



Cir No.: STS/102/2025-26

06.10.2025 (Monday)

"A healthy mind creates a happy life."

Dear Parent

We are pleased to inform you that our school will observe the **World Mental Health Day** on 10.10.2025 (Friday) through a series of inter-house competitions and immersive activities. The aim is to create awareness among students about the importance of mental well-being and to encourage them to actively engage in creative and meaningful expressions.

The details of the activities are:

Date	Class	Activity
09.10.2025 (Thursday)	XI	Workshop by Dr. Aprajita Dixit, Moolchand Hospital Topics: (a) Social Media and Mental Health. (b) Bullying, Peer Pressure and Assertiveness
		Special Assembly - Psychology Students
	VI-XII	'SAHYOG and PARICHARCHA' - Video Telecast
	III-V	Inter-House Slogan Writing Competition
		Gratitude Wall (Activity) Students will express gratitude towards their elders.
10.10.2025 (Friday)	IX-XI	Inter-House Mono Acting Topic: Taboos related to Mental Health in India
	IX-XII	Quiz Topic: Mental Health Awareness • Myths Vs Facts • Famous Personalities who have spoken about Mental Health • Life Skills
	XI	Fireless Cooking (Millets)- Psychology Students

We look forward to your support and encouragement in making this initiative a huge success.

Ms Meneka I. Singh
(Principal)