



JKPS

‘B’ Paschimi, Shalimar Bagh, Delhi-110088

ASSEMBLY ON WORLD MENTAL HEALTH DAY

“By facing our challenges and overcoming them, we grow stronger, wiser, and more compassionate.”

An assembly was organized on October 15, 2024, to celebrate and raise awareness about World Mental Health Day, presented by the students of Class V-C. The assembly began with a prayer, expressing gratitude to God for all his blessings, followed by a recital of the holy Shabad. Attendees were then updated with the latest news from around the world.

To inspire students, an inspirational thought related to mental health was shared, encouraging them to prioritize their well-being. Two new words were also introduced to enhance students' vocabulary. A speech on the importance of mental health was delivered, highlighting what mental health is and why it is vital to care for it. This was followed by a short play that provided insight into common mental health challenges and ways to overcome them. The assembly concluded with the National Anthem, leaving the students with valuable lessons on mental well-being.

