

WORLD SUICIDE PREVENTION DAY

Date:10th September

Venue: ITL Public school

Organized by: Wellness committee

Attended by: Students from Classes 8-12th

ITL Public School observed World Suicide Prevention Day with a series of meaningful activities that emphasized the values of life, hope, and emotional well-being.

The observance began with students taking a pledge to uphold positivity and strength in their lives. To creatively express these values, students prepared a display board on Tree of Life – Branches of Strength, symbolizing resilience, hope, and mutual support.

The school counsellor and teachers further guided students through interactive sessions on resilience building and effective coping strategies.

Adding vibrancy to the day, students designed a Wall of Hope with colorful hand impressions, each carrying affirmations of strength, unity, and optimism.

To reinforce holistic wellness, a special Yoga and Meditation session was also conducted, focusing on physical health, mental clarity, and emotional balance.

The day's activities served as a powerful reminder of the importance of fostering resilience, compassion, and self-belief among students.

