MENTAL WELL-BEING BEGINS WITH US

EVENT: Assembly - Celebrating World Mental Health Week
DATE: 7 October 2026
CONDUCTED BY: Class 8C

Class VIII-C conducted a special assembly on the theme *"Happy Minds"* to celebrate World Mental Health Week. The assembly highlighted the importance of mental well-being, positive thinking, and emotional awareness. It encouraged students to prioritise their mental health, express their feelings, practise self-care, and support one another with kindness and empathy. The assembly reinforced the message that a healthy mind is essential for a happy and balanced life.



