

# Report on Mental Health Celebration Week at Jaspal Kaur Public School

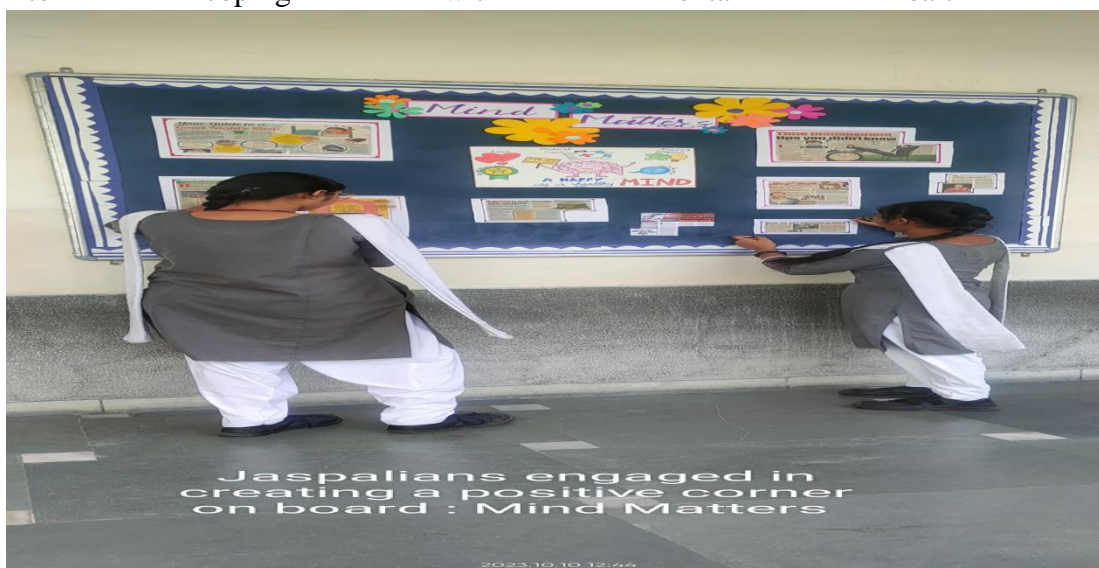
Jaspal Kaur Public School enthusiastically observed Mental Health Celebration Week from October 4th to October 10th, 2023, with the primary objective of raising awareness and promoting mental health and well-being within the school community, including students, faculty, and staff.

The week-long event was meticulously planned, featuring insightful and engaging activities aimed at capturing students' interest and fostering an understanding of the significance of mental health. A standout session was "Gratitude Day," where the school counselor elucidated the science behind gratitude, emphasizing its positive impact on mental health. The importance of integrating gratitude into daily life for cultivating positivity and happiness was highlighted. Subsequently, students were encouraged to express their gratitude by contributing notes to the school's gratitude board.

Another noteworthy activity, "Suno Kahani," involved students listening to inspiring and thought-provoking stories, sparking subsequent discussions in their classrooms with teachers. These stories resonated with students, facilitating reflection on their mental health.

A creative outlet was provided through a poster-making day, enabling students to showcase their artistic skills while addressing various mental health issues. The posters, both creative and meaningful, served as a visual medium to communicate thoughts on mental health awareness. To further engage students in interactive learning, a positive corner was established, adorned with posters on the school board to raise awareness about different mental health-related issues. This initiative aimed to sensitize students and cultivate a supportive environment for overall well-being.

The week concluded with an interactive Yoga session led by Ms. Gayatri Iyer, a certified Yoga trainer. Geared towards providing teachers with tools to stay energized and present for student well-being, the session proved enlightening. Teachers emerged rejuvenated and motivated to lead their classes with care and attention. In summary, Mental Health Celebration Week proved to be a commendable initiative, providing students with insights into coping with mental health issues.





Students engaged in pasting their gratitude note on the gratitude board



students engrossed in listening to story narration during the Suno Khaani session on the school speakers.