



PINK OCTOBER ASSEMBLY: BEING IN THE PINK OF HEALTH

Grades: 6 to 9

24-10-2025

INTENT:

The Pink October Assembly was organized to raise awareness about holistic wellbeing among middle and senior school students. The theme, 'Being in the Pink of Health', was chosen to emphasize the importance of both physical vitality and emotional resilience. The assembly aimed to inspire students to adopt balanced lifestyles and cultivate inner harmony through informed choices and mindful habits.

EXPERIENCE:

The assembly commenced with a short, impactful video highlighting the interdependence of physical and mental health. Through relatable visuals and student-friendly narration, the video addressed topics such as nutrition, exercise, sleep hygiene, emotional regulation, and digital wellbeing. Dr. Subhadra, Senior School and Career Counselor, delivered a thought-provoking talk. She spoke about the importance of self-awareness, emotional balance, and the role of supportive relationships in maintaining mental health. Her message resonated deeply with students, especially as she shared practical strategies for managing stress, building empathy, and seeking help when needed.

INSIGHT:

The assembly served as a gentle yet powerful reminder that wellbeing is not a destination but a daily practice. Students reflected on their own routines and were encouraged to identify small, actionable changes they could make, whether it was drinking more water, journaling their thoughts, or reaching out to a trusted adult during moments of distress. The session also reinforced the school's commitment to nurturing not just academic excellence but emotional intelligence and personal growth.

CREDENCE HIGH SCHOOL, DUBAI

