

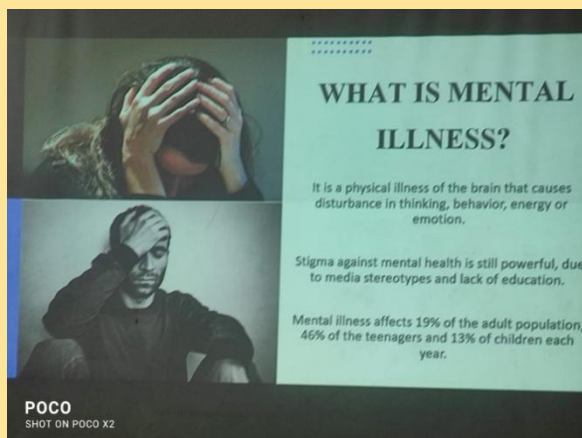
## **ASSEMBLY REPORT**

**01.10.2022**

### **World Mental Health Awareness Day**

Mental health problems don't define who you are. They are something you experience, mental health issues are increasing day by day due to lack of awareness and education. To highlight this issue, students of class XI-D presented the assembly on 1st November 2022 on the topic of World Mental Health Awareness Day.

The students explored the wide areas of the mental health awareness and how it affects the people, the solutions to battle the psychological evils were also given to the students on how to be mentally strong.



The assembly concluded with students emphasising on the importance of the harmony and unity between body and mind while celebrating National Unity Day of India along promoting the Mental Health Awareness.