

SHIKSHA BHARATI GLOBAL SCHOOL
Sector-8, Dwarka, New Delhi-110077

Mental Health Week Celebration

Duration: 4/10/2025 to 10/10/2025

In alignment with the CBSE's initiative to promote mental health and overall well-being among students, Mental Health Week was celebrated in our school with great enthusiasm and active participation from students and teachers. The week-long celebration aimed to create awareness about the importance of mental health, emotional resilience, and mindful living through a series of engaging and meaningful activities.

1. Encouraging Healthy Food Habits for Better Mental Health: -

The week began with classroom discussions and interactive sessions emphasizing the connection between nutrition and mental health. Students were encouraged to adopt balanced diets, avoid junk food, and include fruits, vegetables, and hydration as part of their daily meals. Posters and charts highlighting "Food for a Healthy Mind" were displayed across the school premises.

2. Well-Being Sensitisation Activities: -

Teachers conducted sensitisation sessions to help students recognize the importance of emotional well-being, empathy, and self-care. Role-plays and open conversations encouraged students to express their feelings freely and support one another in maintaining positive mental health.

3. Promoting Healthy Lifestyle Habits, Monitoring, and Mindful Practices: -

Morning assemblies included guided mindfulness exercises and breathing techniques. Students maintained "Wellness Journals" to monitor their sleep, physical activity, screen time, and gratitude reflections. Yoga and meditation sessions were organized to instil mindfulness and calmness.

4. Self-Reflection Activities: -

Students participated in guided self-reflection exercises where they explored their emotions, strengths, and personal goals. Activities like "My Happy Space" and "Gratitude Tree" helped students connect with themselves and appreciate positivity in their surroundings.

5. Workshops: -

Expert-led workshops were conducted on topics such as "Managing Exam Stress," "Building Emotional Resilience," and "Developing a Growth Mindset." These sessions helped students understand coping strategies and ways to maintain mental balance in daily life.

6. Street Play: -

Students of Classes IX–XII performed an impactful street play on "Breaking the Stigma around Mental Health." The performance conveyed messages of empathy, support, and awareness about seeking help without fear or shame. The play was appreciated by both students and parents.

7. Assembly on Mental Health and Well-Being: -

A special assembly was held to mark World Mental Health Day. The program included speeches, poems, and skits highlighting the importance of maintaining a sound mind. Students took pledges to prioritize their mental health and be compassionate towards others.

8. Exhibition on Mental Health and Well-Being Activities: -

An exhibition was organized showcasing students' creative work including posters, slogans, collages, and art pieces based on mental health themes. Models and charts explaining stress management techniques and emotional regulation were also displayed.

9. Arrangement of Video Telecasts: -

Informative and motivational videos on topics such as "Mindfulness in Daily Life," "Overcoming Anxiety," and "The Power of Positive Thinking" were telecasted during school hours. These videos inspired students to adopt healthy mental practices in everyday life.

Conclusion: -

The Mental Health Week celebration was a meaningful and enriching experience for the entire school community. It not only fostered awareness about the importance of mental well-being but also equipped students with practical tools to maintain a balanced and positive outlook towards life. The activities successfully promoted the message — "A Healthy Mind Resides in a Healthy Body."

