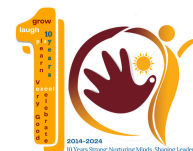


# PINK OCTOBER – WELLBEING ASSEMBLY

Grade: 5 to 8

Day & Date: Friday, 25th October 2024



**INTENT:** The Wellbeing Assembly, conducted to commemorate Pink October aimed at promoting holistic health and wellness among the students. The focus was on fostering awareness, providing support and encouraging students to take proactive measures for ensuring their mental, physical, and emotional wellbeing.



**EXPERIENCE:** The Wellbeing Assembly was conducted for students of Grades 5-8, with focus on their wellness, self-growth and resilience. Students were made aware of the School wellbeing logo, the well being initiatives of the school reflected on the Credence Cares Wellbeing website and Credence Cares Monthly Wellbeing Journal.

Students of Grade 5 showcased a vibrant dance and song that centered around themes of wellness and self-growth. The assembly also included relaxation activities conducted by the wellbeing student ambassadors of our school to promote mindfulness among students. These activities encouraged participants to focus on their breathing, cultivating a sense of calm.

A standout moment of the assembly was when Amana Mehnaz Manoj, a student of Grade 7, bravely shared her personal journey of grit and determination. She recounted her battle with a critical health condition and how her resilience and support from friends and family helped her overcome challenges and return to school.

**INSIGHT:** The session had a positive and lasting impact on the student audience, as evidenced by their enthusiasm and active participation throughout the event. The students acquired valuable knowledge on taking care of their overall health and wellness.