



HOLY CHILD SENIOR SECONDARY SCHOOL

TAGORE GARDEN, NEW DELHI

MENTAL HEALTH WEEK REPORT

Mental Health Week was conducted for students of classes VI-XII at Holy Child Sr. Sec. School from October 9 to October 12, 2019. The week witnessed many activities that aimed at imparting awareness regarding importance of mental health. On the first day, an interactive discussion on “Break the Stigma (regarding mental health)” was conducted for all the students in their classrooms whereby they were informed about that Mental Health is as important as Physical Health. On the 2nd day, all the students performed an activity on power of positive words and resilience in which they wrote an optimistic line or word that they connect with most and exchanged it with people around. Day 3 observed a quiz session to attain a better knowledge of mental health and tips for ensuring self-care were discussed at the end. Finally, on the last day, Mental Health Safety Walk was conducted within and outside school premises to raise general awareness about the myths around mental health and significance of “Talk it Out”. Constructive feedback from students was also taken by the school counsellor to ensure that no child is left behind in understanding the concept of mental health.

