

BALANCE BEGINS HERE **MENTAL HEALTH AWARENESS WEEK**

DATE: 8 October 2025

Class 7 and 8

ACTIVITY: Slogan Writing

As part of *Mental Health Awareness Week*, students participated in a **Slogan Writing Activity** to spread awareness about the importance of emotional well-being. The young minds came up with powerful and thought-provoking slogans that highlighted themes like positivity, self-care, empathy, and managing stress.

Through this creative exercise, students expressed their understanding that *mental health is as important as physical health* and that taking care of one's mind helps in leading a balanced, happy life. The activity encouraged open conversations around mental well-being and helped students realise the value of kindness—both towards themselves and others.

It was truly inspiring to see their creativity and sensitivity reflected in every slogan!



Class 9 and 10

ACTIVITY: Collage Making

As part of *Mental Health Awareness Week*, the students of **Class 9 and 10** participated enthusiastically in a **Word Collage Activity** based on the theme of *Mental Health and Well-being*. Each student contributed meaningful words and phrases that reflected positivity, self-awareness, emotional strength, and resilience.

The collage beautifully captured the essence of mental wellness through words like *hope, empathy, calm, balance, and kindness*. It served as a reminder that our thoughts and words hold the power to heal, inspire, and support mental health.

This creative initiative not only enhanced students' understanding of emotional well-being but also encouraged them to express their thoughts about maintaining a healthy and positive mindset.



Class 11 and 12

ACTIVITY: Self-Reflections

As part of *Mental Health Awareness Week*, the students of **Class XI and XII** took part in a reflective activity titled “**Know Yourself**”, where they identified and wrote down their **strengths and weaknesses**. The purpose of this activity was to help students develop **self-awareness**, a key aspect of emotional well-being.

Through honest introspection, students recognized qualities that make them strong—such as determination, empathy, and creativity—while also acknowledging areas for growth. This exercise encouraged them to embrace both their strengths and weaknesses as essential parts of their personal journey.

The activity served as a gentle reminder that **understanding oneself is the first step towards mental resilience and balance**.

