

# St. Cecilia's Public School

## Observation of Mental Health Awareness week

**"It is okay to be Not okay ..... Just don't give up!"**



St. Cecilia's Public School believes that a healthy body vests in a healthy mind. As directives from CBSE and to take forward the 'Manodarpan' initiative of covering a wide range of activities to provide psycho social support to students, a Mental Health Awareness week was observed in the school. The week earmarking world Mental Health Day i.e. 10<sup>th</sup> October witnessed a galore of happy, joyous, calming and soothing activities.

Numerous students oriented and interactive activities were conducted for students of Class I to XII such as storytelling, train games, meditation, affirmation sessions, special assembly, happens zone to express gratitude and much more. School counselor along with team consisting of PGT Psychology, Special Education trainer and Psychology students of XI and XII spoke about the need of the hour – a healthy mind by conducting one on one open house talks with students.

Madam Principal emphasized that the linkages with students daily life are established to help create awareness. She added that strong familial bonds and constructive peer relations must be maintained.

The school campus was adorned with posters and slogans made by students of Middle Wing on the various topics encompassing mental health. All students participated with zeal to make the objective of spreading awareness of a healthy mind a success. The Cecilian campus witnessed happy and healthy mindsets of the young prodigies.