

Vartah 5.0-Media & Mental Health

Workshop Report: Vartah 5.0 – Media and Mental Health

Name and Designation: Pooja Avinash Chhabria School Counselor

Date & Venue: 25th–26th July 2025, GD Goenka University, Gurugram (Delhi-NCR)

Organised by: GD Goenka University in collaboration with Fortis Hospitals

Theme: Media and Mental Health

Objectives: To explore the psychological and neurobiological impact of media on children and adolescents, and equip educators and mental health professionals with strategies to address media-related concerns in school settings.

Workshop Highlights: Sessions covered diverse topics including:

- Media's role in mental health, body image, and eating disorders
- Gaming and digital addiction
- Media literacy, cyberbullying, and parental mediation
- Youth trends, trauma, and therapeutic interventions
- Understanding conformity and emotional reactivity
- Brain development, neurotransmitter activity, and behavior



Key Learnings:

A key takeaway was the importance of looking beyond external triggers and recognizing the neurobiological roots of student behavior. Factors such as brain development and the role of neurotransmitters significantly influence how children react, form habits, and process emotions.

This perspective encourages educators to shift from a solely environment based lens to a more holistic understanding of behavior focusing on empathy, acceptance, and supportive modification instead of restriction or punishment.

Relevance to School:

Insights from the workshop can be translated into awareness sessions for teachers and parents, highlighting media literacy, digital boundaries, and emotional intelligence. As counselors and educators, adapting to the digital pace is key to building stronger connections with students and guiding them with clarity and care.

Conclusion:

Vartah 5.0 was a timely, insightful workshop that emphasized evolving our approach toward media influenced behaviors in students. It reinforced the role of schools as emotionally aware spaces that foster resilience, understanding, and well-being in a media-driven generation.

A certificate of participation was awarded upon successful completion of the two-day workshop.