngsters are getting marks in the assessment, they are not creating in a useful way, the tutoring educational plan and appraisal isn't identified with down to earth and day by day life.

"Dealing with one's mind is as huge as dealing with one's body". As a significant part of one's overall prosperity, mental and excited prosperity or success is an imperative condition to enable one to manage one's life adequately. Mental prosperity is the energetic and powerful quality that grants one to acknowledge life and to bear misery, suffering and dissatisfaction. It is a positive inclination of thriving and a central confidence in one's own and others' regard and worth. Enthusiastic wellbeing is about:

1. How one feels inside;
2. Altering one's sentiments and having control on them;
3. Certainty and sureness;
4. Approving of whom they are; and
5. Adjusting to one's notions and stirring up adaptability on one's "weave back limit

Youths experience an adjustment in juvenile years and maybe the best issue they will go up against impacting enthusiastic wellbeing and social character. They experience a wide scope of loads, inconveniences and conditions, for instance, peer pressure, moving to another school, breaking relationship with colleagues, disputes with gatekeepers, fight for autonomy, tests, not feeling adequate, changing or cluttered home condition, test weight and disillusionments or all the more all pubertal changes, school shirking or delinquency. School accept a basic activity in the improvement of a pre-grown-up as they consume most bit of their day going to class, taking part in extracurricular activities; and even at home busy with instructive work. School is an establishment which adds to the total educational and socialization process composed to the headway of character of an adolescent.

Excited issues habitually impact school work, stress oneself or over what is going at home, makes it difficult to think. Strain to advance pleasantly and to complete tests may begin from gatekeepers or educators, anyway youngsters normally need to advance honorably and impel themselves. Youths developed 10–24 years address 27% of the all out people. WHO uncovered that around 450 million people worldwide have an enthusiastic prosperity issue and mental issue speak to 14% of the overall load of diseases. As showed by Legislature of India Arranging Commission (2001) as on Walk 2001, adolescents spoke to 22.8% of the quantity of occupants in India. There were around 239 million youngsters in India in the age social affair of 10–19 years. All through the accompanying two decades, the amount of youngsters is most likely going to increase further yet their proposal to people will lessen perhaps as indicated by the projections. Studies recommend that in India "one out of two youngsters encounters mental messes". Mental messes up and mental health issues seem to have extended astonishingly among youngsters in the past 20–30 years. Youngsters are at raised danger for prologue to various stressors, exhibiting high paces of bad behavior, misuse, family desperation, family battle, extended inescapability of savage sidekicks and school with inadequate resources (Gonzales et al., 2001). Armed force and Power (1959) have proposed three basic factors which support enthusiastic agitating impact among youngsters. These factors are common issue and diseases, psychotic family associations and troublesome contribution with school. To ignore young, infers dismissing the destiny of our nation. Studies on mental prosperity and direct issues among the pre-grown-up remain confined, so there was necessity for assessment and relationship of the young enthusiastic prosperity issues in nation and urban senior discretionary schools.

Present age is the hour of competition. Wise and mechanical development any place all through the globe has been made man perceiving and delicate about his evaluations, work, way of life, relations, and so forth. This huge progress has offered move to express issues. One of the significant issues of the current world is "Nervousness". Each individual has a novel nature as respect to limits, outlook, character attributes and interests. The young people have an imperative effect of dread considering butcher conflict in each field. The watchmen and instructors are anxious to know the different elements, which improve the uneasiness among the understudies. Scholarly accomplishment needs have made such a great deal of dread among the understudies top they can't use their significant potential. They are to just focus on their smart presentation. Each adolescent can't get first division as the degree of excited well-being isn't same in every kid. Scholastic uneasiness is a normal issue that understudies can't ignore on the off chance that they need to win in school. Instructive strain is such a misgiving which identifies with the unavoidable threat from the earth of the edifying establishments nearby teacher and certain subjects like Science, Material science for numerical, Arithmetic, and English somewhat for some north Indian states. It is a psychological affectability of disquiet or anguish taking into account school or school conditions that is seen unfairly. Scholarly restlessness is by no means whatsoever, a horrendous thing. Regardless the real factors insist that a basic level of tension meddles with focus and memory which are basic for normal scholastic execution and achievement, at any rate it is in like way clear with no dread, greater bit of us would come up short on the vitality and inspiration to examine for tests, do standard schoolwork or make any evaluation papers. Psychological wellness proposes adequacy of brain. It recommends charming working of the

entire character and degree of an individual's capacity to shape his condition and to change according to nearness with a sensible extent of accomplishment ability and satisfaction. Intellectually strong people are generally satisfactory specialists, old buddies and useful populace. The word MENTAL typically proposes something more than unadulterated cerebral working of an individual. It in like way stands of his energized persuading beginnings, the relationship he creates in his socio-social setting. Also, Well-being proposes more than physical flourishing. Different individuals, when they consider the term eager prosperity consider nonappearance of broken lead. Right when we talk about euphoria, certifiable serenity and enjoy fulfillment, we are routinely looking at mental prosperity. It has to do with everyone's typical step by step nearness. It proposes when in doubt propensities by which individuals exists along with their pals in their locale 21st century can be showed up as the time of competition.

Everywhere there is a race, a resistance. With the colossal improvement in science and development, all bit of the world is related with this resistance. Especially in the field of preparing, this resistance immediately extended among the understudies. Instructive program and co-curricular commitments have enormously expanded, holding the understudies in the change issues. Feeling the feebleness, conflicts inside themselves, dreadful association and low achievement makes enthusiastic strains and anxiety among the understudies. They can't go up against the changing examples in the overall population, the understudies are taking to ceaseless medication use and even the pointless note is extending. To get by in this genuine and tangled world, Good Mental Health is required to all to adjust up to all such change issues and fretful atmosphere yet school understudies have been found to have high normality of mental well-being issues. Starting late, issues related to mental prosperity are consistently intentional exposure in wide correspondences not simply in a country and even far and wide. Passionate health is a point of view, feeling and direct in a person's step by step lives. A Person with a sound mental well-being can see himself on the limit, prepared to recognize disillusionment, prepared to control his/her emotions and worth him/her . Enthusiastic well-being may separate and its negative effects will impact the step by step lives without treatment. Poor mental prosperity prompts weight, pressure and shocking appearing in the instructive capacities. Different examinations of Academic Anxiety and Mental Stress have been driven like Agashe (1991) [2] , Mohanty (1992) [9] , Ojha and Rani, (2004) [10], Dholakiya and Jansari (2005) [5], Sanwal, Dube, and Bhatnagar (2006) [6], Agarwal and Sarna, (2009) [1], Gupta and Kumar, (2010) [7], Kumari, N. (2013) [8], Das, Halder and Mishra(2014) [4], Bartwal, R.S. (2014) [3], Deb, Strodl and Sun (2015) [13], Sharma and Sarin (2016) [12] and Sharma and Pandey (2017) [11] with different elements like Academic Achievement, Academic Stress, Spiritual Intelligence, Emotional Intelligence, Parental Rearing Styles, Parental Support, Self Esteem and Self Confidence, etc demonstrating different results. In any case, there is a lack need of an assessment which sees the effect of Academic Anxiety and Mental Health together. Furthermore, there are two or three number assessments have been driven in the field of Mental Health. Passionate health is a reasoning variable which influence on understudies' Academic Anxiety. These factors require a moral formal, methodical and focused strategy of carrying on the techniques for assessment. A methodical structure of assessment must be incorporated to improve the introduction of understudies in different shapes to familiarize a situation conducive with intellectual individuals and to restrain the disquiet of understudies in light of the fact that a reasonable

level of Academic Anxiety is truly something to be grateful for. Moderate Academic Anxiety gives the motivation understudies require to apply effort completing designated schoolwork and preparing to take evaluations. Academic Anxiety potentially transforms into an issue that needs an answer when the entirety experienced grows so over the top that an understudy isn't, now prepared to work. There was a need of observational examination in this field. It was in this setting present undertaking was orchestrated and executed.

EMOTIONAL WELLNESS OF SCHOOL STUDENTS IN INDIA

Mental health isn't just the nonattendance of broken conduct. It is described as a state of flourishing wherein every individual comprehends their own idle limit, can adjust to the run of the mill stresses of life, can work beneficially and profitably, and can make a promise to their area. Mental health is portrayed as the capacity to feel, think and act in habits that update one's ability to acknowledge life and oversee troubles. Conveyed in a surprising manner, enthusiastic prosperity insinuates various cutoff points including the ability to: get oneself and one's life; relate to other people and respond to one's condition, experience enjoyment and joy; handle pressure and withstand anxiety; survey challenges and issues; look for after targets and premiums; and research choices and choose decisions Mental prosperity is basic for individuals, families and arranges, and is more than basically the nonattendance of a mental issue. Mental prosperity is portrayed by the World Health Organization (WHO) as "a state of success where the individual comprehends their own abilities, can adjust to the customary concerns of life, can work valuably and profitably, and can make a pledge to their region".

MEASUREMENTS OF MENTAL HEALTH

Passionate Stability: Emotional steadiness alludes to the condition of having the option to have the suitable sentiments about the basic encounters and having the option to act in a judicious way. Passionate solidness isn't just one of the viable determinants of the character designs, yet it likewise assists with controlling the development of young adult turn of events. The idea of stable passionate conduct at any level is what mirrors the products of the typical enthusiastic turn of events. A person who can monitor his feelings steady and even in extraordinary circumstances, may at present be genuinely dazed or be whimsical in his conduct in some cases. In this way enthusiastic strength is considered as one of the significant part of human life.

By and large change: Adjustment is a fabricated – in component for adapting to the risky or different real factors of life. Change has been considered as a file to combination; an amicable conduct of the person by which other individual of society perceive individual is balanced.

Security-Insecurity Security: In settings of helpless security, general wellbeing intercessions and the conveyance of medicinal services to the individual are more hard to perform and less inclined to prevail than in settings of security. Viciousness - remembering the danger of brutality for such settings brings about injury, demise, mental mischief, hindered improvement or hardship. Instability: Insecurity, hence, possibly doubly affects individuals' lives and prosperity; this is the truth of regular daily existence for a large number of individuals. The nexus of security, frailty and wellbeing is as intricate as it is significant. In a given setting, duty regarding what occurs at this nexus tumbles to various entertainers, including services liable for wellbeing, guard and inward undertakings; the abrogating impact, particularly on security, may even be the international strategy of different nations.

ROLE OF TEACHERS AND COUNSELORS IN IMPROVING WELLBEING OF STUDENTS DURING COVID- 19

According to the National Education Policy 2005, the curriculum stresses that education should be based on activity, child centered child, practical skills and employment oriented. It is predominant but this is not happening, however our curriculum is no different from the curriculum that is there in the whole world. We are giving information to the students whereas in developed countries full attention is given to learning.

We are emphasizing on the use of knowledge. There is an emphasis on the use of knowledge. Now there are more schools of knowledge but the center of the use of knowledge can be at your home only. At this time there is no big lab than home where it can be learned by means of experimentation here. It can be made the center of complete learning. The children who have the means of eLearning available, they are getting the golden opportunity to make their videos by making classroom project activities. It can be a golden opportunity to develop human qualities through culture tolerance. In learning to cook in kitchen, children learn to about relationships. It is compulsory to be done and the opportunity to enhance the qualities of literature and encouragement is mandatory. Reading and interpretation of religious books is an important tool for the development of language skills. In this, children can sit in conversation with their grandparents and, listen to them and try to understand the interpretation of Vedas, scriptures, Upanishads texts, Maha scriptures, Pradhans as well as Gurus, Sufis, Vows of devotional period, and litterateurs. Children have this opportunity to receive information about these rare storehouse of knowledge.

Early in the morning yoga meditation pranayama exercise can be done with Surya Namaskar, where the body benefits, there will also be development of immunity and concentration. It will also help in the development of creativity, discipline and strength. Kitchen is a laboratory and cooking is an experiment, from cutting vegetables to preparing and serving children, children get knowledge of mathematics science like multiplication, unit measurement as well as ratio quantity etc. Here they can learn about energy, heat, chemistry and can be acquainted with biology.

Children can develop and attain 21st century skills mentioned in the National Education Policy during this period. Today, every company gives priority to an employee of versatility. It is not enough to have a good marks and degree but management skills. Creativity skills like Speech style, analysis skills Leadership skills, Innovation skills and life skills should also be developed in students. There is a need to change the character of this global time into difficult times. It is not only book knowledge and school, which is important. So it is the duty of teachers to emphasize the development of the above qualities in children.

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